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Making Nutrition Education a Hands-On Experience for Youth

Maureen Burson
UNL Extension Educator

Teaching children the enjoyment of cooking and eating healthy food is a gift which will last a lifetime. The University of Nebraska-Lincoln Extension’s Nutrition Education Program (NEP) 4-H School Enrichment program annually reaches more than 2,600 students in grades K–5 at 13 income-eligible schools. NEP staff present a hands-on and healthy snack experience in participating classrooms. Many youth enjoy the food preparation activity so much, they then make the snacks with their families (see recipes on this page).

Kids in the Kitchen

Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare. Involve your children in planning and preparing some meals and snacks for the family. Before food preparation, wash hands with WARM running water and soap for about 20 seconds. Also, wash hands at the end of the food preparation experience.

Age-Appropriate Food Preparation

It is important you give kitchen tasks appropriate for your child’s age. Children have to be shown and taught how to do these activities. Each child has his or her own pace for learning, so give it time and the skills will come. Focusing on one task at a time is appropriate to age and ability levels results in greater fun and success.

2-YEAR-OLDS:
- wipe table tops
- scrub vegetables
- tear lettuce or greens
- play with utensils
- scrub vegetables
- wash salad greens
- wipe table tops
- snap green beans
- break cauliflower
- move ingredients

3-YEAR-OLDS: can do what 2-year-olds do, plus...
- wrap potatoes in foil for baking
- spread soft spreads
- tear lettuce or greens
- play with utensils

Cheese Creature

You will need:
- One-half stick of string cheese
- Dried fruit
- Pretzels
- Small nuts
- 1 Tablespoon peanut butter
- 2 round crackers
- 2 tablespoons yogurt
- 2 tablespoons raisins
- 1/2 cup honey
- 2 cups peanut butter
- 2 cups dry milk
- 2 cups oatmeal
- 1/2 cup honey

1. Wash hands.
2. Place one-half cheese stick on a small plate.
3. Add 6-8 pretzels, 1 Tablespoon dried fruit, and 1 teaspoon move ingredients.
4. Eat within 2 hours or cover and store in refrigerator.

Note: You can try different kinds of cheese, fruit, crackers or nuts.

Peanut Butter Bites

You will need:
- 1 Tablespoon peanut butter
- 1 Tablespoon dry milk
- 1 Tablespoon raisins
- 1/2 Tablespoon honey
- 1/2 cup honey

1. Wash hands.
2. Mix peanut butter, dry milk and honey. Add oatmeal a bit at a time.
4. Make into a ball.
5. Wrap in wax paper or a bag. Keep in refrigerator.

Note: You can try different kinds of cereal, fruits and yogurt.
Private Pesticide Applicator Certification

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use or supervise the use of, restricted-use pesticides to produce an agricultural commodity on property they own or rent or on an employer’s property if the applicator is an employee of a farmer. No pesticide license is needed if one will only be using general use pesticides on their farm.

Recertification is due to expire on April 15, 2006 will receive a letter from the Nebraska Department of Agriculture (NDA). Bring the letter to the training session. The NDA letter contains a code that will make the certification process much simpler and faster than filling in the “bubble” form.

There are two remaining Private Pesticide Applicator training sessions for Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln.

• Thursday, Feb. 9, 6:30-9:30 p.m.
• Friday, Feb. 10, 9-11 a.m.

There is a $15 extension training fee collected at the training session. When the NDA receives the application from the extension office, private applicator certification fee good for three years, expiring on April 15, 2009 for those who certify this spring. An alternative to attending the training session is to pick up a self study book at the extension office, read the chapters, complete the test questions and bring the book back to the office where the test will be graded. The application form will be forwarded to the NDA after the test has been scored. A $30 materials fee will be collected when the book is picked up.

Commercial Pesticide Applicator Training

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the applicator or their employer or for hire or compensation. Commercial applicators shall also include any person who applies lawn care or structural pest control pesticides whether restricted-use or general-use to property of another person. Public employers (by town, county, state) applying mosquito control pesticides whether restricted-use or general-use, must also hold a commercial or non-commercial certification.

You must pass a written examination in the general standards category and one or more additional categories to become licensed initially as a commercial applicator. A commercial license is good for three years. Operating in a single category, you can maintain commercial certification by attending a recertification training session or by passing a written examination, with a few exceptions explained below.

In addition to the training sessions mentioned above, applicators planning to apply restricted-use or general-use pesticides must also hold a commercial or non-commercial certification.

Chemigation Certification Training

Chemigation Certification Training and testing sessions for commercial applicators will be held on Feb. 7, March 7 and April 20 at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. The sessions will run from 9 a.m. to 1 p.m. or 3 p.m. It is highly recommended you obtain and review written study materials prior to attending the training session for initial certification and the recertification training sessions.

Commercial recertification sessions will be held Feb. 9 and March 21 with general standards starting at 9 a.m. and other categories beginning at 1 p.m.

Note: Due to time and space limitations, only specific categories will be presented on training days. Call the pesticide education office at 472-1632 to register for a training session. The training fee for other initial or recertification sessions is $35. Commercial applicators who wish to pick up additional certification in a specific category should register as well. The training fee for either one or more categories to an existing certification is $15. Commercial applicators meeting the requirements for certification or recertification will receive a bill from the Nebraska Department of Agriculture for $90 for the license fee (good for three years).

