13 Fun Ways to Eat More Fruits and Vegetables!

Alice Henneman, MS, RD
UNL Extension Educator

When you look at your lunch and dinner meals, do you see an amount of fruits and veggies equal to about half your plate? Did you have a fruit or veggie for breakfast? And maybe include one as part of a snack? Most of us know we should eat more fruits and veggies; most of us don’t eat enough. Here are 13 fun ways to eat more fruits and vegetables!

- Add extra veggies such as thawed frozen peas and/or thinly sliced carrot coins to your potato salad.
- Make a quick parfait by layering yogurt, low-fat granola and fruit in whatever proportions you’d like.
- Make a dip by mixing 1/4 cup peanut butter, 2 tablespoons orange juice and 1/2 cup low-fat vanilla yogurt. Serve with fresh apples, pears, carrot sticks and/or celery sticks.
- Freeze 100% fruit juice (orange, apple, pineapple and grape) in popsicle molds.
- Serve strips of lean meat as part of a main dish salad loaded with veggies and/or fruit.
- Blend a cup of small pieces of frozen fruit, 3/4 cup of juice and a half cup of vanilla or other flavored yogurt for a quick smoothie.
- Stir chopped vegetables and/or fruit into cold rice and mix with salad dressing for a super side dish. An oil and vinegar dressing mixes well with vegetables while a sweeter dressing, such as poppy seed dressing, goes well with fruit.
- Instead of a big dish of ice cream TOPPED by fruit, enjoy a bowl of fruit capped with a small scoop of ice cream.
- Mix some veggies with your pasta for added pizzazz!
- Rather than making a tuna salad sandwich, serve a scoop of tuna salad atop tomato slices.
- Add extra veggies such as thawed frozen peas and/or thinly sliced carrot coins to your potato salad.
- Make a dip by mixing 1/4 cup peanut butter, 2 tablespoons orange juice and 1/2 cup low-fat vanilla yogurt. Serve with fresh apples, pears, carrot sticks and/or celery sticks.
- For more ideas on adding fruits and veggies to meals, visit www.fruitsandveggiesmatter.gov and www.fruitsandveggiesmorematters.org

“Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases and certain cancers,” according to the Centers for Disease Control and Prevention. (NOTE: If you’d like to calculate the specific fruit and vegetable recommendation for your age, sex and activity level, go to www.fruitsandveggiesmatter.gov)
Farmland Leasing Workshop, Feb. 11

Tom Dorn
UNL Extension Educator

The extension office receives several calls a day asking about proper phosphorus fertilizer application timing and method. The question stems from a misunderstanding of the differences in how phosphorus available in the soil is converted to unavailable forms in the soil and how each are measured by a soil test. How much nitrogen can be applied in various forms initially, eventually all organic and inorganic nitrogen is converted to nitrate in the soil. Nitrate is not attracted to clay or other union particles in the soil and therefore remains in the soil solution (water) where it can be utilized by plants. Post growing season tests for nitrate (NO3-N) in the soil test is measuring essentially all of the carryover nitrogen in the soil. Phosphorus fertilizer, on the other hand, is completely water soluble (or at least water available) when manufactured, but it does not remain this way very long after it is applied to the soil. The process whereby available phosphorus is converted from available to unavailable forms is called “phosphorus fixation.” Nebraska soils are generally well supplied with phosphorus but only a small fraction of the total phosphorus is available for plant uptake at any one time. Total phosphorus contents average about 4,700 pounds of P2O5 per acre. The material that is based on this amount of phosphorus is called “phosphorus fixation.”

University of Nebraska-Lincoln Extension in Lancaster County is presenting a free Farmland Leasing Workshop on Wednesday, Feb. 11, 8:30 a.m.–Noon at the Lancaster County Extension Education Center, 444 Cherry creek Road, Lincoln.

Topics:
• “The Status of Land Values,” by Dr. Bruce Johnson, UNL Professor of Ag Economics
• “Determining and Sharing Irrigation Costs,” Tom Dorn, UNL Extension Educator
• “Lease Arrangements: Things to Think About,” Rick Damkroger, Harding & Shultz Law
• “Leases and Risks, a Lender’s Point of View,” Tom O’Hara, Horizon Bank

Free for more information, call 441-7180.

One word could describe the state of farming the past couple of years—volatile. Prices for all commodities increased dramatically in 2007 and the first half of 2008 before taking a sharp turn downward. Rental prices for crop land followed the run up in grain prices, but then they started to say changes in rental rates tend to lag behind changes in commodity prices. Rent is only one component of the cost borne by the tenant. The cost for all inputs for crop production followed a similar upward trend as the overall price level. The price for most farmers more than tripled over the two years, but, in contrast, fuel and farm equipment also increased in price though not to the same extent as fertilizer. Higher rent and input costs increased risk exposure for the tenant, but the high grain price held promise for unprecedented profit, despite the added expense. Rental rates tenants were willing to pay reflected this optimistic climate.

Of course, landowners were aware of the rapidly rising grain prices. Naturally landowners wanted to participate in the bounty, especially should commodity prices continue to climb. The problem is, as a result, a new generation of cash crops, known as flexible cash crops was negotiated between some landowners and tenants. The basic principles of flexible leases are simple. Rental leases can be negotiated between landowners and tenants. The basic principles of flexible leases are simple. Rental leases can be negotiated between landowners and tenants. The basic principles of flexible leases are simple. Rental leases can be negotiated between landowners and tenants.

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Landscaping: The Public View

Winter brings a slower pace to gardening. Now is a good time to think about the home landscape and how it can be improved. An attractive front yard can enhance the appearance of your house and neighborhood. The expansion of lawn and surrounding plants creates the most pleasing picture if designed or planned rather than allowed to take shape on its own.

How you plant the front yard depends mainly on your house. On most homesites, the house is the prominent feature. All plants, driveways, fences and other items are meant to complement it. Shrubs and trees unite the house with its surroundings by softening vertical lines and making the building seem a natural part of the terrain.

The two major landscape design areas around your house are the corners and doorways, as both have harsh vertical lines. Y our doorway plants and front door. These areas are meant to funnel the viewer’s eye toward your property. Plantings offer privacy and tranquility by screening out busy street noises and reducing glare from headlights.

