Nature, Gardening & Science
Come Together in the Butterfly Garden

By Karma Larsen
Nebraska Forest Service
Communications Associate
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UNL Extension Educator

Creating and maintaining a butterfly garden is an exciting and educational project for any gardener. Involving children in the butterfly garden provides them the opportunity to enjoy the outdoors, study insect lifecycles up close, become familiar with native Nebraska plants, and begin to understand the interconnectedness of plants and insects in the natural environment.

Many species of butterflies are common to Nebraska, and almost any flower garden will attract some butterflies, but by creating a garden specifically with the needs of butterflies in mind you can attract as many different varieties of butterflies, in as many different life stages, for as long as possible during the growing season.

Site
Locate the garden in a sunny area. Butteflies are coldblooded, relying on the sun to regulate their temperatures. So sunlight is a primary requisite of any butterfly garden. Following the sun as it moves through your yard during the day will give you an idea of where to plant perennials or shrubs as much of the day as possible, particularly in the spring and fall when temperatures are cooler.

Place flat stones in the garden. Fieldstone pathways in sunny areas can provide additional locations for butterflies to bask in the sun.

Provide shelter from wind. Butterflies prefer areas that are sheltered from the wind, so plantings of trees or shrubs, or even fences or trellises, can be damaged or lost without actually harming the butterfly. Since most of their predators descend on them from above, it’s best to approach them from the side or even from below if you want to observe them close at hand.

Butterflies and Plants
Butterflies depend on plants in many ways. The most successful butterfly gardens include plants that meet the needs of butterflies during all four stages of their life cycle: egg, caterpillar, chrysalis, and adult. Cabbage can be an attractive ornamental plant and serve as a larval butterfly food source.

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So sunlight is a primary requisite. Wet sand, damp soil or shallow puddles are used by butterflies to drink water and extract salts from the soil. If you have a garden pond, create an area with flat rocks that are not submerged in water, but will periodically get wet since butterflies are unable to drink from open water. Another good way to provide a butterfly water source in a small yard is to fill a bucket or container with sand up to the top inch or so and bury it in a sunny area. Additional rocks on the surface will make it an even more inviting perch. Add water as needed to keep the sand moist.

Flats, single flowers such as this zinnia provide good "perching platforms."

Use caution with insects in your landscape. In areas where you are trying to attract butterflies, very few or no pesticides/insecticides should be used. Even biological controls, such as Dipel or Bacillus thuringiensis, will kill butterfly larvae. And since aerial sprinklers wash away the pollen and nectar, also try to avoid overhead watering.

Site the garden for maximum enjoyment. A final consideration in siting a butterfly garden has more to do with your enjoyment than theirs. Can the garden be seen from the kitchen, the patio, or other living areas where you will be able to enjoy watching them? Is there a bench nearby?

Butterflies have many predators, particularly birds and other insects. Much of their beauty is actually for camouflage and diversion. Eyespots on wings and the colorful tails of some butterflies divert predators from more vulnerable areas; these areas can be damaged or lost without actually

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NEW URBAN AGRICULTURE WEB SITE
http://food.unl.edu/UrbanAg
See page 7
Soil Fertility — Soybean Inoculation

**Tom Dorn**
UNL Extension Educator

A soybean crop requires lots of nitrogen (N). Dr. Matt Ruark, Soil Scientist, University of Wisconsin, did a review of 57 studies which showed five pounds of N were removed for each bushel of soybeans produced. This amounts to 300 pounds of N per acre to produce a 60 bushel-per acre soybean yield.

Fortunately, soybeans and other legumes have the potential to “make their own nitrogen” through a symbiotic relationship with certain strains of bacteria in the *Rhizobia* family. In short, the bacteria invade the root hairs of the soybean plant where they begin forming nodules about a week after planting. The bacteria draw on sugars and other nutrients from the plant to take up nitrogen from the soil. It requires less energy for the plant to take up nitrogen than to produce it in the nodules into the plant forms the plant is able to take up and utilize.

Dr. Ruark said nitrogen fixation begins at growth stages V2 to V3 with the highest rates at R5/R6. He explained soybeans can multiply their historical fuel consumption by the former price per gallon and by current price and compare. Most folks don’t track fuel consumption by field operation and need a research-based, fuel-use estimate to compute the effect a rise in price will have on overall production costs. A good reference that lists fuel-use estimates is the Minnesota Farm Machinery Economic Cost Estimates (see footnote for Web site information).

Using the fuel consumption estimates presented in the Minnesota publication for 2009, the estimate of fuel consumption per acre for field operations is presented in Table 2. Note: implements with a wider swath require more horsepower overall, but the horsepower hours per acre, and the fuel consumption per acre, remain unchanged.

### Table 1. Diesel fuel cost per acre for field operations

<table>
<thead>
<tr>
<th>Year</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
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</thead>
<tbody>
<tr>
<td>Cost/Gal.</td>
<td>$1.89</td>
<td>$2.17</td>
<td>$2.35</td>
<td>$2.44</td>
<td>$1.92</td>
<td>$2.42</td>
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<th>TRACTORS</th>
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<tr>
<td>60 HP</td>
<td>1.8 $3.39</td>
<td>$3.90</td>
<td>$4.23</td>
<td>$5.81</td>
<td>$4.35</td>
<td>$4.35</td>
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<tr>
<td>75 HP</td>
<td>3.3 $6.22</td>
<td>$7.14</td>
<td>$7.75</td>
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<td>105 HP</td>
<td>4.6 $8.68</td>
<td>$9.96</td>
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<td>130 HP</td>
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<td>$16.44</td>
<td>$22.61</td>
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<td>225 HP</td>
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<td>$20.66</td>
<td>$28.42</td>
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<tr>
<td>260 HP</td>
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<tr>
<td>310 HP</td>
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<td>$31.93</td>
<td>$43.93</td>
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<tr>
<td>360 HP</td>
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<tr>
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<td>190 HP</td>
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<td>$18.19</td>
<td>$19.72</td>
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<td>220 HP</td>
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<td>275 HP</td>
<td>12.1 $22.82</td>
<td>$26.20</td>
<td>$28.41</td>
<td>$39.08</td>
<td>$23.21</td>
<td>$29.22</td>
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### Table 2. Diesel fuel cost per acre for field operations

