6-1992

The NEBLINE, June 1992

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Denton Update

In last month's issue of the NEBLINE, we stated that a Denton community news column would appear on these pages until Denton could get their own newsletter started. Talk about fast work. The first edition of TOWN TALK was released this month.

A Public Relations Committee headed up by Evelyn Kirk will publish the monthly newsletter. If you have news you’d like to submit, send a letter to: TOWN TALK c/o Village of Denton P.O. Box 132 Denton, NE 68339-0132

Bennet Community Goals Workshops

Citizens of the Bennet community have identified three committees to address long-range community goals. The committees include comprehensive planning and zoning, economic growth and agriculture. These priority areas were identified by the fifty participants in the Bennet Community Goals Workshops which were held at the American Legion Community Center in Bennet.

Susan Helmink and Becky Dallman will co-chair the comprehensive planning and zoning committee. Don Kuhn was selected as chair of the economic growth and business enhancement committee and Terry Hatcher will chair the housing committee. The committee wishes to expand their membership to include others in the community who are willing to work on these three areas. Contact the committee chairs for additional information.

An EFNEP Homemaker Talks

"One day when Sondra came to visit, I was getting ready to feed my day care children lunch. I mentioned to Sondra that it took forever for me to do grilled cheese on top of the stove for so many kids. She suggested that I bake all the sandwiches in the oven—a trick that I’ve since used many times." This was just one of many examples Patty Perry gave when asked what the EFNEP program had meant to her.

Patty heard about the EFNEP program while she was pregnant with Patrick, her youngest child. She expressed an interest in having EFNEP visits and as a result, Sondra Phillips, an EFNEP nutrition advisor, started visiting Patty on a regular basis. Both Sondra and Patty describe their first visit with obvious enjoyment. Patty laughingly says that she had told her daughter that she was having Betty Crocker over that day. Her daughter then told one of her friends who, in turn, told her mother. That mother promptly informed her daughter that Betty Crocker was coming. Maybe so, but her spirit lives on.

Patty and her husband, Pat, have four children: Erin, 14; Brian, 12; Shannon, 9; and Patrick, 14 months. Patty has operated a licensed day care for the past 12 years in her home and indicates that she not only enjoys the interaction with various children, she also likes being at home with her own children. Patty is sometimes known as "Pattycakes", the clown and is active as a school volunteer. It is quickly obvious that her home is a magnet for neighborhood activities.

When asked about what she had learned by having an EFNEP advisor visit her, she responded with, "Oh, so much!" Patty indicated that Sondra had helped her lose weight after the birth of her baby, and that she had learned a great deal about preparing baby food and appropriate foods for her baby during her first year. She indicated that she uses food inventory sheets from a menu planning lesson to help her monitor foods on hand and is more aware of the importance of eating a variety of foods to get necessary nutrients. As a result of her visits with Sondra, Patty says she shops better and buys more nutritious food for less. She knows how to season a skillet and utilizes her commodity foods better. In fact, she now regularly uses dry, powdered eggs to make French toast. Additionally, Patty has used numerous recipes that have been given to her as part of the lessons.

Patty has obviously enjoyed her visits with Sondra and has learned things that help her feed her family and her day care children more nutritiousiy and at a more reasonable cost.

When asked about how she viewed her visits with Patty, Sondra responded with, "She’s wonderful, a real joy to teach. We’re both a little crazy, love to clown, and I’ve learned to schedule Patty into my day when I need an uplift."

If you think EFNEP could help you and your family, please call:

University of Nebraska Cooperative Extension Lancaster County EFNEP Program Phone: 471-7180

Wyant-Navrati retirement reception set

Plan to attend the retirement reception for Esther and Darlene! Come and join in wishing them well on Monday, June 29, 1992 from 3 to 6 p.m. at the Lancaster Extension Conference Center, 444 Cherry Creek Road.

Esther Wyant, extension agent, home economics, came to Lancaster County in 1965. Before coming to Lancaster County she was an extension agent, home economics in Lincoln County (1964 to 1965), resident advisor - home management at Kansas State University (1961 to 1963), extension agent, home economics in Scottsbluff County (1958 to 1961), and a home economics teacher, 1953 to 1958. Her career has included coordinating home extension clubs, teaching food preparation and preservation, housing and family life. Many county homes and families have benefited from Esther’s teaching and leadership.

Darlene Navrati, administrative assistant, began her career with extension in 1973. Darlene’s skills and attention to detail as office manager will be missed by everyone involved with University of Nebraska Cooperative Extension in Lancaster County office.