The Value of Landscaping

From a monetary standpoint, a nicely landscaped property can increase the value of your home by 15%, allowing you to recoup 100-200% of your investment at selling time. This compares with the investment recovery rates for kitchen remodels (75-125%), bathroom remodeling (20-120%), swimming pools (5-20%) and landscaping (5-20%). A monetary return is not the only value of landscaping. Below are some very important values of landscaping.

Plants protect water quality. Proper landscaping reduces nitrate leaching from the soil into the water supply. Plants also reduce surface water runoff, keeping phosphorus and other pollutants out of our waterways and preventing septic system overload.

Proprietary landscaping reduces soil erosion. A dense cover of plants and mulch holds soil in place, keeping sediment out of lakes, streams, stormdrains and off of roads.

Plants improve air quality. One tree can remove 26 pounds of carbon dioxide from the atmosphere annually, equaling 11,000 miles of car emissions. Landscape plants, including shrubs and turf, remove smoke, dust and other pollutants from the air. One study showed that one acre of trees has the ability to remove 13 tons of particles and gases annually.

Landscaping lowers summer air temperatures. According to the EPA, urban forests reduce urban air temperatures significantly by shading heat sinks such as buildings and concrete and returning humidity to the air through evaporative cooling. Trees shading homes can reduce attic temperatures as much as 40 degrees F.

Landscaping conserves natural resources. Properly placed deciduous trees reduce house temperatures in the summer, allowing air conditioning units to run 2 to 4 percent more efficiently, but allow the sun to warm the house in the winter. Homes sheltered by evergreen windbreaks can reduce winter heat loss and are generally warmer than homes without such protection. By using trees to modify temperatures and protect against wind, the amount of fossil fuels used for cooling and heating is reduced.

Landscaping screens busy streets. Trees and other plantings offer privacy and tranquility by screening out busy street noises and reducing glare from headlights.

What is the value of landscaping—much more than first imagined.

The Value of Landscaping

Plants interact with solar radiation by creating shade and absorbing heat. In temperate climates, deciduous plants in full leaf are generally the best intercepted of direct solar radiation. And, in the winter, when their leaves have been shed, they allow in much desired sunlight. Landscaping should block or filter summer sun and permit winter sun to reach most living areas. Dense trees can block up 90% of sunlight and 75% of its heat. Consider the size and shape of the shadow a plant will cast. At midday, a vine-covered wall is cooler than a bare wall. If you don’t have mature trees, consider planting vines on a trellis.

Water—Water also tempers heat. Even a small pond can help. Plants can also alter microclimates by intercepting precipitation. Only 60% of rain falling on a pine forest reaches the ground. Because trees intercept and slow down water movement, they also help to control runoff and erosion. Plant water-thrifty plants, often natives, suited to the climate. Group them together through need. During droughts, raise the cutting level of your lawn by 2 inches. Rainfall is decreased by 20-40%.

Soils—Well-drained, coarse-textured soils are cooler than heavy, water-retaining soils. Water drain freely through the soil and control noise. Mounding soil against a wall can provide insulation, however the soil must be well-drained. Sandy soil drains too quickly and doesn’t provide much in the way of nutrients. Water tends to run off of clay soil. The best soil is a mix of clay, sand and silt (loam). White roofs keep houses cooler in summer.

Cut Your Utility Bills By Up to 30 Percent With Landscaping

Landscaping can change the microclimate around a building by 20-25 degrees F. According to the US Department of Energy, energy-efficient landscaping can save up to 30% on home heating bills. Savings for cooling can be even more. Most people can save at least a few hundred dollars a year by properly reworking their yard. This can also increase the value of your home since buyers will pay more for a house with low utility bills. There are a number of things to consider including sunlight, water, soil and color of your house.

Sunlight—Plants interact with solar radiation by creating shade and absorbing heat. Solar radiation creates microclimates by intercepting precipitation. Solar radiation helps maintain and don’t always enhance the landscape. An open lawn area can provide an impervious setting for a house. A front lawn unclustered by specimen shrubs, flower beds and garden ornaments can make your property seem spacious. Shrubs will appear lost and floating unless planted in groups or cultivated beds.

Water—Water also tempers heat. Even a small pond can help. Plants can also alter microclimates by intercepting precipitation. Only 60% of rain falling on a pine forest reaches the ground. Because trees intercept and slow down water movement, they also help to control runoff and erosion. Plant water-thrifty plants, often natives, suited to the climate. Group them together through need. During droughts, raise the cutting level of your lawn to between 2 and 3 inches. This causes less stress and encourages deep rooted growth.

Dirt—Smaller, smaller mounds of earth, called soil, cover the earth on which plants grow and control noise. Mounding soil against a wall can provide insulation, however, the soil must be well-drained. Sandy soil drains too quickly and doesn’t provide much in the way of nutrients. Water tends to run off of clay soil. The best soil is a mix of clay, sand and silt (loam). White roofs keep houses cooler in summer.

Proprietary landscaping reduces soil erosion. A dense cover of plants and mulch holds soil in place, keeping sediment out of lakes, streams, stormdrains and off of roads. Planting near the corners of the foundation will funnel the viewer’s eye toward your front door, as the main entry to your home.
**Healthy Eating**

**Enjoy Nebraska Foods!**

By Alice Henneman, MS, RD, UNL Extension Educator

Here’s a yummy-warming, nutrient-rich stew to enjoy on a cold winter day!

**Turkey Stew**

*(Serving Size: 1/4 of recipe • Yield: 4 servings)*

2 teaspoons vegetable oil
1 1/2 cups chopped onion
1 finely chopped garlic clove or 1/2 teaspoon garlic powder
4 chopped carrots
2 chopped celery stalks
2 chopped potatoes
1 cup (15 ounce) tomatoes, diced
2 cups water
2 cups chopped, cooked turkey
salt and pepper to taste

Italian seasoning or oregano, basil or thyme to taste

Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir two minutes. Add potatoes, tomatoes and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Season to taste before serving. Refrigerate leftovers.


Alice’s Notes:
• Start checking the vegetables for tenderness after about 15 minutes, especially if you like them to have a crunch to them. Also, how fast they cook will depend on their size.
• Tossed in the turkey the same time as the vegetables to help assure I didn’t overcook the vegetables.
• If you like, you might use a low sodium chicken broth instead of water in this recipe for added richness.
• Add salt at the end, if desired, to season to taste. As soup cooks, if the broth in a soup has cooked down, the broth will taste saltier than when you started.
• I like to use a yellow potato such as a Yukon Gold potato in soups. They have a thin skin; just wash and scrub; cut into cubes and toss them into your soup.
• This recipe also may be made with chopped, cooked chicken.