Chemigation Certification Training

In order to apply pesticides or fertilizer in irrigation water, a permit must be obtained for the site and the person who oversees the application must be certified as a chemigator. To obtain a chemigation permit for a site, the operator must complete the local agronomic classes, a fee paid and the site must pass inspection by NRD personnel. State law requires the operator to receive training and pass a written test to be certified as a chemigator. Certification is good for four years. A chemigation training and testing session will be held Tuesday, Feb. 7, 6:30 p.m. at the Lancaster Extension Education Center.

Dormant Spray for Alfalfa Weeds

Bruce Anderson Extension Forage Specialist

In a few weeks, spring weather will green up your alfalfa. Before that happens, you should do a little weed control. Weeds like puncturevine, downy brome, mustards, cheatgrass and shepherd’s purse are common in alfalfa fields. They lower yields, reduce quality, lessen palatability and slow hay drydown. If hay is one of your crops, you probably will be able to see their small, green, over-wintering growth.

You can’t do much to control these weeds once alfalfa starts growing. However, if you treat these weeds as soon as possible during the next burst of spring-like weather, you can have cleaner, healthier alfalfa at first cutting.

Several herbicides can help control winter annual weeds and grasses in alfalfa. They include Karmex, Senor, Velpar, Sinbar, Pursuit and Raptor. All control mustard and perennial weeds but do not control downy brome.

State and county agents will present on training days. Call the pesticide education office at 1 p.m. or 3 p.m.

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Crop Protection Clinic, Jan. 23

A Crop Protection Clinic will be held Monday, Jan. 23 at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Registration begins at 8 a.m. with sessions continuing from 9 a.m. to 4 p.m. The $30 registration fee includes proceedings, publications, refreshments and the noon meal.

This very popular clinic offers many topics of interest to crop producers and agribusiness professionals alike. As usual, the latest developments in weed, insect and disease management topics will be covered. A partial list of specific topics this year includes: Soybean Insect Update, Forage Fungicides 101, Pesticide Management in the Increasing Soybean Disease Update, Doing a Professional Job of Pesticide Application, What’s New with Pest Management and Rn Corn Hybrids: Selection and Resistance Management.

The clinic will wrap up with a session for commercial applicator certification where commercial pesticide applicators will be able to register in General Standards, Ag Plant, Pest Regulation and Demonstration & Research by attending the entire workshop session.

Boost Profits by at Least $20/ Acre Workshop, Feb. 15

A workshop, Ten Easy Ways to Boost Profits $20/Acre, will be held Wednesday, Feb. 15, from 10 a.m. to 3 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Presented by University of Nebraska–Lincoln Extension at locations across the state, this workshop series features a “catalogue” of ideas to boost profits. Cost for the workshop is $20 for the first person and $10 for one additional person from the same operation. The cost includes the notebook, noon meal and further follow-up materials in 2006. Registration with payment is due by Feb. 10 to guarantee adequate materials and meals.

Designed and tested by farmers, this research-based program will help you develop a plan for squeezing more dollars from tight crop production margins. Ten practices which are easy to adopt and improve your bottom line are covered. Speakers will describe each practice, where it was tested, how it leads to cost savings and how it can be implemented.

Each workshop will feature an energy overview and the effects of increasing energy costs on profitability. Other topics chosen for the workshop include: No-till for Dryland Saves Moisture; Resistant Varieties for Soybean Diseases; Improve Irrigation Pumping Plant Efficiency; N-Rol, Crop Balance; Carryover Soil Nitrogen; Credit Soil Organic Matter; Take Advantage of Manure/Biosolids Resources; Credit Legumes in Rotations and Eliminate Unnecessary P-K-S Fertilizer Applications. While only ten practices can be featured at each workshop, the program covers 22 practices, all of which will be detailed in a notebook provided to registered participants.

Fertilizing Crop Land with Biosolids Workshop, March 9

An educational workshop about Lincoln's Biosolids program, Fertilizing Crop Land with Biosolids, will be held Thursday, March 9 from 3:30-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Presented by extension and City of Lincoln personnel, the workshop is aimed at farmers who might want to participate in the Biosolids Land Application program, though anyone may attend. Please pre-register by Tuesday, March 7 by calling 441-7180. If you have any questions, please call Barb Ogg, Benton County Agent, 441-7180.

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application. UEL Extension in Lancaster County coordinates distribution and application of biosolids, a groundwater friendly cropland for the City of Lincoln Wastewater and Solid Waste Division. Workshop attendees will learn:

• Using biosolids to reduce fertilizer costs and increase yields
• Biosolids improves soil tilth, especially on poor or eroded soil
• Biosolids increases organic matter and water holding capacity
• How wastewater is processed and made safe for application
• How regulations determine application rates and locations
• How GIS and GPS technology is used in Lincoln's Biosolids Program

Program will also include a tour of the Theresa Street Wastewater Facility.
Dealing with Winter Flies

Barb Ogg
UNL Extension Educator

If your house has been invaded by flies on bright, sunny, winter days, you probably have either face or cluster flies. Face flies look like the common house fly. The less common cluster flies are a little larger and very sluggish.

In the fall of the year, face flies and cluster flies overwinter in cracks and crevices of structures. During warm spells, especially on bright, sunny days, flies inside houses will warm up, become active and follow temperature gradients into the house.

**Face flies (Musca autumnalis).** The face fly is nearly identical to the common house fly. Both have four dark stripes on the top of their pronotum and a 1/6- to 1/4-inch long, face flies start congregating around buildings and rest on exterior walls, especially under the eaves, eventually squeezing into a crack or crawling into a vent. During warm periods in the winter, face flies become active and emerge into rooms.

**Cluster flies (Pollenia rudis).** Cluster flies are slightly larger than face flies. There are no distinct stripes on the prothorax. They are sluggish and fly more slowly than other flies.

