The Lancaster County Soybean Association will also discuss its 1992 leafy spurge program.

Identification so that landowners can map their areas of state and national soybean

corn in Lancaster County. The membership is open to Lancaster farmers interested in soybean

Sponsors Programs

Cooperative Extension

The Star City Area Soybean Association held a meeting on April 21 at the University of Nebraska Cooperative Extension in Lancaster County. The program included Alex Martin, UNL weed specialist, Gary Hellerich, a local soybean farmer involved with state and national soybean associations, and Les Sheffield, UN-L farm management specialist who updated the group on soybean production in Argentina and Brazil.

In March, the association also hosted a "hands-on" planter clinic and "hands-on" sprayer clinic at the Bob Wabetsi farm and the Darrel Schneider farm, respectively. Producers attending these clinics had the opportunity to ask specific questions concerning their no-till planting, drilling and spraying practices.

The group is currently cooperating with the University of Nebraska Cooperative Extension in Lancaster County to organize a no-till cultivator demonstration on June 9. The location has not yet been determined.

Local Soybean Association

Meeting for Landowners With Leafy Spurge

All landowners and tenants that have leafy spurge on their lands should plan to attend an informational meeting on control methods 7:30 PM April 7, 1992 at the Lancaster Extension Conference Center.

The meeting will provide training on identification so that landowners can map their areas of infestation and then begin a control program. Guidance will be provided on setting up long range control efforts to reduce the size of existing infestations and prevent new infestations.

The Lancaster County Noxious Weed Control Authority will also discuss its 1992 leafy spurge program. Plans are to issue notices in May to all landowners with infestations. These notices will require control efforts to be accomplished by June 1, 1992 in order to prevent seed production.

Garden Gossip Hotline

471-7179

Accessible from any phone

A New Addition to the Style Revue!

One of the surest ways to increase the efficiency of your garden space is by growing highly productive vining crops and maintaining them on a trellis.

The climbing habits of a vine determine the kind of support needed. Climbers or twiners include pole or runner beans, asparagus beans and most of the flowering vines. Climbers include tall varieties of green peas, guards, and sweet peas. The heavy vining vegetables are cantaloupe, pumpkin, squash and your melon.

The simplest and least expensive support for vining vines is a six to seven foot high frame. Provide top and bottom stringers of heavy gauge wire or crossbars of treated lumber. Gardeners will find kneeling and stooping a challenge.

Local Soybean Association

MEETING FOR LANDOWNERS WITH LEAFY SPURGE

All landowners and tenants that have leafy spurge on their lands should plan to attend an informational meeting on control methods 7:30 PM April 7, 1992 at the Lancaster Extension Conference Center.

The meeting will provide training on identification so that landowners can map their areas of infestation and then begin a control program. Guidance will be provided on setting up long range control efforts to reduce the size of existing infestations and prevent new infestations. The Lancaster County Noxious Weed Control Authority will also discuss its 1992 leafy spurge program. Plans are to issue notices in May to all landowners with infestations. These notices will require control efforts to be accomplished by June 1, 1992 in order to prevent seed production.

GARDEN GOSSIP HOTLINE

471-7179

Accessible from any phone

Trellis for Efficiency

The simplest and least expensive support for vining vines is a six to seven foot high frame. Provide top and bottom stringers of heavy gauge wire or crossbars of treated lumber. Gardeners will find kneeling and stooping a challenge.

Growing the bush varieties, the heavier weight will make it worthwhile. The yield per square foot is much higher than that of bush varieties, sometimes as much as double. Many vining varieties yield up to four weeks longer than bush varieties eliminating the need to replant for fall harvest. The produce is easier to harvest, especially for someone who finds kneeling and stooping a challenge.

Since foliage dries out faster with the good air circulation around a trellised crop, disease is less of a problem. When spraying or dusting does become necessary, it is easier to thoroughly cover both sides of the vine. With the advantage that it makes it worthwhile, the benefit, you don't have to watch where you put your feet as you make your way through the garden. (DJ)

New Uses for Old Jeans

There are endless ways to recycle worn jeans and give them a new life. In a program titled, "Jeans, Jeans, Jeans No More," Marsha Pawley, Aurora, will show jewelry, room accessories, remodeled clothing, outdoor items, rugs and other items made from discarded jeans. Ms. Pawley, who holds a degree in elementary education and is the mother of three young sons, said her objective is "to make many items that can be created, with just easy methods." Sewing skills are not a necessity for all the ideas that will be presented. The program will be held on Monday, April 6, 1-2:30 p.m. and repeated 5:30 to 7 p.m. Registration fee is $3 and is payable at the door. Participants are asked to phone 471-7180 to register. Some patterns will be distributed at the meeting. (EW)
Tree seedlings need proper care

Gardeners who ordered trees and shrubs from the Nebraska Forest Service or commercial nurseries will soon be receiving their seedlings by mail. With proper care, both before and after planting, survival rate and early growth can be greatly improved.

When seedlings are received, the box should be opened and the trees inspected. If the packing material is moist and cool, the seedlings can be considered in good condition. If roots are dry, they should be watered down and kept moist until planted. However, do not store seedlings in a bucket of water.