**Chili**

1 pound ground beef, cooked
1 can (15 ounces) tomato sauce
3 cups “no boil” wide noodles (uncooked)
1 can (8 ounces) tomato sauce
1/2 cup chopped onion
1/2 teaspoon onion powder
2 teaspoons vinegar
2 teaspoons mustard
1 can (15 ounces) creamed corn
8 ounces Mozzarella cheese, shredded

For 10 cups of vegetables, 3 cups of fruits: 1/4 teaspoon garlic powder

Mix the taco seasoning with the cooked ground beef (hamburger) can be cooked ahead and frozen. Go to http://lancaster.unl.edu/food/cq-beef-crumbles.shtml for specific directions on cooking, freezing and thawing ground beef. These recipes provide approximately four servings and can be doubled so foods can be reheated for another meal. Many combination dishes taste even better when reheated.

**Mini-Pizzas**

1 tube biscuits (makes 10 mini-pizzas)
1 cup (15 ounces) pizza sauce or tomato sauce
1 pound ground beef, cooked
8 ounces Mozzarella cheese, grated

Roll out biscuits until quite thin (1/8 inch). Use flour on counter and hands to keep from sticking. Place the biscuits on a large cookie sheet. Top with pizza sauce and cooked ground beef. Sprinkle with a little oregano and top with cheese. Bake at 375 degrees for 10–15 minutes until browned on top. Refrigerate leftovers promptly.

**Sloppy Joes**

1 pound ground beef, cooked
1 can (8 ounces) tomato sauce
2 teaspoons mustard
2 teaspoons vinegar
1/2 teaspoon onion powder

In a medium saucepan, combine the ingredients. Simmer for 10–20 minutes. Serve over buns. Refrigerate leftovers promptly.

**Cornbread Taco Bake**

1 pound ground beef, cooked (season with 1/2 teaspoon onion powder and 1/4 teaspoon garlic powder)
1 can (15 ounces) tomato sauce
2 packages (7.5 ounces) cornbread mix, prepared according to package directions
1 can (15 ounces) creamed corn
8 ounces grated cheese (taco mix or other)

Mix the taco seasoning with the cooked ground beef. Set aside. To save time, prepare both cornbread mixes together. Spread 1/2 of the cornbread batter into a 9 x 13 inch baking dish. Sprinkle ground beef mixture on top of batter. Spread creamed corn and then cheese over the mixture. Top with other half of cornbread batter. Bake at 350 degrees 35–40 minutes or until done. Refrigerate leftovers promptly.

**Skillet Lasagna**

1 pound ground beef, cooked (season with 1/2 teaspoon onion powder and 1/4 teaspoon garlic powder)
1 can (15 ounces) tomato sauce
3 cups “no boil” wide noodles (uncooked)
1 cup cottage cheese
8 ounces Mozzarella cheese, shredded

In a large skillet, layer the ingredients in the order they are listed. Cover simmer 10–15 minutes, until the noodles are tender. If using regular noodles, boil for 10–15 minutes before adding. Refrigerate leftovers promptly.

**ANSWERS:**
1. F – All of the above.
2. F – All of the above. Phytochemicals usually are related to the color of fruits and vegetables. There are hundreds of phytochemicals — eating colorful fruits and vegetables daily helps you benefit from all of them.
3. F – All of the above. You are surprised at how healthy it is to eat a variety of colors of fruits and vegetables. Stamp Nutrition Connection, available at www.mypyramid.gov
4. D – 2½ cups. For more specifics about how many cups of vegetables you need at other calorie levels, check www.mypyramid.gov
5. E – Both A and B are correct. While two cups of “raw” spinach are equivalent to 1 cup of vegetables, once spinach is cooked, 1 cup of cooked spinach counts as 1 cup.
6. C – 2 cups. For more specifics about how many cups of fruits yet you need at other calorie levels, check www.mypyramid.gov
7. C – Both of the above. Make sure to select 100% fruit juice. Whole or cut-up fruits are sources of dietary fiber, fruit juices contain little or no fiber. Make Most of your choices whole or cut-fruit rather than juice, for the benefits dietary fiber provides.

Whether you answered all the questions correctly or missed a few, the following Web sites can serve as your “playbook” to help plan YOUR fruit and vegetable bowl strategy!

• www.mypyramid.gov
• www.FruitsandVegetablesMoreMatters.org

**5 Main Dishes—Each Using Only 5 Ingredients**

**Are You Winning the “Fruit & Vegetable Bowl Game”?**

Alice Henneman, MS, RD, UNL Extension Educator

Just when you thought bowl games were over, here’s another one! If your dinner plate were a playing field, would you be winning or losing the “fruit and vegetable bowl game”? Choose the ONE best answer for each of the following seven questions.

1. Which colors of fruits and vegetables are healthiest to eat?
   A. Red
   B. Green
   C. Blue/purple
   D. Yellow/orange
   E. White
   F. All of the above

2. Fruits and vegetables are full of phytochemicals (fight-o-chemicals). Which of the following are functions of phytochemicals in the body?
   A. Act as antioxidants
   B. Stimulate detoxification enzymes
   C. Stimulate the immune system
   D. Positively affect hormones
   E. Act as antibacterial or antiviral agents
   F. All of the above

3. Fruits and vegetables can help reduce risk for which of the following diseases?
   A. Cancer
   B. High blood pressure
   C. Diabetes
   D. Heart disease
   E. Stroke
   F. All of the above

4. How many cups of vegetables should a person eat daily at the 2,000 calorie level?
   A. 1 cup
   B. 1 1/2 cups
   C. 2 cups
   D. 2 1/2 cups
   E. 3 cups

5. Which of the following are equivalent to 1 cup of vegetables?
   A. 2 cups raw, leafy greens
   B. 1 1/2 cup tomato or mixed vegetable juice
   C. 2 cups cooked spinach
   D. All of the above
   E. None of the above

6. How many cups of fruit should a person eat daily at the 2,000 calorie level?
   A. 1 cup
   B. 1 1/2 cups
   C. 2 cups
   D. 2 1/2 cups
   E. 3 cups

7. Which of the following are equivalent to 1 cup of fruit?
   A. 1 1/2 cup dried fruit
   B. 1 cup juice
   C. Both of the above
   D. Neither of the above

Bonus Point: Are YOU eating a variety of colorful fruits and vegetables daily?
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View—Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

Feb. 2 is time for the groundhog (wood chuck) to either not see his shadow and have spring on its way or see his shadow and have six more weeks of winter. Hope he doesn’t see his shadow. I’m ready for spring.