Office Information:

Phone Numbers:
Office: 471-7180
After hours: 471-7170
Fax: 471-7148
NEBLINE Bulletin Board: 471-7149
Office Hours: 8 a.m. to 4:30 p.m., Monday - Friday

Pioneer 4-H Livestock Show

The Pioneer 4-H Livestock Show, traditionally the last weekend in June, will not be held this year. Local 4-H clubs should watch for other invitational shows to attend this year. The show will be conducted in 1993. (DM)
Explore the world of miniature roses

A true rose plant with blossoms only one-inch across is just one of the possibilities if you explore the world of miniature roses. They grow so small they can even be used as flower bed borders or in rock gardens. Fertilizers change from dime to half-dollar size.

Miniatures generally have no thorns and sometimes an unpleasant, fragrant scent. Their flowers come in all the standard rose colors, and some are even bicolors.

Unlike their standard-sized cousins, miniatures tend to be very black, red, and pink, and suffer from fewer problems. In some cases, they have even fewer diseases than standard roses. One common disease among miniatures is red spider mite, which can be controlled with common insecticides.

Because they are disease- and insect-resistant, miniature roses are ideal for outdoor use in both containers and the garden. They can also be used as ground cover, with the possibility of using them in the garden to create a miniature rose garden with their rich colors and fragrances.

Consider growing balcony garden

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One popular way to display a garden is on a balcony. Many gardeners enjoy creating a garden on a balcony, creating a mini garden even in the most confined space. Balcony gardens can be created on concrete or pottery containers. Many gardens can be created on a balcony without a lot of fancy plants or soil. The阳台 can be transformed into the garden you desire. Some minor considerations must be made to do the project. Some considerations are another important factor to think about. Most balconies are required by building safety codes to support 60 pounds per square foot. Be sure to check the code in your area. Avoid using a media which can reduce weight by up to 60 percent over standard soil mixtures. Avoid using concrete or pottery containers. Plastic containers are much lighter than concrete or pottery containers and can move around if not secured.

Once you have evaluated the best way to plant your garden, you can start looking for planting materials. Spend some time looking for plants that are suited to your balcony container. Choose plants suitable for your environment. The plants on an outdoor balcony will usually be enjoyed indoors as well, so be sure to plant things that will work in both places. A good time to plant your garden is in early spring or late summer.

One popular way to display a garden on a balcony is to use vertical gardening techniques. If you have a balcony that is 10 feet wide, you can create a miniature garden on the railing. For example, you could use a vertical garden to grow strawberries, herbs, or even some vegetables. Vertical gardening techniques can also be used to create a mini garden in a window box.

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News from around the strawberry patch

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Subscription to innovative newsletter **"Inside/Outside"**

Do you need a good, up-to-date source of information about pests and diseases in your home or backyard horticulture? If you do, then you need INSIDE/OUTSIDE, a brand new informational newsletter being published by University of Nebraska-Lincoln Extension.

In its issues of INSIDE/OUTSIDE, you will find solutions to problems that face gardeners every day. Learn how to deal with household and outdoor pests such as ants, bees, caterpillars, grubs, and ticks, plus a host of diseases, weeds, and lawn management issues. Each issue of INSIDE/OUTSIDE will contain practical information on how to select proper pest control methods for those who prefer not to deal with their own pest problems. Also, the newsletter will address horticulture issues — how to establish lawns and outdoor plantings, grow vegetable gardens and how to maintain trees, turfgrass, shrubs and flowers. It’s all included, plus many other topics.

"Good information is needed to help Nebraskans manage their pest problems safely and effectively with minimal risk and at a reasonable cost," said Dave Keith, extension entomologist and chair of UNL Extension's Urban Pest Management Team. "This newsletter will contain practical information on how to select proper pest control methods for those who prefer not to deal with their own pest problems. Also, the newsletter will address horticulture issues — how to establish lawns and outdoor plantings, grow vegetable gardens and how to maintain trees, turfgrass, shrubs and flowers. It’s all included, plus many other topics."

Home grown in the strawberry patch

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Reports from early in the season of a few strawberries, even though neighbors have harvested their first crops weeks earlier than other main season cultivars. Another possibility is that there could be a frost in the strawberry patch. Strawberry require approximately 30 days from the time of harvest to flower. After the harvest, strawberry require some treatment to avoid cold temperatures for the following year. A good time to till the patch is in late November. The following spring, before the first true leaves appear, they will require some treatment to avoid cold temperatures for the following year. A good time to till the patch is in late November. The following spring, before the first true leaves appear, they will require some treatment to avoid cold temperatures for the following year.

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More horticulture news on page 7
Lancaster County chinch bug alert!

