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June 2009

Proper Timing Crucial for Bagworm Control

Mary Jane Frogge
UNL Extension Associate

Take a drive through Lincoln from West Fletcher Road to South 27th Street and you will see tiny brown bagworm bags dangling on nearly dead spruce trees and juniper shrubs. The bags are brown, one to two inches long, covered with dead plant material and tightly attached to twigs. These bags overwintered from last year’s bagworms and the female bags contain as many as 300 to 1,000 eggs each!

Bagworms have become an increasing problem in Lancaster county and surrounding areas. Last year, Lancaster County horticulture extension staff and Master Gardeners received hundreds of calls on bagworms whereas previously there were few calls. There is potential for a similar outbreak this year if populations go untreated.

Bagworms may also feed on shade and ornamental trees, fruit trees, ornamental shrubs and perennial flowers. Since deciduous plants grow new leaves each year, the defoliation caused by the feeding usually does not kill them.

Lifestyle

Bagworm eggs hatch in late May and early June. Young bagworms are as small as one-eighth inch long and can be difficult to see. After hatching, the larva emerge from a hole at the base of the bag and spin a strand of silk. The tiny insect is often caught by the wind and ballooned to nearby plants.

Once a host is found, larvae begin to form a new bag around their body. The larva is a brown or tan caterpillar with black markings. Larvae remain in their protective bag, sticking their head out to feed.

Bagworm larvae feed up until late August. The mature larvae then attach their bag to a branch with a strong band of silk and begin to pupate. Adult males emerge in September. They are small, furry gray moths with clear wings. The adult female does not have wings and never leaves the bag. After mating, the male moth dies. The female lays eggs in the bag.

The female dies in the bag, mummified around the egg mass that overwinters until the following June.

Inspect Your Landscape

Removing bagworms from your landscape plants before mid May was an effective control measure. Now bagworm larvae will be emerging from the bags through early June. If you notice bagworms at this time, chemical control may be necessary.

See p. 6 for photos of bagworms on a variety of plants.

Large bagworm populations can kill evergreens. The spruce trees above are in Lincoln’s Highlands neighborhood. The globe spruce at left is near downtown Lincoln.

Chemical Control Needs to be Applied Mid to Late June

Insecticide control needs to be aimed at young larvae in June to be effective. To get the best control for wind breaks or large stands of trees, late June is the best time to apply insecticides for bagworm control. Spraying trees and shrubs can be expensive. To get the best control, wait until the bagworms have completely hatched out and are done ballooning to other plants. Late June would be the best time to apply chemical control if you can only do one chemical application.

Bacillus thuringiensis is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, abamectin, cypermethrin, malathion and permethrin. Affected plants must be thoroughly covered with the insecticide in June so the insect ingest it as they are feeding. Be sure to read and follow all label directions.

Bagworm populations go untreated may be necessary. If you would like more information about bagworms, go to http://lancaster.unl.edu/fact/bagworms.shtml to view a YouTube video. You can contact University of Nebraska–Lincoln Extension in Lancaster County at 441-7180, Mon.–Fri., 8 a.m.–noon with horticulture questions.
Enjoy Eating Locally Grown Foods!

By Alice Henneman and Jenny Rees, UNL Extension Educators

Enjoy fresh ingredients from the Farmers’ Market with this recipe for spinach salad from Dr.乔治a Jones, UNL Extension Food Specialist.

Effortless Spinach Salad with Raspberry Dressing

(Serves 6)

6 cups spinach (washed and dried)
1/2 of a small red onion
2 cups fresh strawberries, sliced
1/2 cup dried apricots
1/4 cup chopped pecans, toasted
Raspberry Dressing (recipe below)

Place spinach in a large bowl. Top with red onion, sliced strawberries, dried apricots and pecans.

Raspberry Dressing

Makes about 1/3 cup

2 tablespoons seedless raspberry jam
2 tablespoons balsamic vinegar
1 1/2-2 tablespoons extra virgin olive oil
1/4 teaspoon salt

Combine jam, vinegar, oil and salt. Stir until smooth. Serve with desired salad.

Choco-nana Milk Blast

(Serves 2)

1 ripe medium banana
1 cup lowfat chocolate milk
1 cup lowfat frozen yogurt

Peel banana; break into chunks and place in blender container. Add milk and yogurt. Cover and blend until smooth. Pour into two glasses and enjoy.


Piedmont Shops Farmers’ Market

Tuesdays, May–September
8 a.m.–noon
Piedmont Shopping Center parking lot, 1265 South Center Blvd
St. Paul United Church of Christ Farmers’ Market

Tuesdays, June 9–September 8
4:30–7:30 p.m.
1144 M St.

Community Supported Agriculture (CSA)

Community Supported Agriculture (CSA) offers consumers the opportunity to buy local, seasonal foods directly from a farmer. The farmer offers a number of “shares” to the public in advance of the growing season. In turn, each week throughout the growing season, the consumer receives fresh produce from the farmer. Terms, regarding cost, amount of food, delivery, will vary according to farmer.

Buy Fresh Buy Local Nebraska (BFBLN)

Mission: “Buy Fresh Buy Local Nebraska encourages the purchase and enjoyment of locally grown food.”

