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9 Reasons to Shop at Farmers Markets

Farmers Markets are partners of farmers, consumers, and communities. As such, they benefit all three. Following are 9 reasons to shop at farmers markets.

1. **Great Variety**
   There is an amazing assortment of fruits and vegetables because each farmer may have his or her own favorite varieties and methods for growing.

2. **Farmers Markets are Fun**
   On any given day at any given farmers market, you may encounter local chefs doing a cooking demo, local musicians, live farm animals, a master gardener, and more. Managers of farmers markets are coming up with fun events for you to enjoy while shopping for great tasting local food.

3. **Farmers Markets are Incubators of Great Ideas**
   Entrepreneurs have discovered farmers markets offer a low-cost way to test a new business concept. By shopping there, you help the entrepreneurs gauge their business.

4. **Farmers Markets are Educational**
   Discover a new vegetable or fruit. Local farmers grow and know their produce makes shopping a pleasure. You can ask questions about how the food is raised and anything you want to know can ask questions about how the food is raised and anything you want to know can.

5. **Farmers Markets Build a Vibrant Community**
   Strolling amidst the stalls of fresh produce makes shopping a pleasure. Farmers markets are a community gathering place — a place to bring your family, meet up with friends, and enjoy the diversity of cultures, ages, and economics, plus experience the aromas, colors, and textures of the season.

6. **Helping Local Farmers**
   You are supporting the network of local farmers by purchasing your produce at farmers markets ensuring local family farmers can continue their local growing operations.

   Of each dollar spent in conventional food markets, 91 cents goes to suppliers, processors, middlemen, and marketers, while only 9 cents goes to the farmer. Farmers who sell direct at a local farmers market or through Community Supported Agriculture (CSA) keep 80 to 90 cents of each dollar. Selling locally, farmers can reduce distribution, packaging, and advertising costs, and offer fresher and more affordable food.

7. **Quality of the Food**
   The quality of the produce at farmers markets is retained because the farmer allows foods to ripen in the field, harvests them at the peak of their flavor, and brings them directly to the market, sometimes as soon as the same day they are picked. Food fresh from the farm is crisp, has good texture, and tastes good.

8. **Enjoy the Season**
   The food you buy at the farmers market is seasonal. Purchasing and enjoying food from the farmers market helps you to reconnect with the cycles of nature and our region. In spring, we look forward to asparagus; savor sweet corn in summer; and enjoy pumpkins and winter squash in autumn as we reconnect with the earth, the weather, and the seasons of the year.

9. **Fresh Taste, Less Waste**
   Local foods usually arrive in markets within 24 hours of being harvested in season. Farmers offer food with a dash of morning dew and delicious flavor. Fresher foods keep longer—reducing waste in the kitchen, providing better value for the food dollar.

Farmers Markets in Lincoln

- DOWNTOWN GARDEN MARKET (Formerly known as Centennial Mall Farmers Market)
  - Wednesdays, 12 - 4 p.m. (thru Aug. 29)
  - Pershing Center’s South Lawn
  - M Street between 17th & Centennial Mall
  - www.centraltownmarket.com

- FALLBROOK FARMERS MARKET
  - Thursdays, 3:30 - 7 p.m. (thru Sept. 20)
  - Fallbrook Town Square Park
  - 570 Fallbrook Blvd.
  - 402-473-4300
  - www.fallbrookfarmersmarket.com

- HAYMARKET FARMERS MARKET
  - Saturdays 8 a.m.–noon (thru Oct. 13)
  - 716 & P Streets
  - 402-435-7496
  - http://lincnhaymarket.org

- OLD CHENEY ROAD FARMERS MARKET
  - Sundays, 10 a.m. - 2 p.m. (thru Oct. 28)
  - 55th & Old Cheney Road
  - 402-399-9096

- FALLBROOK FARMERS MARKET
  - Thursdays, 3:30 - 7 p.m. (thru Sept. 20)
  - 55th & Old Cheney Road
  - 402-435-7496
  - www.oldchenyeroadfarmersmarket.com