<table>
<thead>
<tr>
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<td>$2.44</td>
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<tr>
<td>Field Cultivator</td>
<td>0.33</td>
<td>$0.62</td>
<td>$0.71</td>
<td>$0.77</td>
<td>$1.07</td>
<td>$0.63</td>
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<tr>
<td>Town D Dis</td>
<td>0.47</td>
<td>$0.00</td>
<td>$1.02</td>
<td>$1.10</td>
<td>$1.52</td>
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<tr>
<td>Tandem D (HD)</td>
<td>0.76</td>
<td>$0.00</td>
<td>$1.65</td>
<td>$1.78</td>
<td>$2.45</td>
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<td>Row Crop Planter</td>
<td>0.34</td>
<td>$0.64</td>
<td>$0.74</td>
<td>$0.80</td>
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<tr>
<td>Minimum Till Planter</td>
<td>0.53</td>
<td>$1.00</td>
<td>$1.15</td>
<td>$1.24</td>
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<tr>
<td>Grain Drill</td>
<td>0.49</td>
<td>$0.92</td>
<td>$1.06</td>
<td>$1.15</td>
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<td>$0.94</td>
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<td>PresWheel Drill</td>
<td>0.63</td>
<td>$1.19</td>
<td>$1.36</td>
<td>$1.48</td>
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<td>No Till Drill</td>
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<td>$1.75</td>
<td>$1.90</td>
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<tr>
<td>Cultivator</td>
<td>0.46</td>
<td>$0.87</td>
<td>$1.00</td>
<td>$1.08</td>
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<td>Rotary Hoe</td>
<td>0.18</td>
<td>$0.34</td>
<td>$0.39</td>
<td>$0.42</td>
<td>$0.58</td>
<td>$0.35</td>
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<tr>
<td>Boom Sprayer</td>
<td>0.11</td>
<td>$0.21</td>
<td>$0.24</td>
<td>$0.26</td>
<td>$0.36</td>
<td>$0.21</td>
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<tr>
<td>Anhydrous Applicator</td>
<td>0.55</td>
<td>$1.04</td>
<td>$1.19</td>
<td>$1.29</td>
<td>$1.78</td>
<td>$1.05</td>
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<td>Shark Shredder</td>
<td>0.74</td>
<td>$1.40</td>
<td>$1.60</td>
<td>$1.74</td>
<td>$2.29</td>
<td>$1.42</td>
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<tr>
<td>Mower Conditioner</td>
<td>0.40</td>
<td>$0.75</td>
<td>$0.87</td>
<td>$0.94</td>
<td>$1.29</td>
<td>$0.77</td>
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<tr>
<td>Hay Swather</td>
<td>0.35</td>
<td>$0.66</td>
<td>$0.76</td>
<td>$0.82</td>
<td>$1.13</td>
<td>$0.67</td>
</tr>
<tr>
<td>Hay Baler PTO (twine)</td>
<td>0.40</td>
<td>$0.75</td>
<td>$0.87</td>
<td>$0.94</td>
<td>$1.29</td>
<td>$0.77</td>
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<tr>
<td>Round Baler (1500 lb)</td>
<td>0.77</td>
<td>$1.45</td>
<td>$1.67</td>
<td>$1.81</td>
<td>$2.49</td>
<td>$1.48</td>
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<tr>
<td>Combine (various heads)</td>
<td>2.00</td>
<td>$3.77</td>
<td>$4.33</td>
<td>$4.70</td>
<td>$6.46</td>
<td>$3.84</td>
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</table>

Note: The fuel consumption information in Tables 1 and 2 are taken from Minnesota Farm Machinery Economic Cost Estimates, by William Lauerro, University of Minnesota. The latest version and several previous versions of this publication (2010) can be found on the Lancaster County Extension Web site machinery page at http://lancaster.unl.edu/ag/crops/machine.shtml.

Ah, Wildlife...

Soni Cochran
UNL Extension Associate

Q. I’m seeing lots of garter snakes in my yard. Is there anything I can do?
A. First, it is important to know, garter snakes do not hurt your lawn, won’t harm your children or your pets. They cannot bite to hurt, and carry no germs or viruses that transmit to people. It is also not likely you will ever get rid of all snakes in your yard, for even just a short time, but you can try to discourage them. If you don’t want so many snakes in your yard, your best bet is to keep the yard well-groomed. Get rid of any leaf litter, limbs, rock piles, and debris. Make sure there is no place for them to hide. There are no repellents that work. Lava rock landscaping around your foundation can sometimes reduce garter snakes hanging around your home. The snakes won’t lay on the rocks because they have sharp edges. For this technique to work, the rock has to be fresh, so you’ll need to add more every year. The lava rock barrier should be at least two feet wide and six inches deep. Keep in mind, landscape plants do not grow well in lava rock.

Q. Grackles are putting droppings in my birdbath (swimming pool). Why?
A. Grackles are migratory, medium-sized, black birds. After their young hatch, grackles become very tidy in order to prevent predators from finding the nest. Fecal matter from the young birds is covered with a saclike membrane which enables the adults to dispose of the waste easily away from the nest. Bird baths and swimming pools are an attractive disposal site because the water reduces the smell from the fecal matter. Birds can also mistake glass-top patio tables, your car, and windows for water sources. You can try moving or covering these surfaces, but likely the birds will keep up the behavior.