BFBLN is a program that promotes local markets for local growers, helps consumers find fresh local products, educates the community about the economic and environmental benefits of local food and helps keep family farms financially viable.

With its partners — University of Nebraska–Lincoln, Nebraska Cooperative Development Center, Nebraska Sustainable Agriculture Society, Nebraska Great Plains RC&D, Loup Basin and Prairieland RC&Ds and its national partner FoodRoutes Network — BFBLN is currently expanding the program’s reach into the central part of our state. Thirty three counties, including Lancaster County, are now actively involved in the promotion of local food and bringing our food closer to our forks.

Members are engaged in the production, distribution and retail sales of local food products and also include partner organizations, agencies and individuals that support the development of a community-based food system.

BFBLN prints a yearly Local Food Guide to inform consumers where they can buy local foods, what is available, what the benefits are and information about our local producers.

For more information about Buy Fresh Buy Local Nebraska or to become a member, contact Billene Nemec at bnemec2@unl.edu or 472-5275.

Drink Your “D” with Dairy

Thankfully, our best food source of calcium also happens to be one of the best food sources of vitamin D.Fluid milk is fortified with vitamin D to provide 100 IU per cup — 25% of the daily value of vitamin D. Certain brands of yogurt may also be fortified with vitamin D. By choosing vitamin D fortified milk and yogurt to fulfill the recommended three cups of milk a day, we can ensure we are getting at least 75% of our daily vitamin D needs. So choose some low-fat vitamin D fortified dairy and start drinking your “D” today.

The following chocolatey-banana milkshake makes for a great snack — and is a good source of bone-building vitamin D and calcium.

Choco-nana Milk Blast

1 ripe medium banana
1 cup lowfat chocolate milk
1 cup lowfat frozen yogurt

Peel banana; break into chunks and place in blender container. Add milk and yogurt. Cover and blend until smooth. Pour into two glasses and enjoy.

Alice Henneman, MS, RD, UNL Extension Educator

Perhaps you’d like to eat more locally grown foods. However, your opportunities for gardening are limited. Check out these other possibilities in including purchasing locally grown produce.

But, first, why buy locally produced foods? Including some foods grown locally in malls helps you enjoy foods at the peak of freshness • helps our local economy helps the environment

Plus, you may discover many delicious varieties of unique local foods. Produce shipped thousands of miles may have to be bred and picked for a longer transport and storage time. Locally grown foods can focus on flavor and freshness.

Here are some ways to enjoy locally grown foods before starting a garden in your back yard:

Farmers’ Markets

Here’s a schedule of 2009 farmers’ markets in the Lancaster County area:

Centennial Mall Garden Market

Wednesday, July 1–September 30
4 p.m.
301 Centennial Mall South, 14th & M Street

Community CROPS Farmers’ Market

Thursday, June–September
4:30–7:30 p.m.
Pentastar Park, North 27th & Potter Street

Haymarket Farmers’ Market

Saturdays, May 3–October 11
8 a.m.–noon
7th Street between P & Q Street

Havelock Farmers’ Market

Wednesday, May 6–October 28
3:30–6:30 p.m.
North parking lot behind the businesses between 62nd/63rd and Havelock Avenues

Jazz in June Market

Tuesdays, June 9, held in conjunction with Lincoln’s Jazz in June concerts

Old Cheney Road Farmers’ Market

Sundays, April 26–November 1
10 a.m.–2 p.m.
55th and Old Cheney Road (Old Cheney Center behind the Lincoln Racquet Club)

Enjoy Nebraska Goods!

By Alice Henneman and Jenny Rees, UNL Extension Educators

Enjoy fresh ingredients from the Farmers’ Market with this recipe for spinach salad from Dr. Georgea Jones, UNL Extension Food Specialist.

Food & Fitness

June 2009

http://lancaster.unl.edu
Resurgence in Farmers’ Markets is Good News

Jennifer Abel, Master’s Degree Candidate
Joan Thomson, Associate Professor
Audrey Matrazi, Professor
The Pennsylvania State University

On any given summer Saturday, a visitor to a farmers’ market in Ithaca, New York; Madison, Wisconsin; Lawrence, Kansas; Knoxville, Tennessee; Cochise County, Arizona; or any one of the 2,476 markets throughout the country will be greeted with mounds of fresh-picked produce and, in a lot of places, fresh baked goods, meat, cheese and eggs. The U.S. Department of Agriculture reports two decades ago, less than 100 farmers’ markets operated in the nation. The first directory, published in 1994, listed 1,755 markets.

Markets and other direct-marketing venues were the norm during the 19th century, but lost popularity when refrigeration and transportation systems made it possible to ship produce long distances. Recent decades have seen a revival in farmers’ markets as health-conscious consumers demonstrated a desire to get the freshest produce possible.

In surveys conducted throughout the country, consumers rank freshness as the number one reason for buying produce from farmers’ markets, and as the main factor they consider when buying produce anywhere. These surveys also indicate consumers perceive the fresh produce to be available at direct markets like farmers’ markets.