Cluster fly females lay eggs in cracks in the soil. Eggs hatch into tiny maggots which seek out earthworms to feed upon. After hatching, the fly maggot burrows into the earthworm’s body and feeds for about three weeks. After a two-week pupal stage, the fly emerges from the soil. Several generations are produced each year. The adult fly overwinters.

**Be My Valentine?** Consider these mating curiosities from the insect world...

Barb Ogg
UNL Extension Educator

**Fireflies.** Throughout the ages, kids of all ages have been intrigued by fireflies, also called lightning bugs. The flash of the firefly seems to come out of nowhere; but do you know how these night-flighty beetles find each other for mating? Both male and female flash during courtship. A male firefly flashes a specific flash sequence while he is flying. The female sits still on vegetation and, if she is receptive, she will flash back to the males. Tufts University biologists measured the length of the male fireflies’ flashes and found females preferred males that displayed flashes slightly longer in duration. For the female, a male that flashes longer is a better mate.

**Honey bees.** Life is not sweet for males (drones) in a honey bee colony. Drones have no stingers, no wings, no ability to defend themselves. They are only useful if the hive containing their queen becomes evicted after leaving reproductive organs housed in the same body. The sperm migrate through the body cavity to the female’s primary reproductive tract. Scientists who have studied this phenomenon have concluded it may be advantageous to the last male mating, but it reduces female longevity and reproductive success.

**Scale insects.** Because scale insects are stationary as adults and have limited mobility, females find each other, they have unusual ways of reproducing. Cottony cushion scales have both male and female organs housed in the same body. (This is called hermaphroditic.) If you think this is unnatural, there are a number of other animals that do the same thing, including earthworms, leeches, some frogs and toads, but it’s rare in mammals.

**Aphids.** Most of the year, aphids (also called plant lice) are wingless females. These females reproduce by parthenogenesis, which means that they give birth to live young, which are exact clones of the mother. A newly born aphid is a reproductive adult within about a week and can produce 50 to 100 offspring in a single day, and so it is easy to see how huge numbers of aphids can be produced in a short amount of time.

In many aphid species, winged males and females are produced in the fall. All male and females lays eggs that overwinter. In the spring, they hatch into wingless females starting the cycle over again.

**Cluster fly (left) and face fly (right)**

Controlling Face and Cluster Flies

The best and most effective solution to this problem — which may be an annual one — is to prevent entry in the first place. This includes screening vents and sealing cracks and crevices around windows, eaves and siding. Sealing must be done by late summer before flies start to move in fall. Both face and cluster flies may enter a building high in the eave area or attic vents, so don’t forget these locations.

A vigorous use of a flyswatter is the best control for just a few flies. In the meantime, fly paper, coils of sticky paper, can be hung near windows. Hang fly paper about five to six feet above the floor near the window for best control. Be sure to secure window treatments to prevent them from being blown away.

Chemical treatment inside walls is not practical and treatment in living areas is not recommended. Insecticide flicks (i.e., “bombs”) can be used to kill flies that are active in unoccupied areas, like attics where exposure to family members and pets is not likely. Unfortunately, flickers do not have much residual activity and won’t kill flies that emerge later. Be sure to read and follow label directions when using any pesticide.

**Amazing Facts... About Honey and Honey bees**

By Barb Ogg, UNL Extension Educator

The honey bee, *Apis mellifera*, was not known in North America until European settlers introduced colonies near the end of the 17th century. Native Americans called honey bees “white man’s flies”. To produce one pound of honey, bees travel more than 55,000 miles, collecting nectar from two million flowers. The annual U.S. consumption of honey is about 1.3 pounds per person.

Honey bees do not die out over the winter, but feed on the honey collected during the warm-er months. To keep the queen warm, they form a tight cluster in the hive and beat their wings to keep the temperatures around 93 degrees F. It takes about 35 pounds of honey to provide enough energy for a small colony of bees to survive the winter.

The phrase “making a beeline for”, describes the most direct route from honey plants to the hive. Once a bee has collected all the nectar she can, she flies directly to the hive.

During the summertime when hives are growing very fast, a healthy queen bee can lay about 1,000 to 1,500 eggs per day.

Bees from each honey bee colony have a unique odor that is recognized by guard bees which prevent intruder bees from entering the colony.

Millions of acres of U.S. fruit, vegetable, oilseed and legume seed crops depend on insect pollination, including honey bees. A 1999 Cornell University study concluded that the direct value of honey bee pollination annually to U.S. agriculture is $14.6 billion.

U.S. annual honey production is more than 180 million pounds. Consumption is about 400 million pounds, so honey is imported into the U.S. Major importers are China, Canada, Mexico and Argentina.
**Rise and Shine with Clean Bed Linens**

Comforters, quilts and mattress pads — Check the care labels to be sure. Follow the recommended instructions for water temperature and wash cycle. Read the label to determine the best method for washing and drying your electric blanket.

Sheets — Check the linen closet for sheets that have migrated to the back of the shelves. If they haven’t been used for many months, wash them to remove dust. 

Pillows — Read and follow care label instructions. Wash two pillows at a time, agitation only one or two minutes on a gentle cycle. Machine dry. During the drying cycle, periodically take them out and fluff them to prevent clumping and to promote even drying.