It's best to plant the same day the shipment is received. If seedlings must be held for a few days, they should be stored in a cool, shady location away from direct sun and wind, and watered daily. A cool storm cellar or basement is a good location to hold seedlings.

During the planting operation, roots must be kept moist at all times. Carry the seedlings in containers partially filled with water or moist packing material. Care doesn't end when the seedlings are in the ground. Good work and past control is essential for a successful planting.

Seed packets provide valuable information

Seed packets might make attractive row markers, but they can be a source of valuable information as well.

The small size of a seed packet means it can't always hold everything you might want to know about a certain crop or plant. The label will offer a great deal of valuable information, such as:

- Date of seed: the kind of plant (cabbage, corn, beans, for instance), plus the variety name (Red Acre or Danish Ballhead). The variety name may be followed by one or more capital letters that indicate disease resistance. The letters VFN after the name of a tomato variety, for instance, means resistant to Verticillium, Fusarium wilt and nematodes.

- Days to maturity: how long it takes, on the average, for a crop to produce after it's sown or transplanted into the garden.

- Plant size: 
  - When to plant. Instructions may include when to sow seed indoors or outdoors or when to set transplants into the garden.
  - Sowing depths (inches or seeds/feet planted together), how deep to plant seeds, and recommended spacing between seeds at planting or transplants at planting.

- Trees and shrub young growth. Dormant oil sprays used for?

Q. I'd like to plant several varieties of summer squash, but a hill of each type planted according to the directions on the seed packet would produce enough squash for a small army. Any suggestions?

A. No. In fact, you're better off to buy smaller plants.

Before you buy a container-grown squash, tip it up out of the pot and check the soil ball. If it's not firm, the plant has probably been in the pot only a week or two. In this case, the roots will not have developed or taken hold, which means they are being planted in the garden. If the roots die, the rest of the plant will also die.

Roses will tolerate a wide range of soil types as long as they receive at least five hours of sunlight a day, and the soil the plants are growing in does not become too dry or soggy. A well-drained, poofy-drained soil is also likely to have poor air drainage. This may promote foliage rots that can cause plants to rot if the soil is too wet and may increase the likelihood of cold damage in the winter.

Questions and Answers

Q. How many gardeners must shift garden emphasis from growing vegetables to growing flowers? Why do they do this?

A. Many gardeners must shift garden emphasis from growing vegetables to growing flowers. One reason is that flowers are a more attractive use of garden space. Another reason is that flowers are easier to grow than vegetables. In addition, flowers are easier to grow than vegetables.

One of the most popular flowers is the rose. Roses are easy to grow and require little maintenance. They come in a variety of colors and sizes, and there are many different varieties available.

Growing strong, healthy trees and shrubs starts with a few, but important steps. First, plant seedlings as soon as possible after they arrive. Do not expose roots to air or sun. Cover them with a wet burlap during planting. Remember, nursery stock, although dormant, is living stock and must be protected.

If the soil is too dry, it may have been in the pot only a week or two. In this case, the roots will not have developed or taken hold, which means they are being planted in the garden. If the roots die, the rest of the plant will also die.

Many gardeners must shift garden emphasis from growing vegetables to growing flowers. One reason is that flowers are a more attractive use of garden space. Another reason is that flowers are easier to grow than vegetables. In addition, flowers are easier to grow than vegetables.

One of the most popular flowers is the rose. Roses are easy to grow and require little maintenance. They come in a variety of colors and sizes, and there are many different varieties available.

Questions and Answers

Q. How many gardeners must shift garden emphasis from growing vegetables to growing flowers? Why do they do this?

A. Many gardeners must shift garden emphasis from growing vegetables to growing flowers. One reason is that flowers are a more attractive use of garden space. Another reason is that flowers are easier to grow than vegetables. In addition, flowers are easier to grow than vegetables.

One of the most popular flowers is the rose. Roses are easy to grow and require little maintenance. They come in a variety of colors and sizes, and there are many different varieties available.

Growing strong, healthy trees and shrubs starts with a few, but important steps. First, plant seedlings as soon as possible after they arrive. Do not expose roots to air or sun. Cover them with a wet burlap during planting. Remember, nursery stock, although dormant, is living stock and must be protected.

If the soil is too dry, it may have been in the pot only a week or two. In this case, the roots will not have developed or taken hold, which means they are being planted in the garden. If the roots die, the rest of the plant will also die.

Many gardeners must shift garden emphasis from growing vegetables to growing flowers. One reason is that flowers are a more attractive use of garden space. Another reason is that flowers are easier to grow than vegetables. In addition, flowers are easier to grow than vegetables.

One of the most popular flowers is the rose. Roses are easy to grow and require little maintenance. They come in a variety of colors and sizes, and there are many different varieties available.
Prescribed Burn Training

Each spring, there are numerous requests for assistance in burning of native pastures and CRP acres. Most of these requests are denied because the University of Nebraska Extension Services in Lancaster County simply does not have enough staff available to perform this service. However, some instructional training has been provided on and various burned pastures have been conducted on prescribed burning of pastures.