The resurgence in farmers’ markets is good news for consumers, communities and farmers. Outlets for locally-produced foods provide more than just the freshest possible food. They help establish connections between consumers and food producers, provide an additional income source for farmers, and in general, increase attention to consumer, vendor and community needs.

Follow Guidelines when Selling Crops Directly to Consumers

Dale T. Lindgren
UNL Horticulture Specialist
Laurie Hodges
UNL Vegetable Specialist

Growers raising horticultural crops in Nebraska sell part of their crop through direct-marketing outlets, such as pick-your-own farms, roadside stands and farmers’ markets. Produce sold through these marketing outlets usually is sold by number or count, such as a single tomato or fruit or a dozen ears of sweet corn; weight, as a single tomato or fruit or a bunch of celery; or by volume, such as bushel, lug, dozen, or by count or in 25- to 30-pound bushels.

Although many sell fresh produce using a state-certified label the package with net weight, some sell produce by weight at the grower. Produce sold by weight is accurate for both the consumer and the grower. Produce sold by weight can be weighed, packaged and then labeled the package with net weight at home or sold by weight at the time of sale using a state-certified scale.

Here are some guidelines for selling horticultural crops for direct marketing to consumers.

• **Asparagus:** sold in one-half to 2-pound bunches, 45-pound bushel, 10-pound 3-quart basket or 32-pound crate.

• **Snap, green and wax beans:** by pound; 1 bushel is 28 to 32 pounds.

• **Beans:** sold without tops, or in a 23- to 25-pound crate or bushel, or by head or bunch, a 12- to 20-pound bushel.

• **Brussel sprouts:** by quart or weight (approximately 1-1/2 pounds per quart).

• **Cabbage:** often sold by the head, 50-pound crate.

• **Carrots:** sold without tops, by pound, or a 50-pound bushel.

• **Cauliflower:** sold as a head, 20-pound bushel.

• **Swiss chard:** sold in a bunch or by weight.

• **Cucumbers:** by pound or count, 4- to 5-pound bushel.

• **Gourds:** sold by count, 3- to 5-pound bushel.

• **Garlic:** sold in bunches or as a head, 50-pound crate.

• **Hosmerdah:** sold by count, 4- to 5-pound bushel.

• **Lettuce:** sold by bunch or head or in a carton of 2-dozen.

• **Musk melon:** sold by count or in a 48-pound bushel.

• **OKra:** sold by pound or in a 26- to 30-pound crate.

• **Onions:** dry bulb types, often sold by count or in bags of 5, 10 or 50 pounds.

• **Parsnips:** sold by pound or in a 48-pound bushel.

• **Peas in edible pods:** sold per pound or in a 8- to 10-pound sack.

• **Sweet bell peppers:** sold by count or in 25- to 30-pound bushel.

• **Potatoes:** sold in 5- to 10-pound bags or in a 50-pound bushel.

• **Shallots:** sold in bunches of 12 or in a 25-pound bushel containing 5 dozen bunches of 12.

• **Spinach:** sold in 1 to 1.5 pound bunches or in a 18-pound bushel.

• **Sweet corn:** by the doz., or in a 25- to 30-pound bushel or a crate of 50.

• **Sweet potatoes:** sold by pound or in a 48- to 50-pound bushel.

• **Watermelon:** sold by pound or by individual count or in a 70- to 90-pound crate.

• **Apricots:** sold by pound or by individual count or in a 70- to 90-pound crate.

• **Berries:** sold in quarters that weigh 1.5 pounds.

• **Cherries:** sold in quarters that weigh between 1 and 1.75 pounds, bushels that weigh 56 pounds or bags that weigh 15 to 16 pounds.

• **Peaches:** sold by pound or in a 20- to 25 pound bushel.

• **Raspberries:** sold in a one and one-half quart.

• **Strawberries:** sold by the quart that weighs 1.5 pounds.

Because of the variation in production and containers, some states use a tool for inventory and sales and all are approximations only. State regulations regarding the sale of produce by weight and scale inspections are available through the Division of Weights and Measures, Nebraska Department of Agriculture, P.O. Box 94757, 301 Centennial Mall South, Lincoln, NE 68509-4757.

FOR MORE INFO
NebGuide G1640 “Weights and Measures for Horticultural Crops” available at the extension office and online at http://www.nebraska.edu/unl/sdft/g1640.pdf

Ten Lawn Irrigation Tips

John C. Fech
UNL Extension Educator

1. Measure the amount of water applied in a 15-minute period using collection devices such as tuna or coffee cans. Adjust the runtime to deliver the required amount.

2. Kentucky bluegrass lawns, in general, require 1 inch per week in April and May, 1-1/4 inch per week in June, 1-1/2 in July and August, 1-1/4 in September and 1 inch in October.

3. Use a screwdriver or soil probe to measure moisture (rainfall + irrigation water) penetration into the lawn.

4. Water to the bottom of the roots. Use a small shovel to determine how deep the roots are. Actually the soil should be kept moist to about half an inch deeper than the deepest roots to encourage downward growth. Roots are shallow in summer and deeper in spring/fall.