**Staying Clean All Winter**

With the shorter, colder days of winter come added time to spend indoors; extra jackets, blankets and comforters; and snow or mud tracked indoors. Here are some tips to help keep your home clean all winter:

- Encourage family members to leave their shoes at the door.
- Sand and grit tracked into the house can scratch tile floors.
- A bank of ice in the driveway or garage can clump and to promote uneven drying.
- Always remembered the golden rule and tried to “do unto others as we would have them do unto us.”

**Make Valentine’s Day a Celebration of Family Love**

Did you ever stop to think how much better the whole world would be if we:

- Always finished the jobs we started
- Kept our promises
- Rejoiced in another’s good fortune
- Respected others’ feelings
- Tried to be fair
- Helped willingly when necessary
- Refused to enjoy ourselves at another’s expense
- Overlooked petty troubles or imagined slights
- Refused to enjoy ourselves at another’s expense
- T o start the day, make and a special dessert, a sandwich in the shape of a heart, or add a personal message. This year begin making it with a personalized message. Whatever you decide to do, a special Valentine’s letter, you should give to your family/friends how much you care without spending a lot of money. The following activities can be done as a family on Valentine’s Day:

- Put a special Valentine’s treat in your family members lunch. For example: make a sandwich in the shape of a heart or put their favorite candy in their lunch bag with a note of encouragement. Whatever you decide to do, telling the person how much you care is what really matters!

- The following can be done as a family on Valentine’s Day:

  - Heart shaped pizza
  - Spaghetti with heart shaped meatballs (spread the meat out on waxed paper, about a fourth inch thick and cut with a cookie cutter)
  - A special dessert, such as raspberry tart, a heart-shaped cake decorated with candy hearts

- Following supper, spend the evening as a family. If you have your wedding video, watch it together; look through your wedding album; watch it together or plan a family dinner with the children. You can have your wedding on Valentine’s Day. The following activities can be done as a family on Valentine’s Day:

- The list down to Valentine’s Day is on with stores full of candy, flowers, cards and gifts. The first step is beginning to make a family tradition to celebrate the day together. Make Valentine’s Day an opportunity to show your family/friends how much you love them and encourage them to do the same.

- The last two years have been most rewarding for me in growth of friendships, skills and duties (such as a timetable to write monthly newsletters) and knowledge of family affairs. I am delighted to have had the experience and I encourage each of you to grow a little more in these areas. The extension staff offers lots of help and you can’t fail to realize how wonderful you can be. You are essential to keep our families strong.
Design Windbreaks With Intended Use in Mind

Don Janssen
UNL Extension Educator

The best designs for windbreaks depend on their intended purpose and the characteristics of the site where they will be located. Windbreaks can be planted to enhance wildlife, provide wind protection for humans and livestock and provide wind protection to dwellings in both winter and summer. Windbreaks also prevent soil erosion caused by wind and reduce water runoff from agricultural lands. Typical windbreaks consist of conifers, deciduous trees and shrubs. Conifers provide dense foliage to reduce wind speed. Tall deciduous trees extend the area of wind protection with their height. Shrubs trap snow, add beauty to the windbreak and provide wildlife habitat.

The area protected by a windbreak is determined by the windbreak’s average height. Generally, windbreaks protect an area 10 to 15 times the average height of the trees. Windbreak rows should be located approximately 150 to 250 feet upwind of the protected area in order to allow for snow deposition. Windbreaks are most effective when planted perpendicular to prevailing winds.

Windbreaks for winter protection should be located on the north and west side of the farmstead. Summer wind protection is provided by planting on the south and east side of the farmstead. The number of tree rows and the plant species used will be determined by the intended purposes of the individual windbreak and the amount of space available. Typical windbreaks include two or more rows of conifers and one or more rows each of deciduous trees and shrubs.

Fencing for Appearance

By Shawn Shouse
Iowa State University Extension Ag Engineering Specialist

Fences serve many purposes on the landscape. They may be built to contain or exclude animals, to mark property boundaries, to provide beauty to the property. When the primary purpose is appearance, board or rail fences are generally preferred. For small enclosures such as yards, picket fences or vertical board fences provide privacy and wind protection. For larger enclosures such as pastures or entire properties, horizontal board or rail fences are more practical and economical.

The common horizontal wooden fence uses three or four boards (7’ x 6” lumber) nailed or screwed to wooden posts every 8 to 10 feet. This fence adds striking contrast and definition, especially when painted white. The boards may be parallel horizontal or arranged in decorative “crossback” patterns. Rail fences consist of heavy horizontal rails that generally have their ends chiseled down and inserted into holes in the posts. The rails may be round or rectangular in section, with smooth or rough split surfaces. Livestock pressure and cribbing (biting) of the wood can be reduced by placing one or more electric wires on the inside of board or rail fences. Wood fences can be painted white and provide windbreak and wildlife protection areas in order to achieve the primary purpose of ap

Upcoming Acreage Insights Clinics

“Acresight — Rural Living Clinics” are designed to help acreage owners manage their rural living environment. This series of seminars are presented by University of Nebraska-Lincoln Extension at various locations in the state.

The seminars below will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherry Creek Road on Thursdays from 7-9 p.m. Pre-registration is $10 per person and must be received three working days before the program. Late registration is $15 per person. For more information or a registration form, go to the Acreage & Small Farm Insights Web site at http://acreage.unl.edu or contact extension at 441-7180.