Understanding Mites

Soni Cochran
UNL Extension Associate

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Hair follicle mite (Demodex spp.). There are two species of human-associated mite families. They live exclusively in hair follicles or sebaceous (oil) glands. Experts believe these mites are harmless. These mites are commonly found in hair follicles or oil glands on the face, near the nose and eyelashes. These mites are extremely common; one research study showed more than half the people tested, had one or both mite species.

Mites on wild animals and pets. Most wild and domesticated animals have some type of parasitic mite associated with it. When people come into contact with infested animals, mites can cause bites and dermatitis in humans, see MITES on page 10.

Hummingbird Feeder Recipe

Soni Cochran
UNL Extension Associate

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Dietary Guidelines for Americans 2010
Test Yourself: Part 2

Alice Henneman, MS, RD
UNL Extension Educator

This is the second of a two-part self-test to acquaint you further with the Dietary Guidelines for Americans 2010 (DGA2010). These questions are based on information found in the DGA2010. For more information visit www.dietaryguidelines.gov.

Regarding fats in the diet, which is more important in influencing the risk of cardiovascular disease? A. The types of fatty acids consumed B. The total amount of fat in the diet C. They are equally important

Answer: A. The types of fatty acids consumed is the most important. A strong body of evidence indicates higher intake of most dietary saturated fatty acids is associated with higher levels of blood total cholesterol and low-density lipoprotein (LDL) cholesterol, both of which are risk factors for heart disease.

To reduce the intake of saturated fatty acids, many Americans should limit their consumption of the major food sources high in saturated fatty acids and replace them with foods rich in monounsaturated and polyunsaturated fatty acids.

Truth or Fiction? A. Canola, olive and safflower oils are rich in monounsaturated fatty acids. B. Soybean, corn, and cottonseed oils are rich in polyunsaturated fatty acids. C. Most animal fats, coconut oil, palm kernel oil, and palm oil are high in saturated fatty acids. D. All of them are true.

Answer: D. Most animal fats tend to have a higher proportion of saturated fatty acids. Saturated fats tend to be solid at room temperature. Fish are an exception, and so are highly unsaturated fatty acids. Fish couldn’t swim if they were high in saturated fats — they would be as stiff as a board.

Plant foods tend to have a higher proportion of monounsaturated and/or polyunsaturated fatty acids with coconut oil, palm kernel oil, and palm oil being the exceptions.

Which of the following statements about “trans” fatty acids is FALSE? A. They lower LDL cholesterol. B. They’re formed when liquid unsaturated fatty acids are hydrogenated to make them solid at room temperature. C. Listing the amount of trans fatty acids in a food is mandatory on the Nutrition Facts Label. D. People should keep their intake of trans fatty acids as low as possible.

Answer: A. Trans fatty acids raise LDL cholesterol, which is the type of cholesterol associated with an increased risk of heart disease. Check the Nutrition Facts label for the presence of trans fatty acids in foods.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 cup (225g) Servings Per Container 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 250 Calories from Fat 110 % Daily Value</td>
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<tr>
<td>Total Fat 12g 18%</td>
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<tr>
<td>Saturated Fat 3g 15% Trans Fatty Acids 1g</td>
</tr>
<tr>
<td>Cholesterol 0mg 0%</td>
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</table>

What is the average proportion of calories Americans consume daily from solid fats and sugars? A. 20% B. 25% C. 30% D. 35% E. 40%

Answer: C. Most adults (at the 2,000 calorie level) consume approximately 35% or nearly 800 calories per day of solid fats and added sugars (often referred to as SOFAS) which do not contribute to the overall nutrient adequacy of the diet.

Foods containing SOFAS are no more likely to contribute to weight gain than any other source of calories in an eating pattern within calorie limits. However, as the amount of SOFAS increases, it becomes more difficult to also eat foods with sufficient dietary fiber and essential vitamins and minerals and stay within calorie limits. For most people, no more than about 5 to 15 percent of calories from SOFAS can be reasonably included in their dietary pattern.

Approximately how many cups of fruits and vegetables per day are recommended for adults (at the 2,000 calorie level)?

A. 1 cup of fruits, 1-1/2 cups of vegetables B. 1-1/2 cups of fruits, 2 cups of vegetables C. 2 cups of fruits, 2-1/2 cups of vegetables D. 2-1/2 cups of fruits, 3 cups of vegetables

Answer: C. Consuming fruits and vegetables may help reduce the risk of cardiovascular disease, including heart attack and stroke. Some fruits and vegetables may be protective against certain types of cancer.

How many of your grain servings should be whole grains? A. 1/4 B. 1/3 C. 1/2 D. 3/4

Answer: A. At least half your grain foods should be whole grains. If the only grains in the ingredients list are whole grains, the food is a 100% whole grain food. The whole grain should be the first ingredient or the second ingredient, after water.

For foods with multiple whole-grain ingredients, they should appear near the beginning of the ingredients list. Many foods contain both whole grains and refined grains. If your family isn’t ready to eat foods that are 100% whole grains, consider choosing foods where half or more of the total grain is whole-grains. The Whole Grain Stamp (see sidebar below), found on many foods, will help you choose whole grain products.

Foods with this Stamp guarantee the product contains at least half a serving (8g) of whole grains per serving. Inside the Stamp is a declaration of the grains of whole grains per serving for the particular food.

Here is how the Whole Grains Council describes this Stamp (retrieved March 2, 2011): There are two different varieties of stamp, the Basic Stamp and the 100% Stamp.