Examination of wheat in Lancaster County reveals significant numbers of chinch bugs in many fields. The poor wheat stands in southeast Nebraska and northern Kansas this season are particularly susceptible to invasion of chinch bugs. Studies at UNL show that from two to six times more chinch bugs fly into thin stands, as opposed to thick stands of wheat. Because these bugs are dispersed and the environment favors their survival, these conditions tend to lead to population explosions in infested wheat fields.

When soil is dry, chinch bugs may feed below the soil line at the base of plants. If the soil has a thin crust, chinch bugs may be found by gently scraping the top layer back. Management strategies are limited when dealing with moderate to severe chinch bug infestations. In most cases, infested wheat is not severely injured, but entire fields of thin, poor wheat have been destroyed by extremely high chinch bug populations. Corn, sorghum planted into or near an infested wheat field will be at high risk and very likely destroyed. A systemic insecticide applied at planting such as Furadan 15G, can be used to protect seedling corn or sorghum from chinch bugs. The insecticide can be applied to the young plants and controlled, however, only just about a week or two. The best choice, if your farm program allows, is to plant a non-hostable broadleaf crop such as soybeans into destructed wheat or near an infested wheat field. There are some systemic insecticides that provide control on sorghum or corn, but the short-lived activity of these compounds means a rotation every two to three days. If you choose to use a foliar insecticide for chinch bug control, use drop nozzles and a directed spray at the base of the sorghum plant. Suggested treatments for controlling chinch bugs include:

- **Erecticides**
  - **Rate**: 8.0 oz. form.
  - **Restrictions and comments**: Apply granules in furrow at planting.

### Post-emergence

- **carbaryl (Sevin 80S)**
  - **Rate**: 2.0 lb
  - **Application**: Apply as a directed spray with at least 40 gal. water/acre.

- **carbofuran (Furadan 4F)**
  - **Rate**: 0.5 lb
  - **Application**: Apply as a basal directed spray in 20-30 gal. water. Do not make more than two applications within a foliaassaplication season. Do not apply afterheads emerge from the boot. Do not graze treated fields or cut for silage or forage within 30 days of treatment.

- **Rhoparote**
  - **Rate**: 6.0 oz. form.
  - **Application**: Apply as a basil directed spray at cultivation and cover with soil. One application per season. Do not feed foliage before grain harvest.

- **Rate is formulation per 1,000 row feet.**

For more information on chinch bug control, refer to **Chinch Bug Management, NetGuide G86-806, available at the University of Nebraska Cooperative Extension in Lancaster County. (BPS)**

Develop a corn borer management strategy

The European corn borer is a multi-billion dollar insect in the state of Nebraska. This enormous dollar amount is primarily due to (1) value of lost yield due to borer damage and (2) insecticide applications. Many of the following corn borer management strategies are often overlooked.

1. Some hybrid seed corn has built-in resistance to worm feeding by the first generation European corn borer. This means that although newly hatched larvae begin to feed on the corn tassel, they do not survive beyond a couple of days. On the other hand, some corn varieties are extremely susceptible to worm feeding by the borer. Hybrids vary according to their ear retention characteristics. Knowing everything there is to know about the corn variety you purchase is important.

2. Planting date has important effects on pest and borer damage. The later the corn is planted, the more borer damage will occur. Survival of newly hatched larvae is greater on the taller corns. On the other hand, warm, calm, humid evenings in late June, female moths will fly from weedy or grassy margins into cornfields and lay clusters or masses of 15 to 25 eggs near the midrib on the underside of corn leaves. Eggs hatch within five to seven days. Eggs that are about to hatch have black centers and are referred to as the "black head" stage. This is due to the black color of the larval case that lines through the translucent egg shell. Young larvae feed first on the leaf near where they hatched, but soon move deep into the whorl, feeding on developing leaves. As the larvae grow and unroll from the whorl, the "black hole" feeding signs can be seen. Following the feeding period in the plant whorl (approximately two weeks), the larvae bore into stalks, feed and form tunnels (cavities), and finish development. The fifth instar first generation larvae change into pupae within the plant cavity, from which the second generation moths emerge in mid-July to early August. 3. Each year we see many cases of borer damage, particularly those that have profited by treatment and fields that were treated after borer entered the stalk. Producers should plan to scout fields beginning in mid-June. Determine the need to treat first generation corn borer, examine the corn whorls in each field, note the percent of total plants infested ("shot-holes"), and determine the possible number of larvae to treat. Mortality of newly hatched larvae is very high. If feasible, avoid making a treatment decision until larvae have aged to second instar or older. However, note the location of the larvae. Those that are still in the whorl can be controlled chemically, while those that have left the whorl and have entered stalks are not controllable. If all larvae have left the whorl, it is too late to attempt control. Sample enough plants at enough locations in each field to ensure that sample estimates are representative of the entire field. To make a decision on first generation borer treatment, the following information is needed:

- **Average percent infested ("shot-holed") whorls in the field.**
- **Average percent infested ("shot-holed") whorls in the field.**
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### Abandoned wells...