Feb. 16 • Growing Fruit Trees

This year’s fruit production clinic will focus on Tree Fruits for Home Production. Topics include:

• Cultivar selection
• Pruning
• Fertilization
• Disease and pest management

Mar. 16 • Vegetable Gardening

Successful home vegetable gardens are the result of careful planning, including vegetable variety selection. Topics include:

• Vegetable varieties suitable for Nebraska gardens and each variety’s unique attributes
• How to plant vegetables
• How to protect vegetables from pests
• How to develop a vegetable garden

April 13 • Horse Nutrition & Management

This clinic will cover basic horse nutrition and efficient feeding-management practices. Topics include:

• Nutrient requirements of horses at different ages and stages of production
• Determining body condition
• How and what feeding management can change the body condition
• Effectively using different feeds and roughages

New this year: a web-based seminar

Feb. 23 • Selecting the Right Horse and Horse-Related Businesses

Choosing The Right Horse For You

— Whether you are leasing, buying or borrowing a horse, you want one which meets your needs and expectations.

Conducting A Profitable Horse-Related Business

— Can you make money with horses? This presentation will explore the resources, skills and attitudes needed to make money working with horses, and help participants determine if they are capable of generating a profit in the horse industry.

About Web Seminars

The web seminars will be conducted at a time equivalent in occurrence — you can attend from home! Using exciting new technology, “WebEx” creates a virtual meeting room. All you need is access to the Internet and a separate phone line for the audio.

Cost is $10 per participant.
Register for this clinic at http://cit.webex.com
Attracting Birds with the Right Plants

Mary Jane Frogge
UNL Extension Associate

Birds are always welcome in the winter landscape. The right type of food and feeder can assure a steady stream of visitors all season. The right plants can also welcome a wide variety of birds by providing both food and cover. For years gardeners have planted *crabapples* for spring flowers and fall fruit crops. Most of the newer selections have smaller fruit and they feed birds while they add to the color display. The Sargent *crabapple* is a favorite, with its pure white spring blossoms and deep red fruit that persists well into the winter. Other varieties like Snowdrift and White Angel also have persistent red fruit. Many *virburnums* are noted for their fruit crops in the summer and early fall. A few, however, produce fruit that persists into the winter. The American cranberry bush *virburnum* produces juicy red fruit that holds well into the winter to feed a variety of birds.

**Red stem dogwood** develops a rich crop of purple-blue berries. The fruit is very abundant on mature plants, so it often serves as an excellent food. The *hawthorns* have been used for years as a source of winter food. The total genus produces edible fruit attractive to many species, but not all *hawthorns* are well suited to a landscape setting. Two useful *hawthorns* are Washington and Winter King. Both trees produce abundant crops of bright red to orange-red fruit in the fall. The quantity is sufficient to last through a number of feedings by numerous bird species. *Vines* can also provide both cover and food for birds. Thick covering of stems and foliage on a wall or trellis can make ideal nesting sites. Virginia creeper and Boston ivy both form heavy leaf cover in the summer months. American bittersweet produces orange-red berries that are highly ornamental in fall and sources of food in winter. The Virginia creeper has outstanding fall foliage color and along with Boston ivy produces heavy crops of blue-black fruit that persists well into December.

**Evergreens** are particularly desirable in landscape designs as well as for year-round cover for many birds. During spring and summer the dense foliage provides protection from danger, and in winter it protects birds from the elements. Juniper, fir, and spruce all have the density necessary for seasonal protection.

**Fruit Trees and Shrubs**

**American cranberry bush* virburnum**

**Juniper berries**

**Washington hawthorn**

**American bittersweet**

**Red stem dogwood**

**Snowdrift crabapple**

Pruning Overgrown Shrubs

Mary Jane Frogge
UNL Extension Associate

Shrubs are valuable assets to a home landscape. They are often planted for their ornamental characteristics, such as flowers, colorful fall foliage or attractive fruit. They also can provide privacy, block views and attract wildlife. For shrubs to perform well in the landscape, home gardeners must prune them properly. Proper pruning helps to maintain plant health, control or shape, such as privets, that will not bloom. Large, overgrown evergreens, such as junipers, are a more difficult problem. Junipers possess bare or dead zones in their centers. They can not be pruned back severely because they are incapable of initiating new growth from bare branches. Large, overgrown junipers that have become too large or unattractive, will need to be removed and new shrubs planted.

Although many overgrown, deciduous shrubs can be renewed or rejuvenated, it is much easier to prune them on a regular basis. Regular pruning will keep the shrubs full, healthy and attractive.

**Order perennial plants and bulbs now for cut flowers this summer.** Particularly good choices are phlox, daisies, coreopsis, asters and lilies.

Check stored bulbs, tubers and corms. Discard any that are soft or discolored.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.

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Check stored bulbs, tubers and corms. Discard any that are soft or discolored.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil. Prune fruit trees and grapes in late February or early March to create a balanced growth pattern. Many fruit trees, such as peppers, will be the largest, oldest stems every two or three years. Unfortunatly, many gardeners fail to prune their shrubs because of a lack of time, knowledge or courage. Pruning helps to maintain plant health, control or shape, such as privets, that will not bloom. Proper pruning can renew or rejuvenate overgrown, deciduous shrubs. One method is to prune them back over a three-year period. Begin by removing one-third of the large, old stems at ground level in late winter/early spring, March or early April. The following year, again in March or early April, prune out one-half of the remaining old stems. Retain several well-spaced, vigorous shoots and remove all of the others. Finally, remove all of the remaining old wood in late winter/early spring of the third year. A second way to prune overgrown, deciduous shrubs is to cut them back to within 4 to 6 inches of the ground in late winter/early spring. To obtain a full, thick hedge, prune the shoots often as they grow back in spring and summer. Also, make sure the base of the hedge is slightly wider than the top to encourage growth close to the ground. Large, overgrown evergreen shrubs, such as junipers, are a more difficult problem. Junipers possess bare or dead zones in their centers. They can not be pruned back severely because they are incapable of initiating new growth from bare branches. Large, overgrown junipers that have become too large or unattractive, will need to be removed and new shrubs planted.