• If a product bears the Basic Stamp, it contains at least 8g (8 grams) — a half serving — of whole grain, but may also contain some refined grain. Even if a product contains large amounts of whole grain (23g, 37g, 41g, etc.), it will use the Basic Stamp if it also contains extra bran, fiber, or other nutrients.

Seeds and Nuts: Heart-Healthy, Yet Delicious

Mardel Meinke
UNL Extension Associate

Seeds — an embryonic plant embryo that has the potential to germinate and grow into a mature plant.

Nuts — any hard-shelled coating that protects the seed.

So, a nut is a seed, but not all seeds are nuts. A bit confusing, but the important thing is seeds and nuts are both very delicious and nutritious foods. Seeds and nuts are treasured for their essential oils, which carry the flavor but also make them high in calories. Because of their “crunchiness,” they add a unique texture to foods. The FDA has focused on seeds and nuts because of their potential to reduce the risk of coronary heart disease by lowering unhealthy fat and cholesterol levels. They are rich in plant proteins, unsaturated fatty acids, fiber, minerals, vitamins, and antioxidants.

We probably eat more SEEDS than we realize. Peas, green beans, legumes (dried beans and lentils), corn, and popcorn are only a few of the seeds we eat everyday. We are more likely to think about pumpkin seeds, sunflower seeds, sesame seeds, or flax seeds; although there are hundreds of other edible varieties. Because they contain the potential to perpetuate life, they are rich in nutrients. We can boost the nutritional value of foods such as salads, breads, main dishes, and desserts by adding seeds. Each seed has its own unique taste and is usually roasted to bring out those flavors and keep them fresh longer. A serving of seeds is 1/2 ounce or about 1/4 cup.

A great deal of research has been done on the benefits of adding NUTS to our diet. The US Food and Drug Administration approved a health claim of eating 1.5 ounces of NUTS daily can help lower the risk of heart disease by reducing the LDL cholesterol levels in the blood. Nuts can substitute for other food sources in our diet, not just add extra calories. One ounce of nuts is considered a serving and each half-ounce serving of nuts can substitute for an ounce of meat. The challenge is not over-eat nuts because they are so tasty and convenient. The FDA allows the heart-healthy claim on almonds, hazelnuts, peanuts, pecans, pistachios, walnuts, and some pine nuts. (Tufts University, Health and Nutrition Letter, August 2010)

Peanuts — These are probably one of our best-known nuts and among the most economical. Peanuts are a unique nut because they do not grow on a tree, actually legumes that grow off the root of the peanut plant. Peanuts have a nutty, yet pleasantly sweet taste enhanced by roasting. Peanut butter is a food paste made from ground roasted nuts, with or without added oil. Some people have an allergic response to peanuts, as it is possible with other nuts. (www.nutrition-and-you.com/peanuts.html)

Almonds — In structure, this nut is similar to a category of fruit called a drupe, because it has a single seed, known as an “almond nut” in a shell. Almonds are rich in dietary fiber, vitamins, minerals, and phyto-chemicals. They are especially rich in vitamin E. Store un-shelled almonds in an air-tight container in the refrigerator to keep them fresh. Almond butter, which is made from almond oil has a sweet flavor and is becoming a valley spread. (U.S. Department of Agriculture: nutrition-and-you.com/almond.html)

Pecans — It is said pecans have “The Whole Valuable,” rich-tasting nut offering health benefits hard to beat. Pecans are a good source of oleic acid, the same type of fatty acid found in olive oil. Some studies also suggest eating healthy nuts, such as pecans can help with weight see SEE SEEDS & NUTS on next page

The Whole Grain Stamp

Basic Whole Grain Stamp

100% Whole Grain Stamp

The Whole Grains Council

www.wholegrains.org

Food & Fitness

May 2011
FCE News & Events

FCE Scholarship Applications Due May 1

A $400 scholarship provided by the Lancaster County FCE Council is available for graduates of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior, or senior year of college in the fall of 2011, or who have completed two quarters of study in a vocational school. Applications are available at the Extension office and online at http://lancaster.unl.edu/home/fce. Deadline is May 1.

Basic Tools for Guiding Young Children’s Behavior

Children do not grow up on their own; they need adults to teach them. They need to know the rules — what is okay and what is not okay. As a child care provider, your knowledge about how children learn and grow will help guide you in children ways in which they can understand at each age level. For example, two-year-olds have limited understanding and need a lot of direction, but five-year-olds can learn to be good problem solvers.

Here are some basic tips for guiding children’s behavior.

- Keep rules simple and easy to understand.
- Discuss rules with children and write them down on a chart.
- Model the behavior you want to encourage.
- Say what you mean. Use dos instead of don’ts. Choose your words carefully so children know exactly when you are guiding children’s behavior. Keep sentences short and simple, and don’t do more than what to do not.
- Try saying: Come hold my hand. Instead of: Don’t touch anything.
- Try saying: Keep your feet on the floor. Don’t climb on the couch.
- Try saying: Use your quiet voice inside. Instead of: Stop screaming and shouting.
- Talk with children — not “at” them. Children often don’t hear you when you are talking (or shouting) “at” them. You will be much more effective if you get down on their level. Look them in the eyes, touch them on the shoulder, and talk with them.
- Set a good example. Children watch you all the time. They see how you talk to other children and adults. They see how you cope with anger or frustration. They watch how you deal with sadness and joy. They listen to how you say “I’m sorry.”
- Try saying: Keep your feet on the floor. Don’t climb on the couch.
- Try saying: Use your quiet voice inside. Instead of: Stop screaming and shouting.