Of course we can’t forget Valentine’s Day. Did you know there are 192 million cards exchanged annually making Valentine’s Day the second most popular greeting card giving occasion. Let us not forget our troops and veterans serving our country.

Feb. 16 will be a federal holiday to celebrate two famous presidents, George Washington and Abraham Lincoln. Happy Valentine’s Day!

FCE News & Events

FCE Council Meeting, Jan. 26

The first FCE Council meeting of 2009 will be Monday, Jan. 26, 2 p.m. at the Lancaster Extension Education Center. Debbie Way from Ropers will present a program on “Who Gets Grandma’s Yellow Plate?”. An agenda has been sent to all club presidents. Club presidents are automatic council members. Each council should plan to have at least one representative attend, but everyone is welcome.

Upcoming Leader Training Lessons

The FCE and commuinity leader training lesson, “Fitting in the Fiber” will be Tuesday, Jan. 27 at 1 p.m. Extension Educators Alice Hennenman and Lorene Bartos will teach the health benefits of fiber, good food sources of fiber and tips on how to get your daily recommended amount of fiber. The FCE and Community leader training lesson “Bullying” will be Tuesday, Feb. 24 at 1 p.m. Extension Educator Lorene Bartos will present the lesson. This lesson will help parents, teachers and others learn how to equip children with the skills and knowledge necessary to identify and deal with bullying. Trainings will be at the Lancaster Extension Education Center. If you are not an FCE member and would like to attend, please call Pam at 441-7180 so packets can be prepared.

Small Steps to Health and Wealth

A program designed to motivate participants to improve both their health and their finances

UNL Extension will present a series of online workshops

Thursdays Jan. 29–April 30
12:15–1:00 p.m. (workshops will be recorded and can be viewed later)

http://smallsteps.unl.edu

“Small Steps to Health and Wealth” encourages participants to set health and/or wealth goals and take action to achieve their goals by identifying small progress steps.

All that is needed is a computer with Internet access and a phone. Workshop costs $20 (available at the extension office) or lessons can be downloaded at http://smallsteps.unl.edu.

You can participate via the computer or attend a small group which will meet on UNL City Campus, Mabel Lee Hall, room 270 at 12 noon–1 p.m. on the above dates. To register for either option, go to the above web site (for the small group, indicate “campus small group”).

The workshops explore 12 key exchange strategies that can be applied to improve your health, increase your wealth or both. The workbook includes action steps and worksheets. Participants are encouraged to share their successes.

For more information, contact Lorene Bartos at lbartos1@unl.edu or 441-7180.

How to Keep Red Clothes from Turning Pink

Red is a popular color in Nebraska and also in the month of February. Laundering red garments, particularly new ones, can present some challenges. That’s because, in order to produce a bright, rich color, red fabrics are often overdyed. When laundered, the color may fade or the red dye may transfer to other items. To prevent this from happening, The Soap and Detergent Association, has some hints.

General Laundering: Launder red items in cold water, either by themselves or with other bright colors. For color-blocked garments, such as a red shirt with a white collar, or multicolored items, such as a print on a red background, add a dye-trapping cloth to the wash. It’s designed to absorb and trap loose dyestuffs during laundering, locking them away so they can’t redeposit onto other clothes. These may not always solve all problems with red dye.

If the dye bleeds: Pre-treat the area and re launder the garment in the warmest water that’s safe for the fabric. Don’t dry the garment until the bleeding is removed, as drying in a hot dryer may set the stain. Once the bleeding is removed, dry promptly. Dye transfer can also occur when damp items stay in contact with each other for a period of time.
2009 All-America Selections

Squash ‘Honey Bear’

‘Honey Bear’ acorn squash was bred to be baked and served in the half shell. The honey in ‘Honey Bear’ refers to the sweet squash flavor when cooked. In addition to flavor, there are three outstanding qualities: the compact plant, high yield and tolerance to powdery mildew. The bushy, compact plant will reach 2 to 3 feet tall and 4 to 6 feet without vines. The dark green acorn squash weighs about a pound, which is a perfect size for sharing between two people. The plant produces 3 to 5 fruit per bush. The yield is high due to the powdery mildew tolerance. At the end of the season, many acorn squash plants succumb to the mildew and fruit on the plant never matures. ‘Honey Bear’ continues to bear fruit throughout the growing season. From sowing seed in the garden until the harvest of the first squash will be about 100 days.

Eggplant ‘Gretel’

The earliest white eggplant perfectly describes ‘Gretel’. Any gardener will agree, the earlier the better; since waiting for the best tasting, most nutritious food from our garden is not easy. The glossy white mini-fruit are produced in clusters and can be harvested in 55 days depending upon growing conditions. Like all eggplants, ‘Gretel’ will grow rapidly under warm temperatures, over 55 degrees day and night temperature. The pure white fruit are sweet with tender skin even if they mature beyond the ideal fruit size of 3 to 4 inches.

Squash ‘Honey Bear’

The reason to invest your time to grow ‘Honey Bear’ in your garden. The oval shaped melons weigh between 2 and 4 pounds with a thin rind surrounding sweet, aromatic, white, juicy flesh. Another advantage is the earliness in maturity. Most other gourmet melons of this type mature much later than the 65 to 75 days of this melon. Because of the early harvest, the vigorous vines can produce more melons. ‘Honey Bear’ can be stored longer than other melons. They should be stored in a cool place, such as a refrigerator.

Viola ‘Rain Blue and Purple’

The trailing habit is perfectly designed for hanging baskets or patio urns. The plants spread 10 inches wide and 1 foot tall after the worst of the winter cold is past but, before spring growth begins. Prune fruit trees and grapes in late February or early March. Do not prune currants until after the average last frost date in your area. Prune dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should be covered with 3 to 4 inches of potting soil.

Starting Tender Perennials Indoors

Dahlia, tuberous begonias and other tender perennials are attractive plants for the home landscape. The “bulbs” (actually tubers, rhizomes and other structures) of tender perennials are usually planted directly outdoors in spring. However, these attractive ornamentals can be enjoyed for longer periods by starting them indoors in late winter.