LEAD - Developing Agricultural Leaders

Applications for Nebraska LEAD (Leadership Education Action Development) Group XII are now available for Nebraska farmers, ranchers, and agricultural educators. The program is designed to prepare spokespersons, problem solvers and decision makers for Nebraska and its neighbors.

Guidelines for Building Ag Chemical Confinement Facilities

A comprehensive handbook for the design of fertilizer and pesticide containment facilities is available. The handbook was produced by the Midwest Plan Service, a joint venture of 12 central land-grant universities and the USDA.

LEAD - Developing Agricultural Leaders

Applications for Nebraska LEAD (Leadership Education Action Development) Group XII are now available for Nebraska farmers, ranchers, and agricultural educators. The program is designed to prepare spokespersons, problem solvers and decision makers for Nebraska and its neighbors.

Wildlife Food Plot Seed Available

A few free seed packets for planting wildlife food plots will soon be available. A five pound sack of seed will plant about 1/3 acre and provide enough to attract a variety of species. Wildlife agencies often give away some ground that you would like to seed with various species of wildlife. Follow their directions and you may have the best results.

Predicting Crop Nitrogen Needs

Nitrogen in irrigation water, if present, is in the nitrate form and is readily available to plants. The amount present is determined by laboratory tests. The amount of nitrogen available depends on the nitrate concentration and the amount of water applied. The concentration of nitrate-nitrogen in irrigation water can be determined by a test which can be done in the field.

Legumes Can Increase Pasture, Hay Meadow Productivity

One way to increase the productivity of pastures and hay meadows is to establish high-yielding, high-quality legumes among the grasses. Alfalfa, red and aliskie clovers and birdsfoot trefoil. However, three factors must be considered before you decide to establish pasture legumes. First, the nitrogen content and the nutrient values of the legumes should be determined. Second, the legumes must be established properly. Finally, the legumes should be maintained properly.

Guidelines for Building Ag Chemical Confinement Facilities

A comprehensive handbook for the design of fertilizer and pesticide containment facilities is available. The handbook was produced by the Midwest Plan Service, a joint venture of 12 central land-grant universities and the USDA.

LEAD - Developing Agricultural Leaders

Applications for Nebraska LEAD (Leadership Education Action Development) Group XII are now available for Nebraska farmers, ranchers, and agricultural educators. The program is designed to prepare spokespersons, problem solvers and decision makers for Nebraska and its neighbors.

Wildlife Food Plot Seed Available

A few free seed packets for planting wildlife food plots will soon be available. A five pound sack of seed will plant about 1/3 acre and provide enough to attract a variety of species. Wildlife agencies often give away some ground that you would like to seed with various species of wildlife. Follow their directions and you may have the best results.

Predicting Crop Nitrogen Needs

Nitrogen in irrigation water, if present, is in the nitrate form and is readily available to plants. The amount present is determined by laboratory tests. The amount of nitrogen available depends on the nitrate concentration and the amount of water applied. The concentration of nitrate-nitrogen in irrigation water can be determined by a test which can be done in the field.

Legumes Can Increase Pasture, Hay Meadow Productivity

One way to increase the productivity of pastures and hay meadows is to establish high-yielding, high-quality legumes among the grasses. Alfalfa, red and aliskie clovers and birdsfoot trefoil. However, three factors must be considered before you decide to establish pasture legumes. First, the nitrogen content and the nutrient values of the legumes should be determined. Second, the legumes must be established properly. Finally, the legumes should be maintained properly.
Learn to Make Mop Head Dolls

A class on making mop head dolls is offered on Wednesday, May 4, 1-3 p.m. The class is limited to 12. All supplies will be provided. The class must be signed up for at least 24 hours before the door. Please phone 471-7180 to preregister. If you have questions, call class and ask to speak with Loreen or Esther. (EW/LB)

55 Alive on May 4 and 5

If birthdays are starting to stack up on you and you find your reaction time a bit slower, add the AARP 55 AliveCourse to your class list. AARP and the group classes are a way for you to become a more confident driver and perhaps help you prevent a future accident. For an added bonus, you may find that your auto insurance company will discount your premium rate when you show evidence of completing the course.

Cy Miller, director of the AARP 55 Alive Program for the State of Montana, will offer the class on Monday and Tuesday, May 4 and 5, 10 a.m. to 2:30 p.m. Registration fee for the class is $38. Participants are asked to call 471-7180 to preregister and bring a sack lunch; beverages will be provided. (EW)

Tips on storing winter clothes

• Clean all items before storing. Even tiny spots of soil or food make the fabric more susceptible to staining, mildew and damage of the fibers.
• Avoid using laundry additives when cleaning items for storage. Fabric softeners tend to yellow with age and stain attractor dyes.
• Reduce dry cleaning costs by having items machine cleaned before storing. Professional clothing on padded hangers or plastic bag storage can often be done right at home. No matter how you store, a cloth garment bag will protect in a closet. Avoid hot attics, damp basements and prime sites.
• Store wool garments in moth repellent bags, but avoid those in baby or children’s clothing.
• Store tailored and professional clothing on padded hangers and protect in a cloth garment bag.
• Plastic garment bags and dry cleaner bags trap moisture and can cause garments to mildew or become yellowed or discolored.
• Write a name and address consider using tissue-lined boxes. Large flat boxes are best. Stuff the sweaters and shirts in paper. Store the heaviest garments on the bottom of the box.
• Good places to store out-of-season garments are the “far end” of a bedroom closet, under the bed and tops of clothes. Avoid hot attics, damp basements and damp garages.