- PIEDMONT FARMERS MARKET
  - Saturdays 8 a.m.–noon (thru Sept.)
  - 1265 S. Cotner Blvd.
  - 402-467-2777

- ST. PAUL UNITED CHURCH OF CHRIST FARMERS MARKET
  - Tuesdays, 4-7 p.m. (thru Oct. 9)
  - 13th & F Streets
  - 402-471-3320

- UNIVERSITY PLACE COMMUNITY MARKET
  - Wednesdays, 3 - 7 p.m. (thru Sept. 19)
  - 48th & Madson
  - 712-369-5019

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**Landlord/Tenant Cash Lease Workshops Cover Market Trend, Oct. 10**

A series of free workshops, “Landlord/Tenant Cash Lease,” will be offered at the University of Nebraska–Lincoln Extension’s Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln.

To preregister, call 402-441-7180 by Aug. 20. The Landlord/Tenant Cash Lease Workshop will help producers deal with the volatility of cash grain markets for corn and soybeans, said Allan Vyhnaele, UNL extension educator in Platte County. “Landlords are trying to be in control, but they have no way to guarantee a fair return for the land asset,” Vyhnaele said. “Tenants want to be sure to stay in business, yet feel the pressure of bidding to keep the land base that they have been farming.”

Topics for discussion include: expectations from the lease, including goal setting for the rental property; lease communication, determining appropriate information sharing for both the tenant and landlord; options for rental agreements for farm operations; and tips for farm leases that include relatives; irrigation system questions and concerns; and tips for setting lease rates; alternative cash lease arrangements, flex-ible lease options, and considerations for your situation; and other topics such as grain bin rental will be covered as time allows.

Vyhnaele and UNL Extension Educators Tim Lemmons and Tom Dorn will be on hand to discuss these topics and provide common-sense tips during the presentation.

It is very helpful if both the tenant and landlord can attend together to make the decision. “Putting together the right lease isn’t about what is being discussed at the coffee shop, or what a university survey says it is about what fits both the landlord and tenant’s economic situation and circumstance,” he said. “Attending this presentation will provide a set of ideas to work from as those specifics are discussed.”

Handout materials and refreshments provided. For more information about the workshops, contact Allan Vyhnaele, 402-491-4891 or avyhnaele2@unl.edu.

**General Considerations**

- **Seeding Rate**: Ten acres per bushel of seed, up to 50 bushels per acre.
- **Soil Preparation**: Field smooth enough to drive a packer will firm seedbeds for planting. Harrowing the field after firming will firm the seedbed. Harrowing the field smooth enough to drive a packer will firm seedbeds for planting. Harrowing the soil prior to seeding, or can be band applied with the seed. Phosphorus near the roots of alfalfa seeds must have close contact with soil particles and soil moisture to insure rapid emergence. A firm seedbed also helps prevent seed from being planted too deep, which makes it too loose alfalfa seed to cover seed after planting.
- **Irrigation**: Depending on the Anderson, extension forage specialist, says if you can’t bounce a basketball on the seedbed prior to planting alfalfa, it is too loose. Don’t have a basketball? Walk across the seedbed with hard shoes on — the soil should be firm in more than 1/2-inch, it is too loose. Good rain after tillage, with the spikes set flat or rolling with a packer will firm seedbeds and lock in moisture is some moisture in the soil.