5. When watering on a slope, use “delayed starts.” Run your sprinklers until you notice runoff, then stop. Wait 3 hours, then resume. Alterate to increase infiltration.

6. Water in the early morning (4 a.m. to 10 a.m.). This allows the grass blades to dry, making them less susceptible to foliar diseases. Watering is more efficient in morning due to less evaporation and wind speed. Change the time your system runs monthly, or at least seasonally. Contact a lawn sprinkler professional if you need help.

7. Observe your sprinkler system once per month. Look for heads that don’t turn, heads that spray into the street or onto a sidewalk, bent or damaged heads, clogged or worn nozzles or orifices, turf growth around heads that impede water delivery, puddling and runoff.

8. Adjust sprinkler heads as landscape plants grow larger and begin to block the spray pattern. New installations of benches, decks, etc. can also decrease irrigation efficiency.

9. On days when temperatures are above 90°F, run your sprinklers 5 – 10 minutes per zone in the afternoon to cool the turf and reduce stress. This is called “spritzing,” and it reduces the symptoms of summer patch disease.

10. Create water zones by putting plants together that have similar water needs. Each turf species has a different water requirement which is so distinct that is not always possible. Ornamental plants should be grouped into low-, moderate- and high-water users. Each zone of plants should be irrigated according to its needs.

The Nebline
http://lancaster.unl.edu
June 2009
Urban Agriculture
Determining and Sharing Irrigation Costs

Tom Dorn
UNL Extension Educator

I get calls each year regarding the water section which is split into two 80 acre parcels each owned by a different party. One of the owners has installed a center pivot sprinkler with the pivot point nearly on the boundary between the two parcels with the intention of irrigating a half circle covering about 62.5 acres. The party without irrigation has asked what the pivot owner would charge to run a full circle instead of running their pivot in a “windshield wiper” fashion. The same neighbor wants guidance on what a “fair” price to have the irrigation system irrigate the neighbor’s field!

Many times, the original thought is the two parties would split the energy (fuel) cost, since each has essentially the same number of acres irrigated by the sprinkler. A more realistic estimate is the total energy cost is not the only cost of owning and operating an irrigation system. A large share of the total cost of irrigation results from ownership costs. A large percentage of these costs are not annual out-of-pocket costs, but rather are sunk costs. Examples of sunk costs include: a fair return on capital investment and depreciation costs. Taxes and insurance are out-of-pocket, annual ownership costs. One factor shouldn’t be overlooked in this situation. Ownership costs are largely the result of sunk costs and are essentially the same regardless if the pivot makes a full circle or a half circle. This means the annual ownership component of the total cost, expressed as a dollar per acre basis, will be double if the pivot only irrigates a half circle. Therefore, if the neighbor is willing to pay his/ her full share of all the operating costs plus a full share of the ownership costs, the owner will deliver headage per acre and per acre-inch of water applied as compared to using the system on only a half circle.

In this example, ownership costs = $11.54/acre inch AND operating costs = $8.46/acre inch; total costs = $20.01/acre inch

Figure 1. Irrigcost sample spreadsheet for 125 Acres

In this example, ownership costs = $25.90/inch AND operating costs = $8.46/acre inch; total costs = $34.36/acre inch

Figure 2. Irrigcost sample spreadsheet for 62.5 Acres

Pocket Gophers in Dryland Alfalfa Needed

In order to finish up a pocket gopher trapping study, a UNL researcher still needs access to dryland alfalfa fields containing ACTIVE pocket gopher damage. Here are the study plot criteria:

• Must have active (as in fresh mounds not old mounds) pocket gophers
• Must have at least one pocket gopher damage
• Must be within 3 hours of Lincoln, NE
• Must not have had any control of pocket gophers for at least the previous 365 days

The researcher will trap for one night. Landowners should have a crude protein content of 5% to 60 percent (on a dry-matter basis). According to UNL Extension Forage Specialist Bruce Anderson, that’s plenty adequate for wintering most beef cows and for most pleasure horses without adding additional energy or protein. However when cut in late summer, crude protein content may be as low as 8 percent and TDN below 40. Anderson says all species of livestock need some supplements if fed this kind of hay. It is just a good advantage to cut bromegrass hay earlier is the possibility of grazing the regrowth in September, provided we get some fall moisture. But adding additional energy or protein may help that time of year. So, for the best quality hay and to possibly extend the grazing season, when cut in mid- to late-summer—July, August, September. The question to ask yourself is: Why not break with tradition and cut bromegrass hay earlier is the possibility of grazing the regrowth in September, provided we get some fall moisture. But adding additional energy or protein may help that time of year. So, for the best quality hay and to possibly extend the grazing season, when cut in mid- to late-summer—July, August, September.

In order to finish up a pocket gopher trapping study, a UNL researcher still needs access to dryland alfalfa fields containing ACTIVE pocket gopher damage. Here are the study plot criteria:

• Minimum 20 acres
• Must not have had any control of pocket gophers for at least the previous 365 days
• Must be within 3 hours of Lincoln, NE
• Must have active (as in fresh mounds not old mounds) pocket gophers

The researcher will trap for one night. Landowners should know in advance we will not eradicate their problem but we always catch at least one. There is no cost to the landowner. Landowners should contact the researcher directly: Stephen Vantassel, Project Coordinator, Internet Center for Wildlife Damage Management, svantassel@unl.edu or 472-8961.
President’s View — Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

June is here and the year is half over, buy how time flies when you're busy and having fun.