Source: Rose Marie Tondle, Ph.D., Extension Clothing Specialist (LB)

Feeding Yourself, Taking Charge

What’s the name of a flower we can eat? Do we ever eat leaves, roots or stalks? Where does flour come from and how does milk get from the cow to our grocery shelf? These are just a few of the questions that EFNEP nutrition advisors are asking children at Lincoln Parks and Recreation after school sites.

In this, the first of a series of three lessons, nutrition advisors are helping students understand where our food comes from and how it is processed for market, and how it gets on our grocery shelves, store shelves, and eventually ends up on our plate. As the group goes through the grocery store and will help students understand how foods are merchandised. Home preparation of food appropriate to the age of the students is the last lesson. Identifying kitchen equipment, knowing how to measure, table setting, meal time etiquette and food safety and clean-up are the learning activities.

For the past seven years EFNEP has worked cooperatively with the Lincoln Parks and Recreation Department to provide nutrition education both after school sites and summer park programs. Bob Weaver, of the parks department, has seen a decrease in the number of children participating in these activities and has made arrangements for snacks to be served at each lesson.

Which flower can you eat? Maybe cauliflower or broccoli? Can you name others? (LJ)

Small Savings Grow

Save $100 a year by:
• Quickening the pace of a pop a week
• Cutting back 3 or 4 cigarettes a day
• Skipping the pops and pop-corn at the show
• Carrying inexpensive sack lunches weekly rather than eating out 5 days a week
• Writing a letter rather than making a long distance phone call

Making a small contribution toward building a Scot for your group or organization on “Getting Control of Your Money”, call Alice Henneman at Cooperative Extension, 471-7180. (AH)

Nutrition Hotline

The National Center for Nutrition and Dietetics now offers a Nutritional Hotline. The hotline is staffed by four nutrition information specialists who are registered dietitians. There are an additional five nutrition information specialists who are used on an on-call basis.

To reach the consumer hotline, call 1-800-366-1656 the number is in effect 24 hours a day, 9 a.m. to 4 p.m. CST and recorded messages are available 24 hours a day. (LB)

Cultural Arts Contest

Entries Due April 15

home extension club members planning to enter the contest may wish to contact the EFNEP-Food Nutrition Specialist for their county for more information. The contest is staffed by four nutrition information specialists who are used on an on-call basis.

Cultural Arts Contest

Entries Due April 15

Home extension club members planning to enter the Cultural Arts Contest, must contact the EFNEP-Food Nutrition Specialist for their county for more information. The contest will take place at the Nez Perce Ignatious Regional Extension Center office by Wednesday, April 15th. Entries will be judged by the winning entries will be awarded a contest, which will take place at the Nez Perce Ignatious Regional Extension Center office by Wednesday, April 15th. Entries will be judged by the winning entries will be awarded a prize of $50.00.

Articles entered in the contest must be labeled on the back with name, address, county and name of the home extension club.

Please direct questions about the contest to Esther Wyatt at 471-7180. (EW)

Cut Clutter - Increase Cash Flow:
Easy Home Filing Systems Class

Learn how to turn your “junk” into “files” by attending “Cut Clutter - Increase Cash Flow: Easy Home Filing Systems” on Saturday, April 25, from 10 a.m. to 1 p.m. at the free Meat and Poultry Hotline, 1-800-535-4555, 9 a.m. to 3 p.m., CST. (AH)

Take the Challenge

Become a Leaner Eater

Challenge Seven: How to Fit Beef and Pork into a Low-Fat Diet

The following is part of a year long continuing series on healthy eating and is based on materials developed by Nebraska Coop. This project is supported by a grant from the United States Department of Agriculture. Beef and pork are good sources of iron, zinc, and B-complex vitamins as well as protein. They can make important contributions to a healthy diet. Look for low-fat selections.

Serving Sizes - An individual’s daily total consumption of cooked meat should not exceed these recommended guidelines:

<table>
<thead>
<tr>
<th>Children</th>
<th>2-4 years</th>
<th>3 ounces</th>
<th>5-6 years</th>
<th>2 ounces</th>
<th>7-10 years</th>
<th>5 ounces</th>
<th>11 years</th>
<th>5-6 ounces</th>
</tr>
</thead>
</table>
| Hint: A three-ounce portion is about the size of a deck of playing cards.

Grades and Cuts:

Grades are food quality grades. A grade is based on the marbling of fat in the meat. A “choice” grade contains less than “prime”, which contains less than “select”, which contains less than “good”. Choose:

Meat from the hind quarter of beef and the loin of pork are the leaner cuts. Choose:

Beef - Top Loin, Round, Rib loin, Sirloin, Top Loin, Tenderloin.