Abandoned wells are a problem that have been ignored for many years. With increasing concern about protecting the quality of ground water supplies, we can no longer ignore the thousands of abandoned wells across the state. It is critical that the quality of ground water be protected for current uses and for future generations.

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### Abandoned wells like these are common across Lancaster County and Nebraska. They may still have the mechanical pump installed, some may even have a windmill still standing overhead, others are now simply a hole in the ground.

### Swine diet workshop saves producers $$$$-

**Swine diet workshop saves producers $$$$**

**Feed is the largest single item among the costs of producing pigs.**

- **On the average, it accounts for 60% of all costs and represents about 80% of the cash costs.**
- **Thus, it is important that pork producers provide high quality cost-effective diets to their pigs every day.**

A swine diet formulation and cost analysis workshop will be conducted Wednesday, July 15, 9 a.m. - 4 p.m. to evaluate producer rations and to compute rations that can lower production cost and increase pig performance. The workshop will be held at the University of Nebraska Animal Science Complex. Participants in a similar workshop last January saved an average of 12 percent on feed cost per year by reformulation of diets at the workshop.

At this workshop, Duane Reese, extension swine nutrition specialist, University of Nebraska-Lincoln, and Dave Varner, extension agent, will present a nutrition program and consult with producers about diets. You will receive assistance in evaluating the following:

1. Do your diets contain more ingredients than necessary to meet the pig’s nutrient needs?

**Please turn to Swine: Page 17**

### More agriculture news on page 7
Home Extension Council to meet June 29

The Lancaster County Council of Home Extension Clubs will hold an evening meeting on Monday, June 29. The program begins at 7 p.m., is "Costuming for the Theater Arts," and will be presented by Roberta Newburn, council vice chair and a member of the Sprague Extension Club, and Ann Watson, technical director for the University of Nebraska Costume Shop and a member of the Lincoln Between Extension Club. The business meeting, with Chair Carole Doeschot presiding, will follow the program. Among items on the agenda are reports by the delegates representing Lancaster County at the annual convention of the Nebraska Council of Home Extension Clubs, Inc. Presidents of the extension clubs in Lancaster County are members of the council. However, if the president cannot attend the meeting, any club member may represent the club. (EW)

Hulewicz and Briese win cultural arts contest

An oil painting by Pat Hulewicz, Lincoln, and a framed stitchery by Marion Briese, Lancaster County Extension Club, were selected as winners of the Lancaster County Council of Home Extension Clubs Cultural Arts Contest. Pat is a member of the Northeast Achievers Home Extension Club and Marion’s membership is with the Davey Women’s Home Extension Club. The cultural arts contest included visual arts, hand stitchery, creative writing and glass. Entries in the visual arts and hand stitchery categories were judged locally while the creative writings, entered by Diane Schroeder, South Circle Sideskittles Extension Club, and Lynnette Schneider, Hallam Extension Club, were submitted for judging to Maj Lambert, cultural arts chair of the Nebraska Council of Home Extension Clubs. There were no entries in the glass category. Others participating in the visual arts division were Ada Wisinsk, Sharon Extension Club, and Cloyce Hoover, Northeast Achievers Extension Club.

The hand stitchery section also included entries by Donna DeShon, 49 er Extension Club, Lorraine Retzlaff, North Bluff Extension Club, and Carole Doeschot, Southern Belles Extension Club. The winning items will be entered in the state contest which will be held in conjunction with the Nebraska Council of Home Extension Clubs, Inc. Convention, at McCook, on June 3-5. The 1993 Cultural Arts Contest will include the following categories: sculpture (wood, soft, clay, metal, wax or other); fiber arts (knit, crochet, macramé, latch hook, tatting, hairpin lace or other); and ceramics, pottery and porcelain. Each article must be the work of an extension club member, during the past four years or in other words, since the last time that category was eligible for exhibit at a state contest. No kits will be accepted. Contact Lorene Bartos, extension assistant, home economics, 471-7180 if you have questions. (EW)

Cooperative Extension System

Take the challenge: be a lean or eater

The following is part of a year-long continuing series on healthy eating. It is based on materials developed by Nebraska Project LEAN.