Flag Day, June 14 is a day to salute the flag. The first observance, 1877, was our country’s anniversary of the red, white and blue banner. Congress officially recognized it by passing National Flag Day bill in 1949 during President Harry Truman’s administration. The largest flag is displayed in Washington D.C., it measures 411 feet by 210 feet across and weighs 7 tons. Each star measures 13 feet across. The good old summer time begins June 21. This is when the sun is farthest north. The day is known as the Summer Solstice. June 21 is also Father’s Day. Creating a day for children to honor their father began in Spokane, Washington by Sonora Smart Dodd who thought of the idea for Father’s Day while listening to a Mother’s Day sermon in 1919. This holiday was not officially recognized until 1972 during the presidency of Richard Nixon.

Sizzling Summer Sampler will be July 9 6 p.m. Details can be found below. Hope each and everyone of you have a wonderful summer and Happy Father’s Day to all you fathers.

FCE News & Events

FCE Council Meeting June 22

The June FCE Council meeting is Monday, June 22, 7 p.m. at the Lancaster Extension Education Center. The program will be

“Re-Connecting Children, and Families with Nature” presented by McKenzie Barry, environmental specialist at the Lower Platte South NRD. Entries for the Heritage Skills Contest should be brought to this meeting.

Categories are sculpture, fiber arts (articles made of thread), scrapbooking and photography. All FCE members are invited to attend.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Thursday, July 9 • 6 to 9 p.m.
Light Supper at 6 p.m.
Lancaster Extension Education Center
644 Cherry Creek Rd, Lincoln
Cost $10. Make checks payable to FCE Council.
Send reservation and check by July 1 to:
Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Program

MUSICAL ENTERTAINMENT presented by Anne Bremer

WHY WE LAUGH
How cultural, social and generational differences affect the perception of what is funny presented by Richard Kimbrough

ASIAN CLOTH WRAPPING TECHNOQUES
Pojagi (Korean) and Furoshiki (Japanese) wrapping techniques will be demonstrated presented by Sheila Green

Household Hazardous Waste Collections

No latex paint will be accepted at these household hazardous waste collections. These collections are for household only, not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections. For more information, call the Lincoln-Lancaster County Health Department at 441-8040.

Friday, June 12 • 9 a.m.–1 p.m.
Union College, 52 & Cooper Streets
Saturday, June 13 • 9 a.m.–1 p.m.
Wal-Mart South, 8700 Andermatt Drive

June — National Safety Month

Lorene Bartos
UNL Extension Educator

Having a safe home and being prepared for emergencies is important for all families. Have you checked your home for safety? Do you have a emergency kit?

The National Safety Council gives the following tips for being prepared for emergencies.

- Designate a safe place to take shelter in the home during a weather event.
- Keep flashlights and extra batteries on each floor of the house, in easy-to-finds places.
- Post emergency phone numbers near the phone. Keep cell phones charged and working.
- Create an emergency kit and keep it in a readily accessible place in the home. It should include a weather radio, batteries, a first aid kit, candles, flashlights and matches.
- Develop an emergency plan, detailing where to go in specific emergencies, and where everyone should meet after evacuation. This should include instructions pertaining to family pets.
- Make sure everyone in the family knows two ways out of the home.
- Get a safety ladder if an exit is on the second floor. Each family member must know how to operate locks, doors and windows.
- A larger emergency supply kit should be kept in a safe place, containing a three-day supply of water (one gallon per day, per person), a three-day supply of non-perishable food, a first aid kit, medications, entertainment items, family documents, extra clothing and bedding.
- Encourage family members to learn first aid and CPR.
- Install and check smoke alarms and CO Detectors. Have fire extinguishers handy and know how to use them.
- Keep a gas tank at least half full and leave room in the trunk for emergency supplies.
- Make a written inventory with photographs of all valuable items, and keep an extra copy outside your home.

To keep your home safe:

- Make sure your smoke detectors are working.
- Keep all medicines in the original containers and out of the reach of children.
- Check outside lighting, and the steps and stairs free from clutter. Make sure rails are tight.
- Check locks on doors and windows and keep them locked especially when leaving the home.
Bagworms on a Variety of Plants

Bagworm larvae begin making their bags within one day of hatching. They produce a strong web material they use to form a bag around their body and stick on pieces of nearby plant materials. Their camouflaged bags look different depending on the types of plant materials used. Bagworms pictured below are shown approximate size.
A new product is available, CLIMBUP® Insect Interceptors, which may help prevent people from getting bitten by bed bugs. These are uniquely designed hard plastic cups, which fit under bed legs. Coated with a thin layer of talc, the slick plastic surface prevents bed bugs from crawling up the legs of the bed. To prevent feeding, the bed should be moved away from the wall. In addition, mattress and box springs should be completely encased in a bed bug proof encasement. One encasement shown to be bed-bug proof is the CLIMBUP® Insect Interceptors and Protect-A-Bed. These encasements are available through pest control companies who can order them from distributors like UnivarUSA. Find more information about these interceptors online at http://www.insect-interceptor.com.