Pork - Center Loin, Top Loin, Tenderloin.

Label information - When selecting ground beef, look for label information. Many stores carry three different types with the following label terms, regular, lean and extra lean. Sometimes labels on ground beef will also state a “percent lean”, for example 85 percent lean. Choose ground beef that is at least 85 percent lean. Read on for tips to help you keep your overall diet low in fat while eating meat.

Cooking Methods That Reduce Fat

• Avoid using high fat meat or frying meats on the stove.
• Avoid using high fat meats that contain a lot of fat, such as bacon, sausage and rude baste.
• Avoid using high fat meats that contain a lot of fat, such as bacon, sausage and rude baste.
• Avoid using high fat meats that contain a lot of fat, such as bacon, sausage and rude baste.
• Avoid using high fat meats that contain a lot of fat, such as bacon, sausage and rude baste.
• Avoid using high fat meats that contain a lot of fat, such as bacon, sausage and rude baste.

Pork - Center Loin, Top Loin, Tenderloin.

Source: Food News for Consumers, USDA. For meat and poultry safety questions, you can call the USDA toll-free Meat and Poultry Hotline, 1-800-535-4555, 9 a.m. to 3 p.m., CST. (AH)

Joann Tharp, EFNEP Advisor, Retires

Joann Tharp, a nutrition advisor with the Expanded Food and Nutrition Education Program (EFNEP), retired after 18 years of service to the people of Lancaster County.

She came to Lancaster County in 1974, during a time when there were no adults in the community with college educations. Tharp was a graduate of the Pennsylvania State University and a certified financial planner with a master’s degree in Consumer Science, will be the presenter for the workshop. The class is $4 or $5 to the couple sharing materials, and is payable at the door. To register or for more information, call 471-7180. (AH)

Food Safety Q & A’s

Q. When preparing for spring holiday meals, I like to cook ahead. But I’ve always heard that it is dangerous to freeze foods with mayonnaise, like chicken salad. Is mayonnaise the problem?

A. Basically, with chicken salad, as with most foods, there are safety issues and quality issues. It’s not dangerous, from a safety standpoint, to freeze chicken salad. It’s just not wise because when mayonnaise is frozen, the consistency changes and it is less creamier.

So, when considering freezing foods that contain mayonnaise, consider that the food will be safe, but the quality will not be as good.

Try freezing the salad ingredients mixed with a little vinaigrette, oil, and add the mayonnaise just before serving.

Q. I saw a recipe for a dessert basket made from a baked egg white meringue. Why would this food be safe to eat, but the meringue on a pie might not be?

A. There is some concern that Salmonella enteriditis may be in the whites of eggs as well as the yolks. Care must be taken when preparing meringues using raw egg whites.

Meringues on a pie are safe if heated in a 350 degree F. oven for at least 20 minutes, and the temperature in the center of the meringue has reached 160 degrees F.

There are also powdered egg whites products on the market that may have been treated in some way, and are safe to use for meringue recipes.

Sources: USDA - Food Safety for Consumers, USDA. For meat and poultry safety questions, you can call the USDA toll-free Meat and Poultry Hotline, 1-800-535-4555, 9 a.m. to 3 p.m., CST. (AH)

Home Extension News Continues on page 5.
Time to Quit

Note: The following article was written by Barbara J. Winter in her newsletter "Winning Ways". Barbara is the owner of her own book development business and describes herself as "unambiguously positive". Whether you want to quit a job and start a new career or just want to make a change in your life, you may enjoy reading Barbara's thoughts.

The woman on the phone sounded distratued. Her company had asked for voluntary resignations, and she was one of the employees who chose to leave would be given five months' salary.

Jane was beside herself. Should she take the money and run? She told me that she was longing to move to a warmer climate and had several offers for profit career ideas. "But it’s so scary," she wailed.

"What scary?" I wondered.

"Giving up $27,000 a year salary," she replied.

"What really scary," I told her, "is never going after your dream. If you don't act on this opportunity, ten years from now you'll be wondering if you would have worked. And you might have earned $27,000." Years ago, Ralph Waldo Emerson observed that everything in life has a price and if that price is not obvious. For starters,

the kind of quitting that I’m talking about isn’t giving up on your goals; it’s letting go of the lesser things in life. If your life has a price and if that price is not

expensive enough to get you to do something else. You may have to quit doing things you don’t find particularly attractive. It’s time to move on to the next challenge.

How can you know when it’s time to quit? Well, sometimes you just know. There is an internal sense of urgency. It’s time to move on to the next challenge. For a special Lenten meal--

Eggsactly What To Do About Easter Eggs

Wash eggs before using, to remove bacteria and, if eggs are to be dyed, to remove the oil coating so that the colors adhere more evenly. If you plan to cook with your hard-boiled Easter eggs, they should be refrigerated as much as possible between cooking, decorating and the hunt, or display, and used within a week.

If they are dyed, eggs without "ring around the yolk" helps to avoid overcooking and to cool the eggs immediately after cooking. Let cold-up water flow over them for a few minutes, or put them in ice water.