When seeding alfalfa, you need to remember your planting date is critical. High, field smooth enough to drive a

**Landlord Approaches to Terminate Verbal Farm Leases**

Generally, the turnover rate for rental land is very small in Nebraska, averaging about eight percent. On average, leases on agricultural land will end naturally—usually not within six months of the lease end, or no later than June. To make a lease termination process smooth, follow these guidelines:

- **Usually a tenant will know about the termination of a rental contract before the deadline, but notification still needs to be done formally and legally. The landlord needs to prove he or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by Aug. 31 and have it notarized.**
- **An attorney should be involved in all stages of the termination process. It’s easy to make a mistake, and something done wrong, won’t stand up in court if a disagreement occurs.**
- **A written lease provides protection for both a landlord and tenant in a rental agreement reach term due to poor management practices. Keep the line of communication open and visit with the landlord regularly.**
- **If the tenant disagrees with the termination, he or she should visit with the landlord to see if they can come to an agreement. The reason for the termination.**

Source: Dr. David Aiken, UNL Water Law Specialist

**Plant Alfalfa in August**

Alfalfa can produce more protein per acre than any other crop in Nebraska. Besides being an excellent livestock feed, alfalfa improves the soil by adding nitrogen and organic matter, increasing water infiltration, improving soil structure, and providing excellent erosion control.

Select a proper seeding technique when establishing alfalfa stands. Poor seeding management will decrease chances of developing a productive alfalfa stand. High yields of good quality forage can result only from well-established, properly managed, productive stands of alfalfa.

- **Select a suitable soil.** Alfalfa thrives on deep, well-drained loam, silt loam, or clay loam soils with a pH between 6.2 and 7.5.
- **Sandy soils can produce excellent alfalfa yields when properly fertilized and irrigated. Avoid poorly drained areas near a wetland with high water tables because alfalfa will not survive under those conditions.** In Nebraska, alfalfa is also poorly suited for saline or shallow soils.
- **Seeding date.** Should be established either in spring or fall depending on the two factors, predominant weed species and soil moisture. If the predominant weed species are summer annuals such as pennycress or downy brome, spring planting may be best. The weeds can be killed with tillage or herbicides in early spring, so it will get a head start on the annual weeds next year that must come from seed when the soil temperature is right for germination. If the predominant weed species are winter annuals such as foxtail and barley, autumn planting cannot be completed by that time, it is best to wait for mother nature to work her magic.

Alfalfa seed needs to be planted 1/4-1/2 inch deep in fine-textured soils and 1/4-inch deep in sandy soils for best germination. Regardless of the seeding time, it is critical alfalfa be planted into a firm seedbed. Alfalfa seeds must have close contact with soil particles and soil moisture to insure rapid emergence. A firm seedbed also helps prevent seed from being planted too deep, which makes it too loose alfalfa seed to cover seed after planting.

In 2003, Dr. David Aiken, UNL Water Law Specialist, says if you can’t bounce a basketball on the seedbed prior to planting alfalfa, it is too loose. Don’t have a basketball? Walk across the seedbed with hard shoes on — the soil should be firm in more than 1/2-inch, it is too loose. Good rain after tillage, with the spikes set flat or rolling with a packer will firm seedbeds and lock in moisture is some moisture in the soil.

When seeding alfalfa, you need to remember your planting date is critical. High, field smooth enough to drive a
**Controlling Weedy Vines on the Acreage**

Sarah Browning  
UNL Extension Educator

One of the most difficult weed situations to deal with on the farm or acreage is weedy vines growing in hedgerows or trees. Wild cucumber, burcucumber, and honeyvine milkweed are the most common culprits. These plants shade the foliage of the host plant, and interfere with their ability to photosynthesize. This is especially damaging to evergreen trees, which don’t tolerate shading well. Note: Field and hedge bindweed, and dodder can also be problematic, but will not be discussed here.

**Annual Weeds**

Native to the United States, wild cucumber and burcucumber are annual vines, found in the same plant family as cucumber and muskmelon, although neither produces edible fruits. Both grow from seed each year, and can be found growing wild in prairie ravines, fence rows, creek and stream banks, and ditches.

**Wild cucumber** (*Echinocystis lobata*), also known as balsamapple or mockcucumber, can grow 15–25 feet long. It has smooth stems and alternately placed, star-shaped leaves, each with 5–7 pointed lobes. Greenish white flowers grow on short stems arising from the leaf axils. The twining vines are aided in climbing by forked tendrils. It has oval fruits, up to two inches long, that are covered with sharp spines.