This story begins with fat-laden lettuce leaves. In their fresh and unadorned state, lettuce leaves are very low in fat and calories...et this fact seems to be the heart’s content! But look what happens when a little bit of salad dressing is added:

One tablespoon dressing truly is a "little bit". Restaurant portions are usually three to four tablespoons or more and self-serve portions in our homes are about the same. This means that the innocent little salad can become a very high-fat "dish"!

To keep the fat in salad down, try some of the many low-fat and lower-calorie dressings that are now available. When you think the flavor of the low-fat dressing doesn’t match your tiring, try this hint with your favorite regular dressing:

Mix one part dressing with one part buttermilk. The buttermilk doubles the volume but does not change the flavor of your favorite dressing. It also lowers the amount of fat and calories per tablespoon. And, if you mix it up you will have half the fat as the regular dressing and fewer calories per portion; if you have 16 grams of fat and 160 calories per tablespoon dressing plus one tablespoon buttermilk = 8 grams of fat and 87 calories

Lettuce leaves are not the only foods we load down with fat. Baked potatoes, plain breads, and steamed vegetables are also the carriers of extra fat. In their plain state they are very low in fat, having less than one gram of fat; serving. But, take a look at the toppings and spreads:

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<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Grams of fat</th>
<th>% Calories of fat from fat</th>
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<td>Bacon, 1 Table spoon</td>
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<td>11</td>
<td>100%</td>
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<tr>
<td>Merguez, 1 T- spoon</td>
<td>100</td>
<td>11</td>
<td>100%</td>
</tr>
<tr>
<td>Sour Cream, 1 tablespoon</td>
<td>26</td>
<td>2.5</td>
<td>100%</td>
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<tr>
<td>Cheese Sauce, 1 tablespoon</td>
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<td>2.5</td>
<td>64%</td>
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<td>Mayonnaise, 1 tablespoon</td>
<td>100</td>
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Eating less does not mean giving up all your favorite spreads and sauces. The guides in this article can help you decide how to cut fat.

Reducing the portion of a high-fat food is one way to eat less fat and fewer calories; eating the spread or sauce less often is another way. Have you ever tasted a sandwich with a double helping of spread? Try it, you might like it!

The possibilities are endless when you want to eat less fat. Enjoy the foods that are normally low as often as you like...to your heart's content! When it comes to dressings and sauces, the chart on the next page may help you cut back.

Seasoning suggestions for summer vegetables

<table>
<thead>
<tr>
<th></th>
<th>Add a dash of nutmeg or dry Mustard.</th>
<th>Add Lemon &amp; Herb Seasoning Salt or Ginger.</th>
<th>Add Basil, Chives or Tarragon.</th>
<th>Sprinkle with Marjoram, Sage or Basil.</th>
<th>Add Sage, Rosemary, Marjoram or Thyme.</th>
<th>Add Allspice or Cardamom.</th>
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<td>TOMATO GLASS</td>
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<td>EUCALYPTUS</td>
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Seasonings for anytime

- Black Pepper and Season-All (registered trademark) Seasoned Salt are tasty on any vegetable.
- Try these suggestions and also experiment with different combinations of your own.
- Remember to start with a small amount of seasoning and add more to taste. For more information call 1-800-632-5847; they’ll be happy to send you a spice chart "Everyday Seasonings for Anytime Meals".
- Sources: Spice Xyress, Volume 6 Number 1, the official newsletter of the McClaxall Shilling Division, McCormick & Co., Inc., 211 Shilling Circle, Hunt Valley, MD 21031. (EW)

Budgeting: getting started

Budgeting is a word which usually gets negative reactions from people. But, a budget can help you use the money you have more effectively. A budget is a financial plan for spending; not a bookkeeping chore of keeping track of every penny.

Budgeting, a management process, includes these steps:
1. Communicating among family members
2. Considering personal or family situation
3. Setting goals
4. Estimating income
5. Estimating expenses
6. Planning goals
7. Putting budget into action
8. Adjusting budget as necessary
9. Using budget for future planning

For a NebGuide on setting up a budget by Dr. Kathy Prohaska-Cue, extension specialist, send a self-addressed, stamped envelope to: Budget HES 81-39; 4 President Henneman; University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road; Lincoln, Nebraska 68528. (AH)

Sustainable agriculture systems (SAS) can make every farm a business, even one run by a small family.