Barbara’s Beautiful Beet Soufflé

1 can (16 oz.) sliced beets
1/4 cup frozen orange juice concentrate
1 teaspoon instant chicken bouillon
1/4 teaspoon salt
1/8 teaspoon ground cloves
1/4 cup flour
4 eggs, separated
1/2 teaspoon cream of tartar

Reserving 1/2 cup beet juice, drain beets. In covered blender container, blend beets, reserved beet juice, concentrate, bouillon, salt and cloves at medium speed until smooth. Set aside.

In medium saucepan over medium heat, melt butter. Stir in flour. Cook, stirring constantly, until smooth and bubbly. Stir in reserved beet mixture. Cook and stir until mixture is thickened and bubbled. In large mixing bowl, beat egg whites with cream of tartar at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted. Stir egg yokes into sauce, one at a time, gently, but thoroughly, fold yolk mixture into whites. Carefully pour into a 1 1/2-2 quart souffle dish or straight sided casserole. (Side and bottom of dish should be dusted and floured.)

For a "top hat," hold spoon upright and circle mixture to make ring about 1 inch from side of dish and 1 inch deep. Bake in preheated 350 degree F. oven until puffy, delicately browned and souffle shakes slightly when oven rack is moved gently back and forth, about 30 to 40 minutes. Serve immediately.

Source: American Egg Board, 1460 Renaissance Drive, Park Ridge, IL 60068-1340 (DJ)
4-H Bulletin Board

Don't forget the Kiwanis Karamu, Saturday, April 14. Clubs L-Z attend 6-7:30 p.m. and clubs A-K attend 7:30-9 p.m. Fun, fine evening for 4-H families.

Attention swine exhibitors! Market swine exhibited at the 1992 Lancaster County Fair or the 1992 Boone County Fair are required to be identified with ear notches in both ears.

Next county-wide 4-H shooting sports club meeting is Monday, April 20, 7 p.m.

Growing Up Female Retreat, April 25 and 26, designed for 11 to 13 year old girls and female parent/adult. An opportunity to spend quality time together to strengthen relationships. Fee is $60 per pair. Call the extension office for registration forms.

The 1992 Style Revue, "Fashion Forecast," will be held Wednesday evening, August 5. Judging will be once a week earlier on Wednesday, July 29.

4-H members interested in raising and showing market broilers need to enter soon. Entries are available at the extension office. Completed entry forms must be returned by May 15. 4-H members will buy 20 broiler chicks. The chicks will arrive the end of June. A pen of three will be shown at the fair.

Attention 4-H Horticulture Exhibitors!

Quasiquincentennial interview judging for heirloom vegetables.

Imaginize yourself as a pioneer gardener in Nebraska 125 years ago. What varieties of vegetables would you have grown? What type of tools or fertilizer would you have used?

To celebrate 125 years of gardening in the state of Nebraska, there will be a special interview heirloom judging contest at the Lancaster County Fair this year.

Choose a vegetable variety that is an heirloom. Any vegetable can be entered, but please try to keep to the variety name. Raise your heirloom vegetables in your garden with your other projects and enter it as an exhibit as you would other vegetable crops.

To prepare for the interview judging portion of the exhibit, the following information needs to be researched.

1. Source of seed or plant.
2. Approximate age of variety.
3. How is this heirloom variety different from other garden vegetables?
4. Additional information on the taste, cultural practices, pest control of vegetables, and mineral composition for identification. There is a bulletin called "Heritage Gardening-Vegetables" A1H279, may be ordered from the State University Bulletin Office, P.O. Box -50, 481 Union Road, MI 48823-6640. Cost is $2 each.

Do as much research as possible for this interview judging. Any additional information will increase your chances for a higher ribbon classification.

There will be special heirloom vegetable classes this year at the Nebraska State Fair. They are as follows: potatoes, dry beans (one pint jar) and tomatoes. A list of heirloom varieties to pick from will be provided from the state fair superintendent.

To have your exhibit qualify for an exhibit at the state fair, you must pick a variety that is on this list. This heirloom vegetable classes will be evaluated at the extension office. Despite constraints, there is a limit of one entry per class per county. The best exhibit at county fair in these four entries will be eligible for the state fair.

So, if you would like the chance of exhibiting at the state fair in a heirloom vegetable class, you must raise and exhibit a heirloom variety of potatoes, dry beans or tomatoes on the list provided by the extension office, participate in the heirloom vegetable interview judging and have the best exhibit. If you have further questions, please contact Mary Jane. (MJK)

Cornucopia - A Growing Experience

1992 Wahoo Clinic

Spring is here and marks the beginning of the show season as well as the Eastern Nebraska 4-H Horse Clinic. Registration is open for a full day at 8 a.m. The public speaking and demonstration contest will also start at 8 a.m. There will be 90-120 entries and each round is judged by five judges.

The Western Horsemanship Clinic will include four 30 minute group sessions that will run from 9:30 to 11:30 a.m. At 9:30, the topics of feeding, management, proper nutrition and tooth care will be discussed by Dr. Owen Henderson, D.V.M. At 10 a.m., Stephen West will discuss basic grooming, clipping and horse handling.