**Burchcumber (Sicyos angulatus)** vines can grow up to 10 feet tall. The alternate leaves are broad with three to five pointed lobes. The stems are slightly fuzzy and develop clasping forked tendrils, similar to grapevines. Both wild cucumber and burchcumber produce separate male and female flowers. In burchcumber, the male flowers are greenish-white to pale yellow growing on short stems, the female flowers are found in round clusters at the ends of short stems. Green to yellow fruits are covered with prickly bristles, and 1/2–3/4 inches long.

**Perennial Weed**

**Honeyvine milkweed** (*Cynanchum laeve* or *Ampelamus alliatus*) is a vining member of the milkweed family that can grow 6 feet or more long. It differs from wild cucumber and burchcumber, in that it is a perennial plant, growing back from the crown each year. Plants spread through underground rhizomes, and can regenerate if all the root system is not killed or removed. Honeyvine milkweed has triangular, or elongated heart-shaped leaves located opposite each other on long, smooth stems. It may be confused with bindweeds or morningglories, but they have alternate leaves. Clusters of small white flowers are found in the leaf axils and develop into smooth, slender, elongated milkweed pods. When the pods mature and open, they release brown flattened seeds with silky white hairs.

**Control**

**Pre-emergent** — Wild cucumber and burcumber seeds will germinate throughout the summer especially after rain, which makes periodic scouting and removal crucial for control. Scout areas with a history of problems, and pull or hoe weeds as soon as they emerge. In large areas, mowing can be effective. Repeated mechanical removal will prevent plants from producing additional seed and reduce weed pressure over time.

**PostEmergent** — Glyphosate (RoundUp) can be sprayed or painted on small plants under trees to kill seedlings; it has practically no soil residual and if used carefully according to label directions will not damage desirable plants. DO NOT use Tordon or any product containing Dicamba, which have a period of soil residual activity and can move deeper in the soil to be absorbed by tree roots.

If weedy vines escape notice early in spring and grow up into trees, cut larger plant stems near the ground before plants begin to flower. DO NOT spray herbicides on vines in trees or hedges.

Sarah Browning  
UNL Extension Educator

**Fall Webworm Rarely Seriously Damage Large Trees**

Late summer and fall is the season of fall webworm. Fall webworms attack many hosts, over 85 known species of deciduous trees, including elm, hickory, pecan, plum, chokecherry, poplar, walnut, and willow. In fact, almost all fruit, shade, and ornamental trees, except conifers, can be affected by fall webworm. A similar insect, called Mimosa webworm, is very common on honeylocust.

Homeowners often spot fall webworms as they enlarge their silken webs in late summer. Adults of this native insect are white moths, with reddish-orange backs and black spots. The caterpillars have black heads a broad dark stripe on the back and black spots. An alternate color variation among caterpillars is yellow-green caterpillars with black heads. A similar insect, called Mimosa webworm, is very common on honeylocust.

Host plants emerge in late spring or early summer and lay eggs in masses on the undersides of leaves. The larvae emerge 10–14 days later and begin feeding in groups within a small webbed mass of leaves at the ends of branches. The webbing provides protection from some predators and the caterpillars feed inside the web until all leaves are devoured, then additional leaves are encased in the web. Webbed areas of leaves grow larger as the caterpillars mature, becoming a messy, ugly eyesore as it is filled with shed skins, excrement and leaf fragments.

The first generation of caterpillars matures in about six weeks. Then they drop to the ground and enter the soil, where they pupate into adults and re-emerge to lay eggs for the second generation. Some larvae may pupate under loose bark, in leaf litter beneath the tree, or within the webbing. Caterpillars of the second generation hatch and feed from approximately early August through late September. Then once again, the mature caterpillars drop to the ground and enter the soil to overwinter. Because the insects overwinter beneath host plants, trees that have been attacked in the past will very likely have insects the following year, too.

Although unsightly, feeding by fall webworms is rarely seriously damaging to large trees; however, several years of defoliation for small ornamental trees can weaken them.