According to an article in the latest Pest Control Technology Magazine (April 2009), researchers at Purdue compared the efficiency of using visual inspections with interceptors. They used six times more bed bugs using interceptors than visual inspections. This shows the advantage of using and treating all the locations where bed bugs hide.

Because visual inspections take so much time, these interceptors may be a cost effective method of finding bed bugs. They can also be reused. In last month’s NEBLINE®, I wrote about using metal cans to intercept bed bugs from climbing bed legs. The researcher used ethylene glycol to catch bed bugs, but consumers should not do this. Ethylene glycol is a hazard to pets and children who might ingest it. A 1/2-inch layer of talc on cardboard and/or diatomaceous earth used in the bottom of cans to desiccate bugs, Interceptors may help prevent bed bugs from crawling up the legs of bed legs and may help monitor for bed bugs.
Horse Bits

Lancaster County 4-H Horse VIPS Pre-Districts Format Clinic/Show/Fundraiser

June 6, 2009 • 9 a.m. Start
Lancaster Event Center Pavilion 3
(84th & Havelock, Lincoln, NE)

The Lancaster County Horse VIPS committee is hosting a very special clinic/show to help everyone prepare for Districts and State!

Pre-Fair 4-H Leader Training, June 4

New leaders, experienced leaders, 4-H members and parents are invited to this leader training on Thursday, June 4, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center. Come and receive information on how to fill out the entry tags, the in and out of judging interview, Life Challenge questions and other important county fair information. MUST preregister by June 2 by calling 441-7180.

4-H/FFA Animal ID’s Due June 15

All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder chickens, dairy cattle and rabbits which will be entered in the 4-H or FFA this year are due by June 15. This year animal ID forms are available online at http://lancaster.unl.edu/4h/Fair and the extension office.

4-H Presentations Workshop, June 25

There will be a 4-H Presentations contest workshop on Thursday, June 25, 6 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. Attend this workshop to prepare for the Presentations Contest held Saturday, July 18 and is open to all 4-Hers 8 -18. This workshop will teach youth and volunteers about the three presentation classes, give tips on how to be a great presenter and help with presentation ideas! MUST preregister by calling 441-7180 by June 28. Note: a new handout, “4-H Presentations Contest—Procedures and Guidelines” has been developed and is available at http://lancaster.unl.edu/4h/ Fair and at the extension office.

4-H Teen Council Won’t Meet in June

The next meeting will be Sunday, July 12 at 3 p.m.

4-H Bicycle Safety Contest, June 27

This year’s 4-H Bicycle Safety Contest will be held BEFORE the county fair on Saturday, June 27, 9 a.m. at the Lancaster Extension Education Center. Contest is open to all 4-Hers — need not be enrolled in a bicycle project. This year, only 4-H youth ages 8 and up (by January 1) may enter.

MUST preregister by June 22 by calling 441-7180 (there is no entry form). Late registrations will not be accepted. See Fair Book p. 34. Participants must provide their own bicycles and must wear a helmet (some helmets may be available at the contest). There are two parts of the contest. In the bicycle skills events, 4-Hers will maneuver through several designated courses to test their riding skills and safety. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

4-H Horse ID’s Due June 1

4-H horse identification forms for the Lancaster County Fair are due in the extension office by Friday, June 1. Late ID forms WILL NOT be accepted. Please take the time to fill forms out completely and thoroughly. Draw your horse’s markings on the picture as accurately as you can. Also, be sure to indicate the horse’s color on the drawing. ID forms can be picked up at the extension office.

State 4-H Hippology and Judging Forms Due June 1

Hippology and judging entry forms for the 4-H State Horse Exposition at Fonner Park are due in the extension office on Monday, June 1. Contest entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/. All entry fees will be paid by the 4-H Council. For more information and contest rules go to http://www.animalscience.unl.edu/extension/ equine/4h/districthippo/shows.html

2009 4-H Judging Clinics

There are two upcoming horse judging contests:

• Fitzer Ranch, Ericson, NE, May 27, 8:30 a.m. Contact Steve Niemeyer at 308-346-4200 for more information.

• Pine Ridge Stables, Ashland, NE, June 24, 8:30 a.m. Contact Monte Stauffer at 402-444-7804 for more information.

Horse Forces

4-H Riding Skills Level Testings, June 23 and July 7

Group level testings for 4-H Horse Advancement Levels will be held Thursday, June 23, 6:30 p.m. and Tuesday, July 7, 6:30 p.m. at Lancaster Event Center - Pavilion 3. Please RSVP at least one week in advance of the test to Marty at 441-7180 or mcruickshank2@unl.edu.
Be a 4-H Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College! No experience needed!

Volunteer for one session or all four days!

If you are interested in this opportunity, contact Tracy at tkulm1@unl.edu or 441-7180.