Sizzling Summer Sampler

Mark your calendar for our annual Sizzling Summer Sampler Thursday, July 6 p.m. for the Lancaster Extension Center. This year’s theme is “Summer Nights” and the program will be:
- SarahBrown “Great Plants for Nebraska”
- DorothyApplebe “From Beethoven To Rap”
- Details of the evening will be announced in the next NHRIN. This evening is open to everyone not just FCE members.

Seeds and Nuts from preceding page

A person feels full or satisfied after eating a fairly small amount of pecans, yet they contain a healthy form of protein and fat. http://pistachiohealth.com

Pistachios — Pistachios are packed with antioxidant, vitamins, minerals, potassium, and other nutrients. At only 170 calories in one ounce (49 kernels), they are full of healthy benefits. This fairly small crunchy nut also provides about 3 grams of dietary fiber, equal to the same amount of oatmeal. The unique flavor of pistachios is used in many food items. (http://pistachiohealth.com)

Pine Nuts — Pine nuts are the only mono-ununsaturated fat, which makes them heart-healthy. They are also an excellent source of vitamin E and have a mild yet unique flavor. (http://oregonhazelnuts.org)

Baking Nuts

As a last resort, scrub any remaining burn marks with a cotton ball or soft rag soaked in acetone nail polish remover. Clean the entire microwave with warm water and dish detergent to remove any residual baking soda and/or nail polish remover. Wipe dry and you’re back in business.

Cleaning Burn Marks in Microwave

Remove burn marks from popcorn, etc. in the microwave by mixing a solution of warm water and dish detergent in a bowl until it suits up. Soak a rag or a cotton sponge in the solution and scrub gently. Wipe dry. If some residue remains, sprinkle baking soda on a damp rag or sponge and scrub. If some spots remain, rinse with vinegar and dry. Use the mixture to wipe the residue from three parts baking soda. Spread it on the food stains and let it set three to four minutes. Wipe clean with a damp rag. As a last resort, scrub any remaining burn marks with a cotton ball or soft rag soaked in acetone nail polish remover.

Growing and Bloom. And hope the spring flowers...
Safety in the Landscape

Mary Jane Frogge
UNL Extension Associate

As the gardening season starts, there are several safety resources for the home gardener. Whether you are planning to dig or apply pesticides, there are organizations that can help. They are just a call or click away.

Spring is a great time to plant new trees or update your landscape with new features. However, one item commonly overlooked is the location of underground utilities. No matter how much digging is involved for your project, the Diggers Hotline and the Have your underground utilities marked. Call 811 or 1-800-331-5666 and your underground utilities will be marked in about 48 hours. For more information see the Web site at www.ne-diggers.com.

Please take care to follow all pesticide label safety recommendations. However, the reality is that accidents happen. Therefore, all Nebraskans have 247 access to the Nebraska Poison Control Center by calling 1-800-222-1222. Additional information is available on their Web site at www.nebraskapoison.com.

Gardening is one of the most popular hobbies in the United States. Please help keep kids, pets, and yourself safe to ensure enjoyment for years to come.

Pesticide Poison Prevention

Pesticides include some products you might use in the garden. Always consider pesticides including chlorine bleach, disinfectants, rat poisons, flea and tick products, swimming pool chemicals, weed killers and insect repellants. Too often pesticides are stored or used carelessly, which can lead to accidents.

Tens of thousands of pesticide poisonings are reported each year. Many of these could have been prevented by following a few simple steps.

Tips on preventing pesticide poisoning:
• Store pesticides in locked cabinets, out of the reach of children and pets. An EPA survey showed that almost half (45%) of households with young children and 75% of homes without young children had pesticides stored in unlocked cabinets within reach of children.
• Keep children and pets away from areas being treated with pesticides. Make sure the products are safely out of reach while they are being applied.
• Close pesticide containers immediately after their use to avoid accidental spills.
• Never mix or store pesticides in food or drink containers.

Source: National Pesticide Information Center

Perennials

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Fragrance</th>
<th>Height</th>
<th>Type</th>
<th>Location</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lily-of-the-Valley</td>
<td>Convallaria majalis</td>
<td>Flowers</td>
<td>8–12 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Scented</td>
</tr>
<tr>
<td>Rose</td>
<td>Rosa sp.</td>
<td>Flowers</td>
<td>18–48 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Many colors</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Rosa amphissiniana</td>
<td>Flowers</td>
<td>24–36 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Not hardy</td>
</tr>
<tr>
<td>Sage, Common</td>
<td>Salvia officinalis</td>
<td>Flowers</td>
<td>18–36 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Not hardy, Many scents</td>
</tr>
<tr>
<td>Scented Geraniums</td>
<td>Pelargonium sp.</td>
<td>Flowers</td>
<td>12–36 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Not hardy</td>
</tr>
<tr>
<td>Spearmint</td>
<td>Mentha spicata</td>
<td>Flowers</td>
<td>12–24 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Scented</td>
</tr>
<tr>
<td>Thyme, Common</td>
<td>Thymus vulgaris</td>
<td>Flowers</td>
<td>8–12 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Scented</td>
</tr>
</tbody>
</table>

Annuals

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Fragrance</th>
<th>Height</th>
<th>Type</th>
<th>Location</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil, Sweet</td>
<td>Ocimum basilimum</td>
<td>Foliage</td>
<td>12–18 inches</td>
<td>Annual</td>
<td>Full sun</td>
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<tr>
<td>Chamomile, German</td>
<td>Matricaria recutita</td>
<td>Flowers</td>
<td>12–18 inches</td>
<td>Annual</td>
<td>Full sun</td>
<td></td>
</tr>
</tbody>
</table>

Fragrance in the Garden

As a gardener you know there are hundreds of garden plants to choose from when you are designing a landscape. Fragrant plants are an added bonus to your garden site. Consider adding these fragrant plants to your outdoor living area.