The web impedes most insects from reaching the insects, unless you can catch it early. One of the best ways to get rid of them is by taking a rake and breaking up the web. Or you can try a heavy stream of water to break up the webbing. Many of the caterpillars will be knocked out of the web onto the ground, and will be killed by predatory insects.

Biological insecticides such as *Bacillus thurengiensis* (Bt) or Dipel are also effective. Other insecticides, such as permethrin and bifenthrin, will also provide good control. Thoroughly cover leaves next to the nest, and as the larvae ingest the insecticide they will be killed.

Sarah Browning  
UNL Extension Educator
Fruits Have Many Health Benefits

- Providing vitamins and minerals
- Assisting in weight management
- Containing antioxidants and phytochemicals
- Promoting heart health
- Containing fiber
- Supporting brain health
- Having a lower glycemic index compared to most vegetables
- Providing a high fiber content

Sodium, potassium, and fiber are important components of a healthy diet. Fruits also contain many vitamins, including vitamin C and A, which are important for maintaining good health. Fruits are also low in fat and calories, which makes them a great addition to any meal or a tasty snack. By choosing fruit instead of other high-calorie snacks, your body is able to maintain a healthier weight.

Fruits are naturally low in fat, sodium, and calories, and they contain several important nutrients, including vitamins A and C. These vitamins help with vision, healing, and fighting infections. The fiber in fruit can also help to lower cholesterol. Fruit may also help reduce your risk for heart disease, diabetes, and high blood pressure. By choosing fruits of every color, your body will get the nutrients it needs to gain all of these benefits.

MyPlate recommends half of your plate should be filled with fruits and vegetables, but how much is that? Adults should get about 2 cups of fruit each day. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the Fruit Group.

Tips:
- Fruits are less expensive and typically taste better when they are in season.
- When buying canned fruits, choose them in 100% juice rather than in syrup.
- Limit your fruit servings from juice, try whole fruit instead.
- Replace high-fat and sugar desserts with fruit.
- Wash all fruits with water before peeling and/or eating. When purchasing fruit, it is important to know how to tell if it is at the peak of ripeness. Some fruit actually continues to ripen after it is picked. These fruits can be purchased early and sit out on the counter for a few days. Some examples of these are apricots, bananas, cantaloupe, kiwi, peaches, plums, and pears. To speed ripening, put the fruit in a loosely closed brown paper bag at room temperature. For a guide on how to select ripe fruit, go to http://go.unl.edu/nfgp.

The Buy Fresh Buy Local® Nebraska sign is one way to identify locally-grown foods.
- Improve wellness and quality of life by promoting healthy, in-season eating.
- Strengthen bonds between Nebraska’s agricultural community and consumers in urban and rural communities.
- Encourage and inform family farmers to grow local food.
- Cultivate a future for family farmers by developing direct-marketing opportunities.

In addition, Community CROPS has the Young Urban Farmers Program, which works with students at Mickle Middle School round to grow, harvest, and cook with fresh vegetables. Currently, Community CROPS has a hoop house, three raised beds, two cold frames, and a compost bin, in addition to in-ground gardening areas. Not only do the students learn how to grow the vegetables, but they also attend cooking classes using their crops and are running a farmers market on school grounds to sell them. For more information about Community CROPS, go to www.communitycrops.org or call 402-471-5273.

Billene Nemec
Coordinator, Buy Fresh Buy Local® Nebraska

Many farmers are associated with Buy Fresh Buy Local® Nebraska (BFBLN) and use the BFBLN sign for their foods at farmers markets and other places to let you know their food is fresh and locally grown. BFBLN’s mission: “Encourages the purchases and enjoyment of locally-grown food.” Buy Fresh Buy Local® Nebraska aims to:
- Build awareness of local sustainable agriculture.
- Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Tabbouleh

(6 servings)

1 cup uncooked bulgur
3/4 cup chopped cucumber
3/4 cup chopped tomato
1/2 cup chopped fresh parsley
1/4 cup chopped fresh mint leaves
1/4 cup sliced green onions or 2 tablespoons finely chopped sweet onion
1 clove garlic, finely chopped
1/4 cup olive oil
1/4 cup lemon juice

Prepare bulgur according to package directions for starting with 1 cup of uncooked bulgur and the recommended amount of water for reconstituting this dry volume. The directions will tell you how long to let the bulgur set to absorb the water and become softer.