Although many overgrown, deciduous shrubs can be renewed or rejuvenated, it is much easier to prune them on a regular basis. Regular pruning will keep the shrubs full, healthy and attractive.

Source: Richard Jauron, Iowa State University

For more information: UNL Extension, NebGuide G1572 "Landscape Plants for Wildlife" available online at http://ianrpubs.unl.edu/wildlife/g1572.pdf or at the extension office.
Fruits and Vegetables: Color Them Healthy!

By eating a variety of colorful fruits and vegetables — green, yellow-orange, red, blue-purple, and white — you’re giving your body a wide range of nutrients that are important for good health. Each color offers something unique, like different vitamins, minerals, and disease-fighting phytochemicals, that work together to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Here are some examples:

<table>
<thead>
<tr>
<th>COLOR</th>
<th>SOURCES OF</th>
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</tr>
</thead>
<tbody>
<tr>
<td>GREEN</td>
<td>Lutein and Zeaxanthin</td>
<td>Turnip, Collard, and Mustard Greens, Kale, Spinach, Lettuce, Broccoli, Green peas, Kiwi, Honeydew Melon</td>
</tr>
<tr>
<td></td>
<td>Indoles</td>
<td>Broccoli, Cabbage, Brussels Sprouts, Bok Choy, Arugula, Swiss Chard, Turnips, Rutabaga, Watercress, Cauliflower, Kale</td>
</tr>
<tr>
<td></td>
<td>Vitamin K</td>
<td>Swiss Chard, Kale, Brussels Sprouts, Spinach, Turnip Greens, Watercress, Endive, Lettuce, Mustard Greens, Cabbage</td>
</tr>
<tr>
<td></td>
<td>Potassium</td>
<td>Leafy greens, Broccoli</td>
</tr>
<tr>
<td>YELLOW/ORANGE</td>
<td>Beta-Carotene &amp; Vitamin A</td>
<td>Carrots, Sweet Potatoes, Pumpkin, Butternut Squash, Cantaloupe, Mangos, Apricots, Peaches</td>
</tr>
<tr>
<td></td>
<td>Bioflavonoids &amp; Vitamin C</td>
<td>Oranges, Grapefruit, Lemons, Tangerines, Clementines, Peaches, Papaya, Apricots, Nectarines, Pears, Pineapple, Yellow Raisins, Yellow Pepper</td>
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</tr>
<tr>
<td>RED</td>
<td>Vitamin C</td>
<td>Cranberries, Pink grapefruit, Raspberries, Strawberries, Watermelon, Red Cabbage, Red Pepper, Radishes, Tomatoes</td>
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<tr>
<td></td>
<td>Anthocyanins</td>
<td>Raspberries, Cherries, Strawberries, Cranberries, Beets, Apples, Red Cabbage, Red Onion, Kidney Beans, Red Beans</td>
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<tr>
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</tr>
<tr>
<td></td>
<td>Phenolics</td>
<td>Dried Plums (Prunes), Raisins, Plums, Eggplant</td>
</tr>
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<td>WHITE</td>
<td>Allium &amp; Allicin</td>
<td>Garlic, Onions, Leeks, Scallions, Chives</td>
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Fruits

- Apples
- Peaches
- Pears
- Pineapple
- Watermelon
- Cantaloupe
- Mangoes
- Apricots
- Nectarines
- Pears
- Pineapple

Vegetables

- Spinach
- Kale
- Brussels Sprouts
- Lettuce
- Mustard Greens
- Swiss Chard
- Endive
- Watercress
- Cauliflower
- Kale
- Broccoli
- Green peas
- Kiwi
- Honeydew Melon

The Color Guide

By eating a variety of colorful fruits and vegetables, you're giving your body a wide range of nutrients that are important for good health. Each color offers something unique, like different vitamins, minerals, and disease-fighting phytochemicals, that work together to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Here are some examples:

$stretch Your Food Dollar with Soup

by boiling meat, fish, vegetables or beans in water to extract the flavor, forming a broth. Eating broth-based soup before the main dish makes a person feel full and less likely to overeat. Soups can be served for any meal and are very versatile. They often are more flavorful after being re-heated and most freeze very well.

Making homemade stock is quite simple. Season and cook meat and add extra liquid to the container. When the meat is done, pour off the excess liquid and use this for soup. Chill the stock so the grease rises to the top and can be skimmed off. Freeze the stock if not used within two days. Prepared broth also is available, canned or dried. Canned creamed soups, such as cream of mushroom, which are seasoned and thickened, are another choice. They are usually low-fat but are often high in sodium.

One of the easiest ways to make soup in a hurry is to start with a canned soup, such as beef vegetable as the base. Some people “stretch” it by adding cooked ground beef, additional vegeta-

## Vegetarian Chili

Makes 10 one-cup servings

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 2 (14.5 oz) cans diced tomatoes
- 1 (15.5 oz) can garbanzo or red beans
- 1 (15 oz) can black beans
- 1 (15 oz) can whole-kernel corn
- 1 teaspoon chili powder
- pepper, to taste
- 1 to 2 cups water

Sauté onion in oil on medium heat until tender. Wash tops of the cans before opening. Drain and rinse beans before adding. Add corn, chili powder, pepper and water. Bring to a boil and simmer at least 15 minutes. Optional — top with shredded cheese or crushed corn tortillas.