Donated Sewing Machine to go to N’Her

Kath Conroy, a 4-H clothing superintendent, is graciously donating a brand new Bernette sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a paper describing the clothing projects they have done in the past and plan to do in the future as well as why they think they should be the one youth to receive it. All papers should be sent to Tracy Kulm, Lancaster Extension, the Lancaster Center, 444 Cherrycreek Road., Ste. A, Lincoln, NE 68528 by June 29.

4-H Clothing Level 2 Reminder

Difficult, challenging fabrics should NOT be used for Clothing Level 2 projects.

ATV Training

If you are interested in attending all an terrain vehicle (ATV) safety training, please contact Tracy at 441-7180 by June 15.

3-Day Workshop

Insect Collecting for Beginners

Learn the most common insect orders and make your own starter collection. You will collect and sort insects so come dressed to enjoy the outdoors.

TUE-THU, JUNE 16-18, 12-4:30-2:45PM
AGES 10 & up • FEE $15 INSTRUCTOR: Barb Ogg, Extension Educator

2- Day Workshops

Checkpoints

Beginning chess players learn rules and values of the pieces. Build skills and play complete games in sessions.

TUES & WED, JUNE 16-17, 10:15AM-12:15PM
AGES 8 & up • FEE $5 INSTRUCTOR: James Watta, 4-H volunteer

Checkpoints

Intermediate players learn chess tactics, strategies, notation and rules of tournament play.

THU & FRI, JUNE 18-19, 10:15AM-12:15PM
AGES 8 & up • FEE $5 INSTRUCTOR: James Watta, 4-H volunteer

Savvy Shoppers

Learn great tips for shopping smart, from creating a look for less to displaying what you learn. Especially designed for 4-H'ers enrolled in Attire Information.

WED, JUNE 17, 12:45-2:45PM
AGES 8 • up • FEE $5 INSTRUCTOR: Jennifer Smith, 4-H volunteer

Advanced Basketball

Learn higher level skills to outplay your competition and impress your friends. See instructor’s famous dunks or other smart moves. T-shirt included.

WED, JUNE 17, 8-10AM
AGES 10 & up • FEE $10 INSTRUCTOR: Evan Kucera, All-State Basketball Player

Terrific Table Setting

AGES 8 & up • FEE None INSTRUCTOR: Karol Swotek, 4-H volunteer

Can I Use My Fingers?

Learn chess strategies, tactics and rules. Learn to play different positions.

WED, JUNE 17, 8-10AM
AGES 8 & up • FEE $5 INSTRUCTOR: Karol Swotek, 4-H volunteer

Instructor: Jhoni Kucera, 4-H volunteer

Dr. Mobiles

Make a cool hanging mobile using natural wonders like pinecones, microwave pop, bamboo, rose hips, shells and more.

THU, JUNE 18, 10-11AM
AGES 8 & up • FEE $4 INSTRUCTOR: Judy Koubal, 4-H volunteer

Make your own scarecrow! Bring outfit for scarecrow, old pillowcase, hat, buttons, etc.

THU, JUNE 18, 3-5PM
AGES 8 & up • FEE $5 INSTRUCTOR: Karol Swotek, 4-H volunteer

Baby Sitting Basics

AGES 8 & up • FEE $6 INSTRUCTOR: Shane Barro, Extension Educator

Gratifying Graffiti

Create meaningful messages using your favorites and trying new ones.

WED, JUNE 17, 3-5PM
AGES 8 & up • FEE $5 INSTRUCTOR: Karol Swotek, 4-H volunteer

Use gel pens and crayons to legally sign documents.

GRATIFYING GRAFFITI

AGES 8 & up • FEE $6

Instructor: Lorene Bartos, Extension Educator

Terrific Table Setting

Create an awesome centerpiece and learn to participate in the table setting contest.

FRI, JUNE 19, 12-4:30PM
AGES 8 & up • FEE $3 INSTRUCTOR: Lena Karzmaz, Extension Associate & Jessalyn Schrock, 4-H Intern

Perfect Purse

Sew your own perfect purse. Bring 1½ yard fabric (no stripes or matching plaid), 5½ yard coordinating lining fabric, matching thread, basic sewing supplies and sewing machine.

FRI, JUNE 19, 3-5PM
AGES 10 & up • FEE $5 INSTRUCTOR: Jami Rutt, 4-H Intern

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 12.

CLOVER CLEVER REGISTRATION FORM

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Workshop(s) #

Name of 4-H volunteer:

Parent/Guardian Signature:

Date:

Fee

Title

Date

State

Address

Daytime Phone

City

Age

Gender

Note: All fees are not refundable unless a class is cancelled. Mail or bring this form to Clover College.

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Still Time to Sign Up for 4-H Summer Camps!

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<th>Dates</th>
<th>Camp Session Title</th>
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<th>Nights</th>
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* Gold Level fees are OPTIONAL. In an effort to help more Nebraska youth attend camp, we need your help. You may choose to pay camp fees at the Gold Level, which includes a contribution of 10 percent above the standard fee. This extra 10 percent can count as a charitable contribution and will be used only for camper scholarships. Thank you!
4-H Speech & PSA Contest Winners

The Lancaster County 4-H Speech and Public Service Announcement contest was held April 19. Over 50 Lancaster County 4-H youth competed in this year’s communication events. Photos are online at http://lancaster.unl.edu/4h — top PSAs will be posted online soon. In both contests, the top three winners in each division (listed below) will go to regionals, held May 28 at UNL East Campus.