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Double banana bread
(NO Fat or sugar added)

Harriet Koho, Ph.D., UNL Cooperative Extension, nutrition specialist, has developed a recipe called Double Banana Bread which can be made from approximately five ripe bananas (2 cups mashed) which is variation for sugar lovers usually called for in banana bread recipes. The bread has good flavor, texture and moisture and is definitely worth trying.

Ingredients
- 2 1/3 cups all purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup orange juice
- 1 teaspoon banana flavoring
- 3 cups very ripe mashed bananas (about 5 medium)
- 1 tablespoon honey to degrees for glass or dark pans.

Steps
1. Preheat oven to 350 degrees (325 degrees for glass or dark pans).
2. Blend in ascorbic acid powder and food coloring. Fill 2 half-pint jars; seal.
3. Run under cold water and let drain before freezing.
4. Place in freezer containers, cover and freeze. Thaw for several hours before using.

Yield: 1 pint

Variation for sugar lovers: add 1/4 cup of sugar to egg-

Preserving reduced sugar fruit spreads

Fruit spreads may be made which are lower in sugar and calories than regular jams and jellies. Low in sugar means that it cannot be made by leaving the sugar out of regular jam and jelly recipes. However, reduced sugar fruit spreads can be made using the following methods or by using modified pectins.

1. Modified Pectins-These pectins have been modified to gel with reduced sugar or no sugar at all. Modified pectins are "light", "lite" or "soft" in the directions on the package. Some pectin products are made for recipes which call for less sugar than the standard recipe; these are clearly marked on the label. Artificial sweeteners are not added. However, each package of commercial regular pectin does contain some sugar. The label on these pectins will say, "Suitable for use, then keep refrigerated."

2. Regular Pectins-These pectins have been modified to gel with reduced sugar or no sugar at all by adding sugar. These pectins are labeled "light", "lite" or "soft" in the directions on the package. Such products are made for recipes which call for less sugar than the standard recipe. Artificial sweeteners are not added. However, each package of commercial regular pectin does contain some sugar. The label on these pectins will say, "Suitable for use, then keep refrigerated."

3. Recipe-These special recipes have been formulated so that no additional sugar is added. The fruit spread will be labeled "A" if sugar is added. The fruit spread will be labeled "B" if sugar is added. The fruit spread will be labeled "C" if sugar is added.

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4. Fruit spreads may be made which are lower in sugar and calories than regular jams and jellies. Low in sugar means that it cannot be made by leaving the sugar out of regular jam and jelly recipes. However, reduced sugar fruit spreads can be made using the following methods or by using modified pectins.

1. Modified Pectins-These pectins have been modified to gel with reduced sugar or no sugar at all. Modified pectins are "light", "lite" or "soft" in the directions on the package. Some pectin products are made for recipes which call for less sugar than the standard recipe; these are clearly marked on the label. Artificial sweeteners are not added. However, each package of commercial regular pectin does contain some sugar. The label on these pectins will say, "Suitable for use, then keep refrigerated."

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All 4-H sheep need to be tagged

The final 4-H sheep tagging date will be Monday, June 15, between 4 and 6 p.m., at the 4-H sheep barn at State Fair Park. Each exhibitor may tag 20 lambs at a cost of $5.55 each. All market lambs and commercial breeding ewes must be tagged. Registered ewes require two tags, one back tag and one 4-H tag. Ewes do not need to be tagged if the breed association uses metal tags. A scale will be available during tagging for 4-H and PFA market lambs in the county rate-of-gain contest. Each exhibitor may show a maximum of five breeding or market animals at county fair. No individual sheep may be shown in both breeding and market class. If an exhibitor shows three breeding animals, they may show two market lambs and will not be eligible to show in the individual classification of market lambs. Because of rule changes last year, an individual may show five breeding lambs or five market lambs or any combination they choose. Also, the club groups will consist of a group of four lambs or breeding ewes with ownership by more than one exhibitor. (US)

County Fair Entry Day

The Lancaster County Fair will be held at State Fair Park, August 3-8. Static exhibits will be entered on Monday, August 3, 8-8 p.m., judging will take place on Tuesday, August 4. Interview judging will be during the judging on Tuesday, August 4. Interview judging is available in home economics, engineering, photography and computer projects. Call the extension office to sign up for a five minute interview with the judge. Specific project areas for interview judging will be listed in the fairbook. (MK)

Help! I'm Giving a Demo!