Afternoon sessions will run in three, one hour sessions from 12:30, 1:30 and 2:30 p.m. These afternoon sessions will offer five different groups to any 4-H youth that would like to participate. The groups are as follows: 1. Novice Horsemanship - Level I Riders - instructed by Stephen West.
2. Advanced Horsemanship - Level II and III Riders - instructed by Carol Allen, 3. Roping - instructed by Gary Stauffer, (1:20 p.m. only), 4. Speed Events - instructed by Barb Mathias, (1:30 and 2:30 p.m. only); 5. Roping - instructed by Gary Stauffer, 3:30 p.m. - adjourn and head for home pastured.

Western Horsemanship Clinic

This one-day clinic for 4-H members and their project horses on western saddles will be held Saturday, April 25 in the 4-H Arena at State Fair Park. It is limited to the first 25 4-H members who register. It is designed to introduce youth and adults who wish to observe the clinic.

The objectives will be to improve horsemanship skills and aid in horse training. The instructor will be Kathy Anderson, University of Nebraska horse specialist, with assistance from the students.

The clinic will follow a general format as outlined below:

8:30 a.m. General introduction and clinic orientation.
8:45 a.m. Fundamentals of horsemanship, developing proper posture, balance and body position, and proper equipment adjustment.
9:30 a.m. Saddle exercises and correct use of aids (hands, seat, legs) will be introduced and practiced.

Dairy Judging

The first opportunity for Lancaster County 4-H members to test their dairy judging skills will be Saturday, April 18 from 10 a.m.

Do not need to be a dairy project member to be interested in dairy judging or to participate in the Annual Quad County 4-H Dairy Judging Contest which will be held at the Atkinson and Ron Hillgenkamp farm turn west on Highway 18 at 2:30 p.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.

The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m. The weighing will take place behind the Lancaster County Fair performance swine class can weigh their pigs on Saturday, April 25, 9-11 a.m.
Hi! I'm Gene Gilliam and I'm a member of the Paws and Claws County-wide Cat Club. I have a wonderful experience that I'd like to share with you. Our cat club leads programs for Ains, an Animal Control officer, to speak to the cat club about the responsibilities of pet owners and the local Animal Control officers. During his talk, he mentioned that they offered a "ride-along" program. The ride along program offers an opportunity for youth to work with an officer and observe while they're on duty.

That night, I asked my parents to call and see if I could possibly go some place with Kris Johnson, who had talked about his ride along for the very next Thursday. We happened to be out of school so she picked me up a 1 p.m. and believed it or not, I didn't get home until almost 7 p.m. During my ride along, the most is helping kids catch a squirrel in a fireplace. Squirrels are pretty slick individuals.

So, for those of you who is interested in animals and possibly seeing what Animal Control officers do, give Kris Johnson a call. I had a really good time and I also had my eyes opened to the fact that not everyone's animals are as pampered as mine.

---

4-H member, Gene Gilliam, rode with Animal Control officer Kris Johnson to learn more about animal care in Lincoln.

---

A Message for Moms and Dads: How to Help Your Child Do Well in 4-H

by Ken Schmidt, youth specialist, 4-H Youth Development

4-H offers such a wide range of projects, programs and activities that you can do well in 4-H, but the parents need to be often critical in how well a child does. "Doing well" depends upon our expectations. It is important to your child to learn something new!"develop special skills? learn to work with others or independently? Does your child need the opportunity to become involved? There are lots of things you can do to help your child make 4-H a successful experience. Here are some of them:

1. Help Identify Goals
   4-H members select projects and choose activities. Parents can help by learning about topics, asking relevant questions and helping their child understand what might be involved. Help children see the possibilities, but take care not to stifle creativity.
2. Show Support
   Often a project is more interesting before the "work" begins. In the middle of planning a presentation, a making a

---

Project Wild Workshop

Are you a leader, junior leader, educator who is interested in the environment and conservation? Then the Project Wild Workshop may be just what you would enjoy. May 9, 1992, is the date for the workshop at the Eastern Nebraska 4-H Center near Gretna.

Project Wild is an interdisciplinary environmental and conservation education program for K-12 teachers, naturalists and outdoor educators. The goal of the project is to help learners of all ages to develop awareness, knowledge, skills and results in outdoor education decisions and responsible behavior about wildlife and the environment.

To participate in this workshop, you must register in advance. Registration forms are available at University of Nebraska Cooperative Extension in Lancaster County. (DV)

---

4-H Shooting Sports Camp

4-H youth are invited to participate in the 4-H Shooting Sports Camp at the Eastern Nebraska 4-H Center. The camp is open to all youth ages 13, 14 and 15. Younger or older youth will be accepted on an individual basis. Participants will arrive Friday evening and depart Sunday after lunch.

The camp will offer hands-on shooting experiences. Shooting sports activities will include pistol, rifle, shotgun, archery and conservation. Parents, leaders and volunteers who want to become certified 4-H shooting instructors will have the opportunity to do so at this camp. Adults will help instructors coach the youth, thus learning how to become safe and effective instructors. The camp fee will be waived for adults wishing to become certified.