After the bulgur is ready, mix together bulgur, cucumber, tomatoes, parsley, mint, onions, and garlic. In a separate bowl, whisk together the olive oil and lemon juice. Then combine with the other ingredients, mixing well. Refrigerate and let chill for 2 hours before serving for the flavors to meld. Season with salt and pepper, to taste, before serving.

ALICE’S TIPS:
- Before chopping parsley and mint, wash in a colander held under running water. Spin dry in a salad spinner or roll in paper towels to dry.
- Get more juice from the lemon by rolling it gently on a flat surface to loosen the membranes.

Ingrid Kirst
Community CROPS Executive Director

Community CROPS (Combining Resources, Opportunities and Partners for Sustainability) helps people work together to grow healthy food and live sustainably.

This focus leads to two main projects:
1) a community garden network that provides tools, land, plants, seeds, and technical assistance to families to grow food, and
2) the Growing Farmers Program, which provides refugees and immigrants the opportunity to start small businesses growing food for market. Over 200 families participate in these programs, and many more members of the public attend the frequent gardening and cooking classes offered by Community CROPS.

Baoxia, a Community CROPS beginning farmer, with her first plants ready to harvest.

Fruit Kabobs with Dip

(12 servings)

1 medium tart apple, cut into 1-inch chunks
1 medium pear, cut into 1-inch chunks
1 tablespoon lemon juice
1 can (8 ounces) pineapple chunks, drained
24 grapes (about 1/4 pound)
24 fresh strawberries
12 wooden skewers

Fruit dip:
1 (6 ounce) container low fat yogurt (any fruit flavor)

Toss apple and pear with lemon juice. Divide fruit into 12 portions and thread onto wooden skewers. Serve kabobs with yogurt dip.

The Buy Fresh Buy Local® Nebraska is a salad of Arab origin and is “traditionally made of bulgur, tomato, and finely chopped parsley and mint, often including onion and garlic, seasoned with olive oil, lemon juice, and salt.” What I enjoy about tabbouleh is its refreshing flavor. It stores well and tastes as good or better the second day. Exact amounts of ingredients aren’t necessary, so don’t worry if you have slightly too much parsley, not enough cucumbers, an extra tablespoon or so of lemon juice and so on.

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Baoxia, a Community CROPS beginning farmer, with her first plants ready to harvest.
**President’s View – Marian’s Message**

Marian Storm  
FCE Council Chair  

Summer is the time for family picnics. We have a reunion of cousins and their children the second Sunday in August every year. It is a fun time. Vacation time: I just got back from Colorado Springs, Colo. Went out to see my uncle who is 98. The weather was great and we had a fun time. County Fair will soon be here. I hope you will take time to go see all the projects and activities our youth are doing. They are very busy getting their projects finished. Sizzling Summer Sampler is over. I want to thank everyone for the wonderful baskets and all the help. This is a big help towards our scholarship fund.

I hope you are thinking about going to the State FCE Convention in North Platte. Information should be out soon. Love life as it is — not as you want it.

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**FCE News & Events**

**FCE & Community Leader Training, Sept. 19**  
FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants.

**Note: Date and time change.** The lesson “Cut Clutter and Get Organized” will be presented by Extension Educator Loren Bartos, Wednesday, Sept. 19 at 1:30 p.m. The lesson will encourage individual and families to adopt new habits to keep their home organized. Knowing what to keep, how long to keep it and what to discard will be covered. Non FCE members or groups should call Pam at 402-441-7180 to register for the lesson so materials can be prepared.