Menu idea: Serve with carrots and celery, fresh fruit and milk.

Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

By Alice Henneman, RD, UNL Extension Educator

Enjoy this recipe from the National Cancer Institute 5 to 9 a Day for Better Health program at http://www.5aday.gov

Health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Here are some examples:

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Badee Bader, Preston and Ian Badeer received top honors at the American Legion Oratorical Contests.

In the Junior contest, Gideon received the first place gold medal and Preston received the second place silver medal. Junior contestants delivered 8-10 minute speeches on one of four possible assigned topics (articles and amendments of the Constitution).

Gideon Bader, got advanced to the Area C contest held in December. Ian Badeer won the Area C contest and will advance to the Nebraska State Oratorical Contest to be held in January.

Gideon, Preston and Ian Badeer received top honors at the American Legion Oratorical Contests.
Lancaster County 4-H and 4-H Council invite 4-H’ers and their families to

Achievement Night
Tuesday, Feb. 7, 6:30–8 p.m.

Please call 441-7180 to RSVP by Feb. 3

University of Nebraska–Lincoln
State Museum at Morrill Hall
Just south of 14th and Vine Streets

Evening festivities include:
• Awards presentation
• Refreshments
• Time to explore the museum galleries and discovery center

Parking details:
• From 14th and Vine Streets, follow one-way circle loop east of Memorial Stadium to parking lot north of Morrill Hall (signage will indicate as 17C/28 parking)
• Parking permits will be available in Morrill Hall to hang from rear-view mirror

Personal Achievement Recognition

Sometimes, the best accomplishments are when you meet or exceed your own personal goals!
We invite you to share your personal achievements at this year’s Achievement Night.
Please complete a ribbon and bring to Achievement Night.

During this past 4-H year, I am most proud of
________________________________________
________________________________________
________________________________________
________________________________________
By 4-H Member: ________________________
(first name)

During this past 4-H year, I am most proud of my child (or children)
________________________________________
________________________________________
________________________________________
________________________________________
By 4-H Parent or Guardian: ________________________
(first name)
4-H could provide resources and expertise for developing partnerships with Lincoln’s Community Enrichment program, Teri will lead efforts to explore and hatching baby chicks in the classroom, third graders study life cycles.

In a new role for the Lancaster County 4-H program, Teri will lead efforts to explore and develop partnerships with Lincoln’s Community Learning Centers (CLC) after-school programs. 4-H could provide resources and expertise customized to each CLC’s needs. Teri is a certified teacher for grades K–12, primarily specialized in special education. A native of Nebraska, Teri originated in northwest Nebraska, living and working in both small and larger communities. She has taught in Lincoln and southeast Nebraska for the past 15 years.

Her multi-varied experience and broad expertise in working with youth and communities is a welcome asset to Extension.

Jan Blair Joins NEP Team

Jan Blair has joined the UNL Extension Nutrition Education Program (NEP) in Lancaster County, Nebraska, working with area gardeners and farmers to grow and market agriculture products.

Urban Farmer Project

Community CROPS is recruiting beginning farmers to join the Urban Farmer Project. They are looking for refugees, immigrants, and low-income people who would like to begin farming in the Lincoln area.

CROPS has a place at a community farm site for participants to grow produce. The farm site on the edge of Lincoln has quarter-acre plots available for a modest fee. Training on organic methods by experienced farmers is offered at various workshops and one-on-one sessions throughout the growing season, using interpreters whenever necessary. Additional resources and tools of equipment are available to be used at the farm.

During the 2005 growing season, CROPS worked closely with a refugee Kurdish farmer from Iraq. Khalaf had farmed in his country and had been unable to return to farming after moving to the United States due to language barriers and a lack of land.

Community Supported Agriculture (CSA) projects run by CROPS. Consumers pay a fixed amount of money to a farmer at the beginning of the season, and receive a weekly bag of fresh, produce during the growing season.

For more information, visit http://www.communitycrops.org or call Ingrid Kirst, Community CROPS Director at 402-472-2300.

Community Gardens

Community CROPS has four community gardens spread throughout Lincoln: four community gardens spread throughout Lincoln: 3. Drive slowly in the neighborhood, keeping an eye on your neighborhood. If your vehicle is parked in a high-crime area, it will be marked more frequently.

4. Pick up litter near your home or in your neighborhood as soon as you see it. This will help to keep your neighborhood clean and attractive.

5. Take away the opportunity for crime. Lock your car and never leave valuables, even for a few minutes, in the car where would-be thieves might see them. Make your front porch visible and make sure your home looks like someone lives there. Trim bushes or trees on your property; it will eliminate hiding places for thieves and burglars.

6. Make a list of the names and phone numbers of the neighbors on your block. If you do not know the names and phone numbers of your neighbors, you cannot call them when you know about a neighborhood problem. It is a great project for a neighborhood association to develop a neighborhood directory with names and addresses of its residents. People will have a more vested interest in the neighborhood when they know their neighbors.

7. Make a list of landlords in your area as well. This information is available by contacting the Lancaster County Assessor/Register of Deeds office, 555 South 18th Street, Lincoln, NE 68508, 441-7463 or e-mail: assessor@lancaster.ne.gov. As owners of property, landlords should be concerned about the condition of the neighborhood in which their property is located. Prosperous neighborhoods with great reputations will increase the value of property.

8. Meet the youth living on your block and greet them by name. Find out which kids belong to your neighborhood or would like to participate in the future of your neighborhood. It is a great project for a neighborhood association to develop a neighborhood directory with names and addresses of its residents. People will have a more vested interest in the neighborhood when they know their neighbors.