Tuberous Begonia

Plant tubers indoors about 8 weeks before the average last spring frost in your area. When planting the tubers, place the concave or indented side upward. The rounded side is the bottom. Cover the tubers with 1-inch of potting soil. Water well. Then place the containers in a warm, 70-75 degrees F location. Keep the potting mix moist, but not wet.

Caladium

Caladium forms a true tuber or enlarged underground stem. New tubers grow from the side of the original one. Plant caladium tubers indoors 4 to 6 weeks before the average last frost date in your area. Tubers should be planted 1 to 2 inches deep. When planting the tubers, place the knobby side up. The knobs are the tuber’s eyes or buds. After planting, place the containers in a warm, 75 to 80 degrees F location to help sprouting.

Canna

Start canna rhizomes indoors 4 to 6 weeks before the average last frost date in your area. Plant the cannas in large pots. The rhizomes should be covered with 3 to 4 inches of potting soil.

Garden Guide

Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.

Late February is a good time to set layer such house plants as dracaena, daffodils and rubber plant, especially if they have grown too tall and leggy.

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 dose.

Prune fruit trees and grapes in late February or early March. After the worst of the winter cold is past but, before spring growth begins. Prune dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should be covered with 3 to 4 inches of potting soil.

This year plan to grow at least one new vegetable you have never grown before; it may be better than what you are already growing. The new dwarf varieties on the market which use less space while producing more food per square-foot may be just what you are looking for.

Send off used borders early this month to take advantage of seasonal discounts. Some companies offer bonus packs of new varieties to early buyers.

Do not start your vegetable transplants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growing species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

Repair and paint window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.
Bees are needed to pollinate many crops. Without bees, crops such as strawberries, cantaloupes, cherries, cucumbers, strawberries, raspberries, squash, sunflowers, watermelon, and many other crops would all rely on bees for pollination.

Research has shown that during the winter, beekeepers have lost habitat to urban expansion and high grain prices have forced beekeepers to move their colonies closer to town. During the last quarter century, honey bees in the U.S. have been exposed to several introduced diseases and pests. In addition, beekeepers have lost habitat to urban expansion and high grain prices has forced them to move their colonies closer to town.

Tree Squirrels

Even though ground squirrels hibernate, tree squirrels don’t. During the winter, they are active between dawn and dusk, but limited activities by staying in their far-lined nest, called a drey, until the next day. During winter storms, or severe cold, the squirrel may stay in its nest for days. An adult squirrel normally lives alone, but will share its nest with other squirrels to conserve body heat. Once the temperature rises, the guests will be on their way.

During the summer and fall, squirrels provi- sion their territory by burying nuts and seeds in the ground, often in the lawn and in flower beds. But first, the squirrel rubs the nut on its face. This seemingly nonsensical ritual applies a scent to the nut which helps the squirrel find it later—even under a foot of snow.

In the winter, the average adult squirrel needs to eat about a pound of food a week to maintain an active life. By early spring they have eaten their stockpile of food and often damage landscape plants before there is other food for them to eat. Clipping and feeding on tree buds is a common behavior. Sometimes damage is even more severe. In the spring of 2007, we had many reports of squirrels stripping the bark off maple trees.

Squirrels also carry fleas. Unlike tree squirrels, they are carriers of the mange mite. Mange is caused by a parasite called Otodectes cynotis. Squirrels have unique digestive systems allowing them to get nourishment when only low nutrient foods are available during winter. Rabbit damage to young trees. Damage is above ground because rabbits can stand on drifted snow to reach higher bark.

Rabbits: To Feed or Not to Feed?

Squirrels are needed to pollinate hundreds of flowering fruit, vegetable, and nut crops. Apples, blueberries, cantaloupes, cherries, cucumbers, strawberries, raspberries, squash, sunflowers, watermelon, and many other crops would all rely on bees for pollination.

During the last quarter century, honey bees in the U.S. have been exposed to several introduced diseases and pests. In addition, beekeepers have lost habitat to urban expansion and high grain prices has forced them to move their colonies closer to town. During the last quarter century, honey bees in the U.S. have been exposed to several introduced diseases and pests. In addition, beekeepers have lost habitat to urban expansion and high grain prices has forced them to move their colonies closer to town.

Squirrels have truly learned to co-exist with humans and survive well in urban settings. They find natural food, but also take advantage of human handouts. They are active at bird and squirrel feeders. In the summer, they may help themselves to your garden produce. When hungry, they may chew their way into plastic garbage cans for scraps of food.

Cottontail Rabbits

The range of the Eastern cottontail rabbit includes most of the U.S. east of the Rocky Mountains and is found in urban and rural areas in Nebraska. Cottontails in rural areas spend their entire lives on just a few acres, while cottontails in urban areas may not venture far from a single backyard.

Tree Squirrels

Many animals seem to disappear in the wintertime. Some animals, like opossums, skunks, ground hogs and bats hibernate or go dormant so they can survive when there is no food for them to eat. When animals hibernate, their heart rate slows, body temperature drops and breathing slows down. Hibernating animals don’t need to feed. Instead, they live off stored fat they accumulated during the late summer and fall.

Two common animals active during the winter are tree squirrels and cottontail rabbits. These animals don’t hibernate, but use other behaviors to survive winter.
Meet the 2009 Lancaster County 4-H Council

Lancaster County 4-H Council represents the interests of youth, parents and leaders. 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by staffing a snack booth at the Lancaster County Fair. These funds help support 4-H programs, activities and scholarships. The following are members of this year’s 4-H Council:

- John Krueger (President)
- Erin Dreiser (Vice President)
- Heather Kennedy (Vice President)
- Ellen Mushling (Secretary)
- Robin Ambroz-Hollman
- Vicky Austin
- Jeff Cassel
- Jennifer Rounds

4-H Speech Contest

The 2009 4-H Speech Contest will be held Sunday, April 19 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. The Speech Contest provides 4-H’ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 13 by calling 441-7180 or e-mailing dkarmazin2@unl.edu with name, speech title and age division.

Contest divisions and requirements:
- **Clever Kid:** 5-7 years old, recite or recite any short story, nursery rhyme, poem, pledge etc.
- **Novice:** 8-9 years old, 2 minutes in length, any topic related to 4-H.
- **Junior:** 10-11 years old, 2-3 minutes in length, any topic related to 4-H.
- **Intermediate:** 12-13 years old, 3-5 minutes in length, encouraged to talk about a 4-H project.
- **Senior:** 14-19, 5-8 minutes in length, a timely topic related to 4-H.