—Mary Jane Frogge, UNL Extension Associate

Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

Cabbage loopers and imported cabbage worms are green worms. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with Bt (Bacillus thuringiensis), a natural, non-toxic preparation available by various trade names.

Grow your own dried flowers. Raise statice, globe amaranth, strawflowers, and other everlastings to provide flowers for this year’s arrangements.

Grow your own dried flowers. Raise statice, globe amaranth, strawflowers, and other everlastings to provide flowers for this year’s arrangements.

Thyme, Common

Thymus vulgaris

Flowers

8–12 inches

Perennial

Full sun

Scented

Floral

Not hardy

Many scents

Shrubs

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Fragrance</th>
<th>Height</th>
<th>Type</th>
<th>Location</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lilac</td>
<td>Syringa species</td>
<td>Flower</td>
<td>8–12 feet</td>
<td>Shrub</td>
<td>Full sun</td>
<td>many colors</td>
</tr>
<tr>
<td>Mock Orange</td>
<td>Philadelphus species</td>
<td>Flower</td>
<td>4–12 feet</td>
<td>Shrub</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Korean Spice Viburnum</td>
<td>Viburnum carlesii</td>
<td>Flower</td>
<td>4–10 feet</td>
<td>Shrub</td>
<td>Full sun to light shades</td>
<td></td>
</tr>
</tbody>
</table>

As a gardener you know there are hundreds of garden plants to choose from when you are designing a landscape. Fragrant plants are an added bonus to your garden site. Consider adding these fragrant plants to your outdoor living area.

—Mary Jane Frogge, UNL Extension Associate
The larvae blend in well with the color of pine needles. The larvae are small, elongated, and have a light greenish-brown color. The pupae are also green with a reddish-brown to greenish cast. These insects are very susceptible to predators such as birds, rodents, and predatory insects. Large populations should be treated as soon as possible. Several chemical controls can be used, such as insecticidal soaps, horticultural oils, permethrin, bifenthrin, malathion, or Bacillus thuringiensis (Bacillus thuringiensis). Controls are most effective when the larvae are small. Dipel (Dipel), or Bacillus thuringiensis, is NOT effective against sawflies because they are in the Hymenoptera family (ants & wasps), not the Lepidoptera family (butterflies & moths).

Bacillus thuringiensis is a bacterium that affects the caterpillars of many butterflies and moths. It is a natural pesticide that works by killing the larvae of these insects. It is safe for use around children and pets, and it is not harmful to beneficial garden insects.

European pine sawfly larvae

Sarah Browning
UNL Extension Educator

A common pest found on evergreen trees this time of year is the sawfly and they can seriously damage conifer trees through defoliation. Several species of sawflies are present in Nebraska, including the European pine sawfly, yellowheaded spruce sawfly, and larch sawfly. Most commonly damage is seen on Scotch, Austrian, Ponderosa, Jack, and Mugo pine, along with spruce and larch. White pine is rarely damaged.

These insects overwinter as pupae in the soil beneath host trees. In spring the adult insects emerge, resembling small headed spruce sawfly, and larch European pine sawfly, yellowheaded spruce sawfly. Most commonly damage is caused by the sawfly insect, and this is seen on Scotch, Austrian, Ponderosa, Jack, and Mugo pine, among other evergreen species including spruce and larch.

Bacculus thuringiensis is a type of bacteria that affects the caterpillars of many butterflies and moths. It is a natural pesticide that works by killing the larvae of these insects. It is safe for use around children and pets, and it is not harmful to beneficial garden insects.

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Heart of 4-H!

My favorite experience as a 4-H volunteer was helping...and it worked! I probably wouldn’t have tried it,

I like being a 4-H volunteer because I have the opportunity to learn new things alongside the members,” Jill says. “Last year during our club project on gardening we tried drying herbs in the microwave and it worked! I probably wouldn’t have tried it, but because I’m a 4-H leader I thought we should experiment

Superintendent Assistant leader

Project leader

Jill is

Volunteer by submitting the form available at http://lancaster.unl.edu/4h or at the extension office.

http://go.unl.edu/aeb

6-8 a.m. at the Lancaster Event Center – Pavilion 2. For more information, call (402) 441-7180.

Furniture Painting Workshop, May 7

All youth ages 8 and up (by Jan. 1) are invited to a “Junque to Jewels” workshop on Saturday, May 7, 9 a.m. at the Lancaster Extension Education Center. Need not be in 4-H. Bring a small piece of “junque,” unpainted furniture, such as a shelf, stool, or chair, and turn it into a “jewel!” Choose a “Red, White & Blue” or a “Black & White” theme and learn how to prepare new and used furniture for sealing, painting, decorating, antiquing, and finishing. All paints and finishes will be provided. Cost is $5. Adults are welcome to attend to help youth. Bring a sack lunch. Call Tracy at (402) 441-7180 by May 2 to register.

Liveliness: Quest for Assurance Training

All 4-H/FFA exhibitors showing market animals at the county fair or state fair must be meat quality assurance certified. Lancaster County 4-H will have a training soon (the May 19 training has been canceled). Look up in Nebraska for details.

Lancaster County Horse VIPS Pre-District Show/ Clinic/Fundraiser, June 4

To help everyone prepare for districts and state, the Lancaster County 4-H Horse VIPs Committee is scheduling a special districts show/clinic/fundraiser on Saturday, June 4 beginning at 9 a.m. at the Lancaster Event Center – Pavilion 3. All county riders are welcome.