Congratulations to all participants!

JUNIOR PSA: Kailee Borwn (1st), Samantha Leyden (2nd), Victoria Garza (3rd)
SENIOR PSA: Jessica Stephenson (1st), Spencer Farley (2nd), Erica Peterson (3rd)

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Explore Career Options at Big Red Academic Camps

The 2009 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, the Big Red Summer Academic Camps feature 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.

After spending several fun-filled days exploring a specific topic such as movie-making or food molecular biology, youth showcase their work at a special “capstone event” which family members are invited to attend. Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office. For more information, call 472-2805.

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Extension is Now on Popular Social Media Sites

For the past few years, teenagers and young adults have been the primary users of Web sites like Myspace and Facebook. But the face of social networking is changing as their parents and grandparents are embracing this new way to stay in touch. YouTube and Twitter have added even more opportunities to help people connect and learn. UNL Extension in Lancaster County staff use these social and media sharing sites to provide even more opportunities for you to engage with your local extension office.

YouTube, www.youtube.com — YouTube was founded in 2005. It is an online Web site where people connect, inform and inspire by sharing short videos. YouTube reports people are watching hundreds of millions of videos every day. And each minute, users are adding 10 hours of video to the site. UNL Extension in Lancaster County has a variety of videos on YouTube so you can watch, learn and enjoy at your convenience. Videos include Farmers’ Markets, Lancaster County Fair, Raising Rabbits, 4-H Clover College, Saving Money at Supermarkets and Bagworm Control. For a list of YouTube videos currently available from the extension office, go to http://lancaster.unl.edu/media

Twitter, www.twitter.com — President Obama, of course, uses Twitter. Celebrities use twitter. You can’t listen to the evening news without hearing one of the reporters talk about Twitter. Did you know 4-H clubs, government agencies, individuals and families are also using Twitter? Twitter is a free service that lets you keep in touch with people all over the world. Users can create their own profiles with photos, videos, and information about themselves. According to Inside Facebook, in February 2009, Facebook reported nearly 45.3 million active users. Women over the age of 55 are the fastest growing users of Facebook, up 175% from November 2008.

Facebook, www.facebook.com — Facebook is a social networking site originally designed for college students, but is now open to anyone 13 years of age or older. Facebook users can create and customize their own profiles with photos, videos, and information about themselves. According to Inside Facebook, in February 2009, Facebook reported nearly 45.3 million active users. Women over the age of 55 are the fastest growing users of Facebook, up 175% from November 2008.

It’s easy to start your own free Facebook account and it only takes a few minutes. You’ll be asked to edit your profile with basic information and find people you know. Once you have an account, you’ll soon be connecting with friends and family, and joining groups of interest to you. Make sure you take time to learn about the privacy options on Facebook. You can decide what you want to make private, and what you want to share. If you have teenagers, also review their privacy settings on Facebook with them.

Once you are on Facebook, you can become a fan of 4-H EGG Cam. A link and directions are available at http://lancaster.unl.edu/media. Fans of 4-H EGG Cam get regular updates, share photos, comments, ideas and discuss what’s happening on the live streaming Web camera.

To access these opportunities at http://lancaster.unl.edu/media

Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu

Did you guess it from the May Nalae? Aged horse manure — a great soil amendment for the garden

Attracting Wildlife: American Goldfinch

American Goldfinches are some of the most beautiful birds in our neighborhoods. They are sometimes called wild canaries. In summer, males are vivid yellow with black on the wings and top of head. Females and young are a more drab olive.

Goldfinch fly as if they are on a rollercoaster, dipping up and down. While they fly, they sing a series of chirping notes. Unlike many songbirds, goldfinches do not carry droppings of the young away from their nest. The nest becomes very messy by the time the baby birds are ready to leave.

Goldfinches prefer shrubby, weedy fields, wood edges, pastures, meadows and open areas with scattered, brushy thickets and trees. They nest from June–September in shrubs or small trees, 4 to 14 feet high. This is relatively late compared to some other songbirds. The pale bluish white eggs hatch in about two weeks. Both parents feed the baby birds until they are ready to fly in 10–16 days.

Goldfinches are primarily seed eaters. They feed on thistle seeds and the seeds of ragweed, goldenrod and dandelion. They will eat some insects in spring.

These delightful birds are common at backyard bird feeders. They feed on Niger or thistle seeds. The birds will also eat broken sunflower hearts and black-oil sunflower seeds. Hanging finch feeders work best, but these birds will also feed out of other types of feeders. A water source for drinking and bathing is an important attractant.

Goldfinches will not take advantage of man-made bird houses or nesting structures. You can attract them by planting or maintaining shrubby vegetation near pastures or weedy areas in rural areas. In urban backyards, plant zinnias, evening primrose and other plants with small seeds.


Access these opportunities at http://lancaster.unl.edu/media