For speech resources check out our Web site at http://lancaster.unl.edu/4h/Content/speech.shtml

4-H FFA Market Beef Weigh-In, Feb. 7

Lancaster County 4-H/FFA members with market beef projects, please plan for this year’s market beef weigh-in on Saturday, Feb. 7, 8-10 a.m. at the Lancaster Event Center.

Horse Stampede Entries Due Jan. 30

Just a reminder! The 7th annual 4-H Horse Stampede will be held Saturday, March 14 at the Animal Science Building on UNL East Campus. The Stampede consists of the 4-H state horse related competitions: Horse Bowl, Public Speaking, Demonstration and Art Contest. Stampede contestants must be enrolled in a 4-H horse project and the exception to the art contest. Contestants may participate in all contests. Senior division is ages 14-18; junior division is 12-13. Teams are to consist of three to five youth. Stampede T-shirts are available to participating youth. You must pre-order your T-shirt, cost is $6. Lancaster 4-H Council will pay the entry fees for contests! Stampede Entry forms along with T-shirt orders are due by Jan. 30 to the UNL Extension in Lancaster County Office. Forms and additional information are available online at http://www.animalscience.unl.edu/extension/equine/4H/stampede.html

Do You Like Bugs?

4-H Entomology Workshop, Feb. 23

A 4-H Entomology workshop will be presented on Monday, Feb. 23, 7-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. This free workshop will introduce the new 4-H entomology curriculum and include a hands-on project which 4-H’ers could exhibit at the county fair. Youth ages 10 and up and adult volunteers are encouraged to attend. Pre-register by Feb. 18 by calling 441-7180.

4-H Washington D.C. Group Has Four Openings

Four spots have opened up for the June 2010 4-H Citizenship Washington Focus (CWF) group. Any Lancaster County youth age 14-18 can join CWF, a summer citizenship program which culminates in a nine-day, intensive trip to Washington D.C. and New York. CWF delegates learn about the democratic process and their role as citizens. Youth who sign up now are able to start earning funds through organized fund-raising. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

Horse Bits

R.B. Warren and Grand Island Saddle Club 4-H Scholarships Due March 1

One $500 scholarship and four $1,000 scholarships are available for 4-H’ers enrolled and active in the Nebraska 4-H Horse Program. For complete directions and applications go to http://www.animalscience.unl.edu/extension/equine/4Hscholarship.html. Applications must be postmarked by March 1.

2009 4-H Horse Level Testing Dates

Mark your calendars! The 2009 group level testing dates for 4-H Horse Advancement Levels will be held at the Lancaster Event Center in Pavilion 3 on the following dates:
- Tuesday, April 21, 6:30 p.m.
- Tuesday, May 5, 6:30 p.m.
- Tuesday, June 23, 6:30 p.m.
- Tuesday, July 7, 6:30 p.m.
- Saturday, Sept. 26, 9:00 a.m.

Please RSVP at least one week in advance of the test date to Marty at mcruickshank2@unl.edu or 441-7180.

Reminder for District and State 4-H Horse Show: Riders must be 12 years of age and have a level II in order to compete at the District Horse Show and the state 4-H Show in Grand Island. District and State entries are due May 8. Anyone wishing to compete at the district or state show must get their testing done before the May 8 date.
New 4-H Pick-a-Pig Project

A new 4-H pick-a-pig class will be added to the Lancaster County Fair this year. Local pig producers are coming together to give any youth interested in showing pigs a chance to do so. Local producers will sponsor a 4-H youth and provide them with a pig in April.

In return, the 4-H’er will need to pay for grain, work with the animal and keep records on their project. Local producers have also offered to house the pigs for six to eight weeks if urban conditions may be interesting. The pig will then be shown and marketed at the county fair.

After county fair, the 4-H’er will reimburse their sponsor for the beginning value of the project pig. Anyone interested in being a part of the pick-a-pig project needs to contact Deanna at 441-7180 by March 9.

4-H/FFA Sheep Weigh-In, May 21

4-H/FFA members planning to exhibit market sheep in the performance contest will need to have their animal weighed on Thursday, May 21, 6–8 p.m. at the Lancaster Event Center - Pavilion 2. Deanna will no longer go to farms to weigh sheep. Please contact Deanna if this date does not work for you.

Clover College Instructors and Volunteers Needed

4-H Clover College will be held June 16–19 at the Lancaster Extension Education Center. Clover College is four days of fun-filled, hands-on workshops for youths ages 6 and up. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 441-7180. All help is very much appreciated!

Directions and parking:

Located on the northwest corner of the intersection of 33rd and Holdrege Streets. Enter off 33rd Street. Parking is free in the entire lot north of the building (west of the fire station).

The International Quilt Study Center is an academic program of the Department of Textiles, Clothing and Design in the College of Education and Human Sciences at the University of Nebraska–Lincoln.
STRENGTHENING FAMILY TREASURES
Daughter/Mother Camp
A retreat designed for 5th & 8th grade girls and their mothers (or grandmothers or other adult females)
Friday, Feb. 20, 5 p.m. to Saturday, Feb. 21, 5 p.m.

Give the greatest gift to your daughter—your time! Take an article about and one night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

• Enhance effective communication including expressing emotions
• Learn more about body image and sexuality
• Explore techniques to handle peer pressure and stress
• Discuss the importance of individual family values

Cost includes meals, snacks and lodging at Carol Joy Holling Center. Fee is $120 per pair (4 people per room) or $150 (2 people per room)—each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.
Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling. For more information or a registration form, go to http://lancaster.unl.edu/family/guf.shtml or call Extension Educator Maureen Bursion at 441-7180.

Master Conservationist
Entries Due April 1
Nebraska adults and youth in both rural and urban areas who have implemented soil and water conservation practices are eligible to enter the 2009 Master Conservationist Recognition program. The deadline for entries is April 1. There are categories for youth groups and individuals, residences, communities and private businesses as well as production agriculture (farming and ranching). Master Conservationist program brochures are available at the UNL Extension office and online at http://owh.com (click on the “In the Community” link).

The January 2009 Nebraska featured an article titled “Creating a Strong Family.” Research has shown strong families have six common characteristics:
• Appreciation of Achievement
• Commitment
• Positive Communication
• Enjoyable Time Together
• Spiritual Well-Being
• Successful Management of Stress and Crisis
A second article listed “Ways to Spend Time With Your Family in January.” Here are activity ideas for the next few months. Note: many of these activities could be done any day. Feel free to add your own ideas!