Community CROPS Seeks Beginning Farmers and Gardeners

Community CROPS: Combining resources, Opportunities & People for Sustainability is a grassroots non-profit organization linking with area gardeners and farmers to grow and market agriculture products.

Community Focus

Top 10 Ways to Improve Your Neighborhood Right Now

Helen Nitrofanova
UNL Extension Educator

You can improve the quality of life in your neighborhood by adopting the following ideas for increased safety and civic interactions:

1. Turn your porch lights on! Crime is likely to decline in well lighted neighborhoods. Thieves, vandals, and prowlers are deterred by lighted areas. Turning on porch lights is a simple way to start this process. Motion sensitive solar lights is a good idea for the driveway area.

2. Know your neighbors. Neighbors benefit when citizens walk about more, particularly in the evening. Take a walk every night with a friend or your dog. It is good for your health and good for your neighborhood. You will become familiar with the houses in your block and their people.

3. Drive slowly in the neighborhood. A good rule of thumb for multiple neighbors will decrease speeding in your neighborhood as well as less people will use your streets as a speedway.

4. Pick up litter near your home or in your neighborhood as soon as you see it. This will help to keep your neighborhood clean and attractive.

5. Take away the opportunity for crime. Lock your car and never leave valuables, even for a few minutes, in the car where would-be thieves might see them. Make your front porch visible and make sure your home looks like someone lives there. Trim bushes or trees on your property; it will eliminate hiding places for thieves and burglars.

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Neighbors sometimes do not report criminal activity because they do not want to bother the police. They believe there is not much an officer can do (or will do) about a reported problem anyway. Whether the issue is graffiti, petty vandalism or something much more serious, police cannot act without first hearing about the problem from citizens.

10. Report nuisances and other violations promptly. Call the regular police non-emergency number, 441-6000, preferably the same day the nuisance is occurring. If you wish to discuss a chronic problem at a specific address in your neighborhood, you may wish to talk to the police captain who is responsible for the police services in your area. To find out whom to contact, go to http://www.lincoln.ne.gov/city/police/teams/ucmap.htm.

11. Help your neighborhood association. Find out which neighborhood association you belong to and receive a weekly Lincoln, ne.us/city/urbancom/develop/neighbor/ index.htm and try to attend local neighborhood association meetings. You will be better informed of the issues facing the neighborhood and how you can get involved.

More over, you will have an opportunity to shape, guide and participate in the future of your neighborhood. If your neighborhood does not have a neighborhood association, you can start one through http://www.communitycrops.org or call Ingrid Kirst, Community CROPS Director at 402-472-2300.

Take this “Top 10” list, do not stop at 10 items.

This article is based on information developed by Campbell, Dargen, Resources, Inc. 1999-2000.
NUTRITION

continued from page 1

4-YEAR OLDS: can do what younger ages can do, plus...
• peel oranges or hard cooked eggs
• moves hands to form round shape
• cut parsley or green onions with dull scissors
• mash bananas using fork
• set table

5-TO 6-YEAR OLDS: can do what younger ages can do, plus...
• measure ingredients
• cut with blunt knife
• use an egg beater
• peeling fruits and vegetables
• slicing, dicing and chopping
• breaking eggs
• setting timers

7-TO 9-YEAR OLDS: can do what younger ages can do, plus...
• slicing and chopping (with supervision)
• peeling fruits and vegetables
• measuring ingredients
• breaking eggs
• setting timers

10-YEAR OLDS AND OLDER: can do what younger ages can do, plus...
• slicing, dicing and chopping
• baking
• sauteing
• using small appliances like blenders, food processors and microwaves ovens
• setting timers

10 Easy Ways to Boost Profits $20/acre...continued from page 2

An alternative to painted wood is vinyl fencing. Rails and posts of polyvinyl chloride (PVC) plastic require no painting, but may require occasional washing to remove mildew and dirt. They are highly resistant to decay, but don’t have the strength or stiffness of wood. Flexible vinyl fencing uses high-tensile wires encased in a flexible PVC jacket that looks like a thin board. The resulting fence looks like a board fence at a lower cost. While board fences look great when they are new and straight, but show the slightest imperfections. Be prepared to straighten leaning posts or replace warped rails. Painted fences will require frequent touch-up. Wood and plastic fences may cost $4 to $10 per running foot. Wire fences can be built for less than $1 per foot. For some situations, a compromise may be a wire fence with a single rail at the top or flexible vinyl fence to $3 to $5 per foot.

Interested in a career where you can address pressing issues in natural resources and the environment?

A degree in a natural resources major prepares you for exciting and diverse careers such as: scientists, naturalists, resource manager, teacher, environmental assessor, planners, consultant, business owner and many more.

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Arrange a campus visit (402) 472-4445
Join our community

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U.S. Drought Monitor Map
As of Jan. 10, Lancaster County bordered between abnormally dry and moderate drought conditions.

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the January News? The answer was popcorn.

4-H Summer Camp Brochures Now Available
2006 4-H Summer Camp brochures are now available at the extension office or online at http://4h.unl.edu/camp/youth. Camps are open to all youth ages 5–19 — need not be in 4-H. With three unique Nebraska locations at Halsey, Gretna and Alma, there are 10 camps ranging from half day to four days/three nights!

Applications Open for 4-H Camp Staff
The three 4-H Camps in Nebraska are currently accepting applications for our 2006 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor environment.

Can You Guess It? Did you guess it? Find out at http://lancaster.unl.edu Did you guess it from the January News? The answer was popcorn.