Do you need help putting the finishing touches on your county fair demonstration? Are you just starting to organize your presentation or do you need an idea? If so, mark Friday, July 10, 1:30 p.m. on your calendar for Practice Demonstration Day. Helpful hints will be given to help you prepare your demonstration or to put those finishing touches on what you present that day. Call University of Nebraska Cooperative Extension in Lancaster County to sign up. Ask for Marilyn if you have questions. (MK)
Questions and Answers

Q. What can I do about corn smut? It's cropped up in my garden for the past two years.
A. Prune away the growths and dispose of them before they break open. The powdery gray stuff inside contains the spores of the fungus that cause the disease. The spores are carried in the soil and become an annual problem unless you break the cycle. Some varieties are more susceptible than others, so choosing varieties might help. Growing corn in a different spot each year is another option.

Q. Neighbor says he's going to cut his petunias to the ground in mid-July. Is that a drastic way to shape them up?
A. Yes, but it's a good way to rejuvenate them. Cut off strong, vigorous growth, leaves plants just 3 to 4 inches tall with some foliage. Chances are they will revive with new growth, lots of branches and, in two to four weeks, loads of flowers that will last until frost.

Lyme disease and tick management
A vaccine against Lyme disease for dogs is available from a veterinarian and is in the form of several shots, followed by yearly boosters.

1. Final average number of larvae/plant
2. Potential yield loss if all larvae/plant are present
3. Do your diets contain sources of nutrients (ingredients) that are more costly than available alternatives?
4. Have you properly switched pigs to less complex and/or less costly diets as they grow?
5. Do your diets contain feed additives (antibiotics, flavors, etc.) that cost more than they provide in return?
6. Preventable loss amount vs. total cost of production and added value.

Lyme disease is caused by a bacterium that is carried and transmitted through bites from several species of ticks. This disease was first recognized in 1976 and has now occurred in 47 states, including New Hampshire, where health officials reported 20 human cases; six of these cases were confirmed as having been contracted in Lancaster county. Early signs of the disease include: a red rash which expands in concentric circles outward from the tick bite producing a "bulls-eye" effect. Later, fever-like symptoms occur which include headache, fever, chills, lethargy, and joint and muscle pain. In advanced untreated cases, there may be arthritis-like symptoms in the knees and shoulders and cardiac abnormalities. In most cases, antibiotics have shown to be effective treatment of this disease, especially in early stages of the disease. This is because of the presently available for humans.

Lyme disease can also infect dogs, horses and cattle. Lyme disease can cause fever, joint swelling, pain, arthritis, and lameness. Infected dogs may also exhibit a loss of appetite, depression and lethargy. This disease is rarely fatal in dogs, but it can be debilitating and antibiotic treatments can be long and expensive.

Second summer planting is good crop insurance

When you think of planting vegetables for a fall harvest, you probably think of the cool-weather crops: broccoli, cabbage, cauliflower, salad greens, etc. These crops mature best before and after the hottest part of the summer and so are planted early in the spring and in midsummer, a fall crop.

You may want to consider planting a second crop of summer squash, cucumbers and even tomatoes for a late harvest. Summer squash and many varieties of cucumbers mature in a couple of months. Planted in mid to late June, they have plenty of time to come into production before frost. By the time these plants have produced their first crop, they may have exhausted itself or succumbed to insects or disease. A second planting is like crop insurance.

A late planting of tomatoes will provide high quality fruits for storage. High quality, unblemished fruits picked when they’re green will generally keep for one to two months when wrapped in newspapers and stored at 55 degrees F. They can be taken out of storage and ripened a few at a time as you need them. (DJ)

Striped cucumber beetle is malicious muncher
Striped cucumber beetles aren’t very pretty perhaps because their striped patterns aren’t very glamorous - but their presence in the garden spells trouble different different throughout the region.

This pest of cucumbers, muskmelons, watermelons and summer squash overwinters as an adult in woodlots and garden debris. Adults emerge in May and lay eggs in late May and June. The larval damage plants by chewing on the roots and stems, thus reducing the growth of plants and reducing the number of flowers that can be salvaged. To prevent or at least minimize blossom end rot, water and mulch tomato plants to prevent drastic fluctuations in soil moisture and stress of plants. (DJ)

Garden Gossip Hotline 471-7179

Agricultural News continues

Horticulture News continues

Blossom End Rot may strike first tomatoes
Blossom end rot is not as gruesome as it sounds. But your home vegetable gardener eagerly awaiting those first tomatoes of the season, finding them afflicted with blossom end rot can be disappointing.