February
1. Take pictures for the family album
2. Discuss ice safety
3. Study the clouds
4. Listen to classical music
5. Visit the Float Office
6. Start a family checkers tournament
7. Bake cookies or bread today
8. Make a snow angel
9. Have mom share a favorite family recipe
10. Leave love notes for each other
11. Eat a green vegetable tonight
12. Bake cookies together
13. Attend a religious activity
14. Valentine’s Day—talk about love
15. Have a family sing-a-long
16. Do homework with your child
17. Celebrate St. Patrick’s Day by eating something green
18. Play a board game tonight
19. Discuss what you saw at the museum
20. Go to a play or concert
21. Fly a kite
22. Go for a drive and enjoy the view
23. Share a funny story with your child
24. Children read aloud tonight
25. Do a safety check on everyone’s sleeping arrangements
26. Make a snow angel
27. Visit an art museum
28. Go for an evening hike in the country
29. Go for a walk and smell spring flowers
30. Make fruit smoothies
31. Play dominos

March
1. Attend a religious activity
2. Clean the garage or snow angel
3. Have mom share a favorite family recipe
4. Leave love notes for each other
5. Eat at two fruits today
6. Stop family putdowns
7. Invite some friends for a family game night
8. Build a snowman when it snows
9. Discuss the importance of a good education
10. Take a walk and look for your shadow
11. Help your child practice giving a report or telling a story
12. Bake cookies together
13. Attend a school activity together
14. Have a family fun night
15. Deliver cookies to your neighbor today
16. Learn the kinds of seeds different birds eat
17. Celebrate St. Patrick’s Day by eating something green
18. Build a bird feeder
19. Describe the kinds of birds that may visit your family’s bird feeder
20. Celebrate the first day of spring by going on a bicycle ride
21. Keep a diary of the birds visiting your bird feeder
22. Have dad read a story aloud
23. Plant flowers in a planter
24. Take a walk and smell spring flowers
25. Discuss what it means to you
26. Take a walk and smell spring flowers
27. Go for a walk and smell spring flowers
28. Put together a book of favorite family recipes
29. Celebrate Arbor Day by planting a tree
30. Spring clean your home
31. Make fruit smoothies

April
1. Parents or grandparents share a story activity you did as a child
2. Discuss what you saw at the museum
3. Turn off the TV, radio, phone and computer tonight! Play a game
4. Clean up an elderly neighbor or friend’s yard
5. Fill your spiritual reservoir by attending a service or reading a special book
6. Start flower or vegetable seed indoors
7. Star gaze tonight
8. Talk about a happy family memory
9. Discuss next summer’s vacation
10. Go to a play or concert
11. Fly a kite
12. Go for a drive and enjoy the view
13. Do a safety check on everyone’s sleeping arrangements
14. Children read aloud tonight
15. Have a family sing-a-long
16. Do homework with your children
17. Take a family nighttime walk around your neighborhood
18. Bring trash in your neighborhood
19. Visit someone who lives alone and share cookies
20. Eat a new fruit
21. Play Scabbard
22. Talk about important things in your lives
23. Put together a book of favorite family recipes
24. Arbor Day by planting a tree
25. Plant flowers in a planter
26. Take a walk and smell spring flowers
27. Make fruit smoothies
28. Visit an art museum
29. Tell each member in the family you love them
30. Exercise together
31. Play dominos

May
1. Celebrate May with flowers for a friend or parent
2. Have a family picnic together
3. Pull out the family picture album and reminisce
4. Play charades
5. Learn about Cinco de Mayo
6. Eat a serving of whole grain cereal or bread
7. Call a tell what you did in school today
8. Share memories of last summer’s fun activities
9. Take an evening walk and look at the full moon
10. Mother’s Day—something special for mom today!
11. Draw chalk pictures on the sidewalk
12. Go bird watching
13. Take a walk in the rain
14. Phone a family member just to say “hi”
15. Attend a concert or musical in your community
16. Clean out the toy box and share some memories
17. Visit different parks in town or surrounding area
18. Use clay or homemade play dough to create something
19. Seeing on swings
20. Turn off the TV and listen to something on the radio
21. Work together to put family photos in albums
22. Plant flowers or a garden
23. Share a funny story with your child
24. Celebrate the elderly at the nursing home
25. Celebrate Memorial Day with a BBQ
26. Eat some fresh fruit today
27. Tell a makebelieve story with each person adding a part
28. Go for a nature walk and look at the sun
29. Help someone who lives alone and share cookies
30. Visit a neighbor or friend
31. Ride bicycles together

June
1. Exercise together
2. Eat three servings of vegetables
3. Write a family history
4. Make sunscreen when outside this summer
5. Invite the neighbors over to visit
6. Play a game of tennis
7. Read an inspirational story or poem
8. Plan ideas for a family vacation
9. Lay on the grass, watch the clouds and find a shape
10. Start the summer reading program at your local library
11. Get ice cream and eat it in your community’s park
12. Spend an afternoon at the local flea market
13. Flag Day—display the flag and share what it means to you
14. Go for a bicycle ride after dinner
15. Make a greeting card for a grandparent
16. Listen to another family member’s concerns
17. Enjoy a breakfast pizza
18. Make 5 minutes
19. Clean out the garage
20. Father’s Day—prepare father’s favorite meal together
21. Work some crossword puzzles
22. Plan the weekly menu & grocery list
23. Have a whole grain, fruit and vegetable meal
24. Have a fresh vegetable for dinner (lettuce, carrot, radish, etc.)
25. Perform a random act of kindness for someone
26. Go for an evening hike in the hills
27. Make some cookies
28. Mom’s day off! Have your family prepare tonight’s meal
29. Give a shoulder rub to each other
30. Make popcicles with fruit juice

For activity ideas for the rest of 2009, go to http://owh.com/ad/s/Calendar/Cal斐Man.htm

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January
23–24 4th & 5th Grade 4-H Lock-In 8 p.m.–8 a.m.
26 Family & Community Education (FCE) Council Meeting 1 p.m.
27 Family & Community Education (FCE) Council & Community Leader Training “In the Fiber” 1 p.m.
29 Private Paddock Appraiser Training 8:30–11:30 a.m. and 6:30–9:30 p.m.
29 Small Steps to Health and Wealth, online workshop 12:15–1 p.m.
30 4-H Horse Stampede entries Due to Extension