The show will follow the district format and all age groups — elementary, junior, and senior — can participate in the English Pleasure and Equitation, the Western Pleasure, and Horsemanship. All age groups can compete for prizes in a Hipposity Contest. This will be an excellent opportunity for all 4-H riders to practice for districts and for elementary age riders to experience the district format even if they aren’t yet old enough for state.

Depending on size of the classes and shows, there is time, the judge will be able to do a little teaching/comments at the end of each class.

Riding Skills Level Testing on May 3, June 21, and June 28

A 4-H riding skills level testing will be held on Tuesday, May 3, 6 p.m. at the Lancaster Event Center – Amy Countryman Arena. Anyone wishing to be tested must sign up by April 26 by contacting Marty at (402) 441-7180 or mcruickshank@unl.edu. Testings will also be held June 21 and 28, 6 p.m. at the Lancaster Event Center – Amy Countryman Arena. Reminder: All Lancaster County riding skills level tests must be done in group tests. Individual tests done by leaders are no longer accepted.

District/State Horse Show Entries, IDs, Levels Due May 9

4-H’ers competing in district and state horse shows must be 12 years of age by Jan. 1 and have at least a level II. Exhibitors must pass riding skills level tests for many classes at districts/state horse. All Lancaster County 4-H’ers participating in district/state horse shows must submit entries, horse identifications, and completed levels to the UNL Extension in Lancaster County, 444 Cherry Creek Rd, Ste A, Lincoln, NE 68528 by Monday, May 9. No late entries will be accepted. Anyone planning on going to state must have All horsemanship level requirements passed and submitted to the extension office by Monday, May 9. Entry forms, entry guidelines, entry procedures and the 2 & 3 year old western pleasure affidavits are available at http://go.unl.edu/whap and the extension office.

County Fair 4-H Horse IDs Due June 1

4-H horse identification forms for the Lancaster County Super Fair are due in the extension office by June 1. Late IDs forms WILL NOT be accepted. Take the time to fill forms out completely and thoroughly. Draw your horse’s markings on the picture as accurately as possible. Also, be sure to indicate the horse’s color on the drawing.

Please, if possible, do not use the online horse identification form — use the carbon copy form available at the extension office. If you do use the online ID form, be sure and make a copy for yourself before sending it to the extension office.

Pre-Fair 4-H Leader Training, May 26

New leaders, experienced leaders, 4-H members, and parents are invited to a leader training meeting by June 26, 9:30 a.m. to 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherry Creek Road. Bring questions and ideas. Learn about fair planning and earning a new leader book list. Your help is needed to ensure the success of this year’s auction. We hope to see you there!

Life Challenge Contests

County-level Senior, June 4

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-H’ers, need not be enrolled in a specific project. Contact Tracy at (402) 441-7180 for more information.

• County-level Senior Life Challenge (for ages 12 and up) is scheduled for Saturday, June 4, 9 a.m. at the Lancaster Extension Education Center. Pre-registration by June 26, (402) 441-7180 (there is no entry form). Contest questions will be based on the following 4-H curriculum areas: food and nutrition, child development, and design. This is a Lancaster County Super Fair 4-H Contest.

• Statewide FCS Life Challenge (ages 8–13) will be held Monday, July 11 and Tuesday, July 12, 9 a.m. at the Lancaster Extension Education Center. Participants are those 8-13 who entered the Statewide FCS Life Challenge at the Lancaster County Fair. All ages welcome. Contact Tracy for more information.

• County-level Junior Life Challenge (for ages 8–11) will be held Saturday, July 9 at 9 a.m. at the Lancaster Extension Education Center. Pre-registration by July 7 by calling (402) 441-7180 (there is no entry form). Contact Tracy for more information.

Pre-Fair 4-H Animal Id’s and DNA Due June 15

All identifications for 4-H/FFA sheep, pigs, swine, breeding beef, bucket calves, feeder calves, dairy cattle, and rabbits which will be shown at the pre-fair or fair by June 15. All DNA forms must be turned in by June 15. Contact Marty at (402) 441-7180.
Animals infested by cheyletiellid highly-contagious mite does not Cheyletiella parasitivorax and come into the house. readily crawl into small cracks the unaided eye, but so tiny they behind. These mites are visible to high populations of mites on people. The most common permanently establish themselves among people in the same environment. These mites are visible to the unaided eye, but so tiny they easily crawl into small cracks and crevices to hide. 2. Cheyletiellid mite: Cheyletiella parasitivorax. This highly-contagious mite does not burrow into the skin, but lives on the surface of the animal’s skin. Animals infested by cheyletiellid mites include rabbits, dogs, and cats. Through close contact with the pet’s fur, owners can be bitten by the mite which causes multiple red, itchy bumps on the arms, legs, and trunk. A veterinarian can diagnose and treat pets for cheyletiellid mites. Topical medications will often control cheyletiellid mites on pets.

There are many other parasites which infest wild animals. Most of these are closely associated with a specific animal or group of closely related animals and cannot colonize humans. Once the host animal is gone, the mite will die and the infestation will disappear.

Mites continued from page 3 although these infestations are temporary and will disappear after contact with the infested animal is over. The most common problems are:

1. Bird mites: stry, and wild birds frequently carry parasitic bird mites. These mites may attack humans who are not permanently established themselves on people. The most common scenario is when birds nest close to a dwelling. When the fledgling birds leave the nest, they leave high populations of mites behind. These mites are visible to the unaided eye, but so tiny they readily crawl into small cracks and crevices to hide. Then inside a home, these mites are visible to the unaided eye, but so tiny they readily crawl into small cracks and crevices to hide. These mites are visible to the unaided eye, but so tiny they readily crawl into small cracks and crevices to hide.