The disease isn’t really a disease at all. Rather it’s a physiological condition brought about by a calcium deficiency in the fruit, which is accentuated by drastic fluctuations in soil moisture. Blossom end rot occurs most often on the first tomatoes to ripen. The first symptom is a small, dark spot on the blossom end of the fruit. As the spot grows, the tissues shrink and become leathery. If a severe case occurs, the dark rotten set is, the dark, sunken spot will be soft to the touch. Otherwise, the spot will be hard and firm, and the top part of the tomato can be salvaged. To prevent or at least minimize blossom end rot, water and mulch tomato plants to prevent drastic fluctuations in soil moisture and stress of plants. (DJ)

Swine Borer from page 3

From page 1

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Swine

1. Final average number of larvae/plant: 50% x 4 larvae/infested plant = 2 larvae/plant.
2. Potential yield loss if all larvae survive: 2 larvae/plant x 5% loss x borer/plant = 10% loss in yield.
3. Potential bushel loss: 10% x 125 b/acre x yield = 12.5 b/acre.
5. Preventable loss assuming 75% reduction of larval infestations: $29.28/acre x 25% = $7.32/acre. Preventable loss amount vs. total costs.

6. Preventable loss amount vs. total costs - $25.38 - $7.32 = $18.06. (DV)
Change in State Fair livestock fees

Changes in entry fees for the 1992 State Fair have been announced. Beef entry fees will increase from $2 to $5. Wood chips for the dairy goats, sheep and swine will increase from $2 to $5.

The NEBLINE

The NEBLINE is edited by Mark D. Hendricks, Extension Assistant, Media and Jeff Gaskins, Extension Assistant, Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry creek Road, Lincoln, Nebraska, 68528-1507. For more information, contact Mark Hendricks at (402) 471-7180.

Don D. Miller
Extension Agent, Chair, Lancaster County NEBLINE

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Nebline Feedback Form

In order to best serve our subscribers, this form will appear in every issue of the Nebline. You can use this form to:

1. change your address and/or order a subscription
2. suggest new events and programs sponsored by or held at the University of Nebraska Cooperative Extension in Lancaster County
3. submit general comments and/or story ideas.

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City: ____________________________ Zip: ____________________________
Home Phone: ____________________________ Daytime Phone: ____________________________

Workshop Registration

Register for Workshop/Program:
Name of Workshop/Program: ____________________________
Date of Workshop/Program: ____________________________
Time of Workshop/Program: ____________________________
Number of registrations: ____________________________
Payment enclosed?

Please help make the NEBLINE your newsletter by letting us know what you would like to see in the NEBLINE, and how we can better serve your needs.

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June 1992

Ben Broiler Entries Due

June 29.

About competitive trail riding procedures

Information in the May NEBLINE about competitive trail riding procedures has caused some misunderstanding of the training required.

1) All riders must ride in one of the four "Trail Blitz" rides held April 26, May 17, June 13 or June 28 to receive refresher training and proficiency of the horse and rider.

2) First year riders must receive an individual safety briefing by a qualified 4-H Horse Competitive Trail instructor and be signed off as completing beginning level training.

The locations of the remaining two Trail Blitz rides will be at the Branched Oak WMA on June 13 and Oak Glenn WMA on June 28. Contact Margo Ems at 471-5579/786-2962 or Warden Shares at the extension office for further details (WLS).

4-H Small Animal Show in Beatrice

Beatrice will be hosting a small animal show Saturday, July 11 at the fairgrounds in Beatrice.

Type of Animal

Entry Fee

Cats

$2

10 a.m.

Dogs

$2.50

9 a.m.

Possum

$1

10 a.m.

Rabbits

$1.50

9 a.m.

Cavy

$1

follows Rabbit Show

Preliminary poster is due July 3. Entry forms and show rules are available at University of Nebraska Cooperative Extension in Lancaster County.

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4-H Horse Trail Blitz, Branched Oak WMA, Raymond

June 14

4-H Tour of Animal Science Building, UN-L

June 8

Teen Council Meeting, Moby Dick Water Slides, Omaha

12 p.m.

Fillmore County Lamb Show, Geneva

4-H Horse Trail Blitz, Branched Oak WMA, Raymond

June 14

4-H Tour of Animal Science Building, UN-L

June 15

All Livestock IDS & Ak-Sar-Ben Broiler Entries Due

June 16

Final Lamb Tagging, State Fair Park

4-6 p.m.

Critz Sitters 4-H Club Meeting

7 p.m.

Practice Style Revue

1:30 p.m.

Wahoo Lamb Show, Wahoo

June 26

SCC Lamb Show, Beatrice

June 28

4-H Horse Trail Blitz, Oak Glenn WMA, Garland

June 29

Retirement Reception

3-6 p.m.

Home Extension Club Meeting

7 p.m.

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Register for Workshop/Program:
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Date of Workshop/Program: ____________________________
Time of Workshop/Program: ____________________________
Number of registrations: ____________________________
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