February
(February is Nebraska 4-H Month)
7 4-H/FFA Beef Weigh-In, Lancaster Event Center, Pavilion 2 8–11 a.m.
8 4-H Teen Council Meeting 3 p.m.
10 4-H Achievement Night, International Museum 7 p.m.
11 Farmland Leasing Workshop 8:30 a.m.–Noon
12 4-H Rabbit VIPS Committee Meeting, Event Center 6:30 p.m.
13 Extension Board Meeting 8 a.m.
14–15 Horsin’ Around, RR Warren Arena, UNL East Campus. Saturday’s schedule is 9 a.m.–5 p.m., 11 a.m.–4:30 p.m. Clinicians this year include Nancy Cahill, who is one of the country’s most respected and sought after instructors and clinicians. Topics include all around horse training, trail riding, western riding, showmanship and horsemanship. Registration closes Feb. 6. Pre-registration cost for adults is $50 for both days or $20/day; youth is $20 for both days or $15/day. Cost at the door for adults is $40 both days or $25/day; youth is $30 for both days or $20/day.
13–14 35th Annual Horsin’ Around 4-H Office 8 a.m.
14–15 35th Annual Horsin’ Around 9 a.m.–5 p.m.
16 Extension Board Meeting 8 a.m.
17–18 Parents Forever/Kids Talk About Divorce 9:30–5:30 p.m.
20–21 Strengthening Family Treasures 4-H Office 5 p.m.–5:30 p.m.
21 Beginning Beekeeping Workshop 9 a.m.–5 p.m.
23 4-H Entomology Workshop 7–8:30 p.m.
24 Family & Community Education (FCE) Council & Community Leader Training, “Bullying” 1 p.m.

Equine Nutrition Update, Feb. 3
An Equine Nutrition Update In-Service, “The Latest on Feeding Horses in Today’s Economy,” will feature two of the foremost experts in the field. The in-service will be held on Tuesday, Feb. 3, 8 a.m.–4:30 p.m. at the University of Nebraska-Lincoln Animal Science building in the Bobcat. Cost is $20/person (includes lunch, breaks, packet of materials). For more information, contact Kathy Anderson at kanderson1@unl.edu or 472-6414 or go to http://www.unl.edu/extension/equine.html

Horsin’ Around, Feb. 14–15
The 16th Annual Horsin’ Around will be held Feb. 14-15 in the R.R. Warren Arena, Animal Science building on the East Campus. Saturday’s schedule is 9 a.m.–5 p.m. by appointment. Clinicians this year include Nancy Cahill, who is one of the country’s most respected and sought after instructors and clinicians. Topics include all around horse training, trail riding, western riding, showmanship and horsemanship. Registration closes Feb. 6. Pre-registration cost for adults is $50 for both days or $20/day; youth is $20 for both days or $15/day. Cost at the door for adults is $40 both days or $25/day; youth is $30 for both days or $20/day.

Food Entrepreneur Seminar, March 9
The University of Nebraska—Lincoln Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The “From Recipe to Reality” seminar will be offered on Monday, March 9. The workshop is specifically designed to provide entrepreneurs with an understanding of key issues they will need to consider when starting a food business, including market research, packaging, pricing, legal issues, and more. Pre-registration is required and space is limited. Registration deadline is Feb. 27. Contact Jill Gifford at 472-2919 or giffordj@unl.edu for an information packet.

UNL Water Seminar Series
The University of Nebraska–Lincoln Water Center and School of Natural Resources Spring 2009 Water Seminar Series will feature local, national and international experts addressing topics from dryland agricultural conservation to what’s really contained in foodwaters.

All but one of the free public lectures will be in the first floor auditorium of Hardin Hall on the northeast corner of the intersection of North 33rd and Holdrege streets, UNL East Campus. Weekly lectures are Wednesdays, 3:30 to 4:30 p.m.

For more information, contact the UNL Water Center at 472-3305 or go to http://watercenter.unl.edu

Current upcoming lectures:
Jan. 28—Debra Eisenhauer, UNL, “Hydrologic Impacts of Irrigation”
Feb. 4—Mary P. Skopec, Iowa Department of Natural Resources, “2008 Iowa Floods and Water Quality Implications: What’s Really in the Water?”
Feb. 11—Alan Curt, UNL, “Nebraska Irrigation Survey: Uncovering Changing Attitudes and Challenges”
Feb. 18—Kremer Memorial Lecture: Michael Hochella, Virginia Polytechnic Institute and State University, “Environmental Nanogeoscience.”
The University of Nebraska-Lincoln Extension 4-H youth development program is open to all youth ages 5–18. A learning-by-doing program, 4-H teaches practical skills and develops life skills. Youth can choose from more than 150 projects—project manuals are written by university experts. There are three ways to join 4-H:

Help Form a New 4-H Club

Families are encouraged to help organize a new club—which is a lot easier than you may think! 4-H staff provides guidance and resource materials. Clubs range from 5 to 60 members and are led (or co-led) by club leaders—often club members’ parents. Members choose their own club officers and set up their own meeting schedule. Parents are encouraged to attend meetings. In most clubs, members complete several projects a year.

Join an Existing 4-H Club

Lancaster County has nearly 120 4-H clubs. Currently, there are more youth wanting to be in 4-H clubs than there are clubs. Be an Independent Member

With family schedules becoming increasingly busy, more and more youth are becoming independent 4-H members. This means you don’t belong to a formal club, but work on 4-H projects on your own.

For more information about Lancaster County 4-H, go to lancaster.unl.edu/4h or call 441-7180

The 2000 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska-Lincoln campus. Housing and food are provided.

Applications Open for 4-H Camp Staff

You may apply for a variety of positions:

• Camp Staff—Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Feb. 15.

• Cabin Mentors—Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability. Perfect for high school youth who need a fun getaway from their full-time summer job. Mentor for a few days or for the entire summer—the choice is yours! Application deadline is March 15.

• Camp Counselors—Youth ages 15–18 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and are a fantastic leadership experience for any young person. Application deadline is March 15.

More information and applications are available online at http://4h.unl.edu/camp/staff—need not be in 4-H to apply.

Explore Career Options at Big Red Academic Camps

The 2009 4-H Summer Camp brochures are now available online at http://4h.unl.edu/camp/youth or at the extension office. Camps are open to all youth ages 5–18—need not be in 4-H. With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to four days/three nights!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Brochures have complete information about all camps.

Discover the adventure!