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Mites continued from page 3 although these infestations are temporary and will disappear after contact with the infested animal is over. The most common problems are:

1. Bird mites: stry, and wild birds frequently carry parasitic bird mites. These mites may attack humans who are not permanently established themselves on people. The most common scenario is when birds nest close to a dwelling. When the fledgling birds leave the nest, they leave high populations of mites behind. These mites are visible to the unaided eye, but so tiny they readily crawl into small cracks and crevices to hide. Then inside a home, these mites are visible to the unaided eye, but so tiny they readily crawl into small cracks and crevices to hide. These mites are visible to the unaided eye, but so tiny they readily crawl into small cracks and crevices to hide.

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Lancaster County 4-H’er Earns President’s Volunteer Service Award

Erika Warner has been honored for her exemplary volunteer service with a President’s Volunteer Service Award. The award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was presented by The Prudential Spirit of Community Awards program on behalf of President Barack Obama.

Warner has volunteered more than 940 total hours in over four years doing community service for: Lincoln Children’s Zoo in the Critter Encounter and Pony area; Meadowlawn Private Pool, helping with yearly clean up and 4th of July Pool Party; and at horse shows — through her club, South Prairie Wranglers, she has volunteered at Haven Manor Assisted Living in helping with yearly clean up and 4-H club South Prairie Wranglers with a petting zoo at Haven Manor.

Sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), The Prudential Spirit of Community Awards program recognizes young people across America for outstanding community service activities.

April
25 4-H Clover Challenge ................................................. 1 p.m.
25 CD’s Due for 4-H Public Service Announcement (PSA) Contest
25 Sign-Up Deadline for May 3 4-H Horse Level Testing

May
1 4-H Speech Contest ................................................. 1 p.m.
1 Deadline for Scholarship by Lancaster County Family & Community Education (FCE) Council
3 4-H Council Meeting ................................................. 7 p.m.
5 4-H/FFA Sheep Weigh-In, Lancaster Event Center - Pav. 2 6:30 p.m.
6 4-H “Junk to Jewels” Furniture Painting Workshop ........................... 9 a.m.
9 Lancaster County Deadline for 4-H District/State Horse Show Entries, ID, Level Tests
12 4-H/FFA Lancaster County Super Fair Livestock Auction Planning Meeting ............................. 7 p.m.
13 Extension Board Meeting ........................................... 8 a.m.
14 Composting Demonstration, Pioneers Park Nature Center’s backyard composting demonstration area ................. 10 – 11:30 a.m.
17 Guardian/Conservator Training ........................................ 1:30 – 4:30 p.m.
19 Parents Forever Class ................................................. 9 a.m. – 12:30 p.m.
25 4-H Leader Training .................................................. 9:30 a.m. & 6:30 p.m.

See Page 9 for Clover College Workshop Information

CLOVER COLLEGE REGISTRATION FORM

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 10. Registrations are handled on a first come basis and will only be accepted upon receipt of fees.

No telephone or online registration. All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy this form if needed. Assume your registration is confirmed unless we contact you about filled classes.

Mail or bring registration form and payment to:
UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507
EARLY REGISTRATION NOT ACCEPTED!

Mail Subscriptions Subscriptions to The Nebline via mail are free to Lancaster County residents. There is an annual $5 mailing and handling fee to addresses in zip codes other than 68528 – 68549, 68003, 68017 and 68065.

Order subscription Change of address

Name ___________________________ ____________________________
Address ___________________________ ____________________________
City _____ State _____ Zip
Phone ____________________________ ____________________________

We will only use your phone number in case there is a problem with your mailing address.
Mail to: UNL Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507
Eastern Nebraska 4-H Center FREE Open House May 15

The Eastern Nebraska 4-H Center will host a FREE Open House on Sunday, May 15 from 1–4 p.m. to showcase its summer camp programs for the upcoming 2011 season. Bring your kids out so they can see all the activities they can do this summer including: two rope courses, fishing, canoeing, archery, arts & crafts, a 25-foot high waterslide, and so much more. The 4-H Center has camps for all kids ages 5–15 (they do not need to be a 4-H member). It is located five miles south of I-80 exit #432, next to Schramm Park. For more information, go to http://4h.unl.edu/camp or call (402) 332-4496.

Can You Guess It?

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

The answer was: Using chicken wire to protect spring flowers from rabbits.

3,000 5th Graders Attend 17th Annual earth wellness festival

This year, the 17th annual earth wellness festival (ewf) had record numbers with 3,006 Lancaster County fifth graders from 45 schools attending on March 28 and 29 at Southeast Community College. Students discovered and explored the relationships and interdependency of land, water, air, and living resources through hands-on activities. Classrooms attending the festival received pre-festival learning kits in October.

More than 200 volunteers, area educators, environmentalists, and government representatives make this educational experience possible. The festival is organized by 10 local agencies, including University of Nebraska-Lincoln Extension in Lancaster County. More photos and a video of “The Raptors” presentation are online at http://lancaster.unl.edu/ewf.

In the “Scoop on Poop” session, fifth graders learned they are recycling every time they flush in Lincoln.

Ag Awareness Festival Teaches 4th Graders About Agriculture

Nearly 530 fourth graders from Lincoln area schools attended the Ag Awareness Festival held on April 6 and 7 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students rotated between the following 10 interactive stations: Nebraska Ag Production Across the State, Grain Products, Farming Technology, Swine, Horse, Dairy Production, Ruminant Nutrition, Dairy Calves, Beef Production, and Hay & Forages.

The Ag Awareness Coalition, led by University of Nebraska-Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations, and food industry companies. This is the 11th year the festival has been held in Lincoln.

Fourth graders got a close up look at a horse (above) and dairy calf (at right).

Students learned about farm equipment and the importance of safety (below).