To obtain more information and registration materials, request a brochure from University of Nebraska Cooperative Extension in Lancaster County.

---

OUTDOOR SKILLS I & II
June 1-4, 1992 10:00 am - 2:00 pm
June 8-11, 1992 10:00 am - 2:00 pm

Explore and experience the Platte River as you move through the adventure camp. This exciting camp will feature an overnight canoe trip. Programs may include outdoor cooking, oriented activities, water activities, shooting sports and project adventure.

DISCOVERY CAMP I & II
June 5-7, 1992 10:00 am - 2:00 pm
June 26-28, 1992 10:00 am - 2:00 pm

This unique nature adventure camp is designed to be perfectly exciting for both the first time and the experienced camper. Discover the magic of sunshine and other new friends as you experience crafts, canoeing, campfires and other camp activities.

BOLDLY BOUND
June 15-18, 1992 10:00 am - 2:00 pm
This July 4 camp is simply jam-packed with excitement and challenges. Devoted to campers 11-14 years of age which appreciates the American dream of a 4th of July celebration in a climbing tower.

FIRST TIMERS
June 20-21, 1992 10:00 am - 7:00 pm
This day camp is simply jam-packed full of activities designed to introduce 8-10 year-olds to camp. Discover the waterfront, the wonder of nature and the beginning of lifelong friendships at "First Timers Camp."
Courses offered on Ag*Sat for Fall Semester

Several courses will be offered via satellite at the University of Nebraska Cooperative Extension in Lancaster County this fall. The courses originate from Texas A & M University, the University of Nebraska-Lincoln, the University of Idaho, Clemson University, Ohio State University, Utah State University and Kansas State University.

If you are interested in taking any of the following classes, or would like more information about the classes, please contact Mark Hendricks at 471-7180.

Agricultural Leadership Development
Texas A & M University
This course is an introduction to professional leadership development. Upon completion of this course, students will be able to define leadership knowledge, skills and abilities.

Instructor: Dr. Christine Townsend, Associate Professor of Agricultural Education.

Agricultural Biotechnology
Texas A & M University
This course was designed to educate students in traditional agricultural programs (entomology, forestry, animal breeding and genetics), with modern molecular and biochemical tools so that they will be competitive in a changing environment for agriculture.

Wednesday and Friday 11:30 - 1:30 CT
September 9 - December 11, 1992
Instructor: Dr. Jane Magill, Associate Professor on Biochemistry and Biophysics.

Agricultural Marketing
University of Nebraska-Lincoln
This course is an introduction to the principles and practices associated with the movement of agricultural products from the farm through the marketing system to the final consumer.

Monday, Wednesday, Friday 9:00-10:00 CT
August 24 - December 18, 1992
Instructor: Dr. James Kendrick, Professor of Agricultural Economics.

Engineering Plant and Animal Environments
University of Nebraska-Lincoln, University of Idaho, Utah State University
An analysis of environmental factors affecting plant and animal production and welfare will be included in this course.

A Message for Moms and Dads:

(Continued from page 7)

product or working on the details of an event, support and encouragement are also important. Make certain your ambitious 4-H member has the materials and supplies to do a good job. Remember that your encouragement and confidence may be what is needed most.

3. Help With Time Management

4-H management often requires personal time, evenings, weekends and snatches of time between school and other responsibilities. Managing one's time is an important skill. Parents can help their child (and themselves) avoid stress by encouraging a schedule that starts projects early and plans for completion well before the deadline. Time management is a skill that can be learned and practiced with experience.

4. Be A Partner

Join the partnership with volunteers, extension staff and community leaders in 4-H. Most things, other than anything else, your willingness to share your time and talents tells your child that you care, and your efforts will be appreciated by others on the 4-H team. Talk with them to see how you can contribute.

5. Appreciate the Outcome

The joy of 4-H is seeing young people grow through their accomplishments. Even though it may have turned out differently than you expected, be sure to notice and appreciate what your child has done well. Have new interests developed, or skills improved? Is there a new awareness of the world? Is your child a safe leader, speaker, follower, builder, friend? Then you have done a good job. Be sure to say it both to your child and to another adult when your child can overhear. Then don't forget to put yourself on the back for having done well, too.

The potential for doing well in 4-H is great and too important to leave chance.

Agricultural Water Management in Rainfed Systems
Utah State University
The fundamentals of water control and management in rainfed agricultural systems will be emphasized in this course.

Tuesday and Thursday, 12:30 - 1:30 CT
August 25 - December 9, 1992
Instructor: Dr. Noelle Muggi-Cockett, professor of Animal Science, Utah State University.

Agricultural Water Management in Irrigated Systems
Utah State University
The principles and practices of irrigation water management from source to field to be covered in this course.

Tuesday and Thursday 10:30 - 11:30 CT
August 25 - December 9, 1992
Instructor: Wynn R. Walker, Professor and Head, Department of Agricultural and Irrigation Engineering.

Note: Courses offered will be determined by the number of people interested in participating.