**FCE Council Meeting, Sept. 24**  
The FCE Council meeting is scheduled for Monday, Sept. 24, 1 p.m. at the Lancaster Extension Education Center. Watch for details in the next Nebraska.

**Achievement Day, Oct. 15**  
FCE members — Mark your calendars for the Achievement Day luncheon on Monday, Oct. 15, 12:30 p.m. FCE members will be recognized for years for membership and club achievements. It will also be the annual collection for the Food Bank. More details to follow.

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**Sizzling Summer Sampler a Success**  
The Family & Community Education (FCE) Sizzling Summer Sampler held on July 11 was a success with 135 FCE members and friends in attendance.

Thirty-seven baskets were raffled off, raising $575 for the FCE Scholarship Fund.

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**Recording Memories**  

**The Influence of Grandparents and Step-Grandparents**

Grandparents and step-grandparents can make a lasting story of their lives for their grandchildren. These life stories grow in value to grandchildren and children as they grow older. If technology is not your strength, ask your grandchildren and/or children for advice to help capture your life story for present and future generations. This may include recordings of significant events, people and places which have been a part of your life. Family will appreciate the commentary and memories shared as you visit points from your past and present. It’s easiest to do this project as a team, with one person recording and the other providing commentary and interviews. This also allows you to “star” in your own movie. If you do not have a camera with video capabilities, borrow or lease one. Digital capabilities make this more affordable than in the past when tapes needed to be purchased. Practice getting used to the machine and what it can and cannot do. Next, plan who, what, when, and where you will record for your story. Some ideas to consider may include:

- **Family**
  - Interview parents, siblings, children, cousins, and others.
  - Tell some favorite family tales; describe family holidays, sad occasions, or any other memorable events.
  - Show where your family lived. Take a tour of the house, if possible. Tell how it looked when you were growing up, the color of your room, who you shared the room with.
  - Go to the cemetery and walk through the family plot. Death is a part of life. Were or are there family rituals related to caring for the family graves?
  - What’s your ethnic heritage? Are there things you’d like to share regarding ethnic customs? What does your name mean in your native language? Where did your ancestors come from? When did they immigrate to this country? How did they arrive? How old were they? Does anyone keep in touch with family from the “old country”? What are some of the special stories your family has passed down to each generation?

- **Education**
  - Where did you go to school? Tour the building and grounds, if possible.
  - Who were your best friends during your school years? Interview them and tell of the things you used to do together.
  - Did you have favorite teachers? Interview them, if possible. If not, tell why you enjoyed them or their classes so much.

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**Cleaning Stainless Steel Appliances**

Stainless steel is a favored finish in many of today’s kitchens. But in a busy household, spots, streaks, and sticky fingerprints can quickly mar its lustrous look. Stainless steel as a finish will last a lifetime, provided the finish isn’t removed through corrosion or wear. Any contamination of the surface by dirt, or other material, hinders its continual oxidation process and traps corrosive agents, ultimately destroying the metal’s corrosion protection. Therefore, while cleaning — avoid abrasive cleaners.

Some suggestions for keeping stainless steel appliances bright and beautiful:

- **For general surface cleaning:** Wipe the surface with a cloth soaked in warm water. Towel-dry immediately to prevent spots caused by minerals in the water. If dirt remains, repeat, adding a mild dish detergent to the water. Rinse thoroughly before toweling dry. Always remember to check the label before using a cleanser to make sure it is safe for stainless steel.
- **For stubborn fingerprints:** Use a spray glass cleaner.
- **For stains or scratches:** Using a paper towel, apply a stainless steel cleaner. Read the directions on the label and test in an inconspicuous spot. Be sure to rinse thoroughly and towel dry.
- **For cooked-on foods and grease:** Use a non-abrasive cleaning powder or a paste of baking soda and water. Rub gently, using a sponge or non-abrasive pad. Rinse and towel-dry. Never use harsh abrasives or steel wool.
- **To brighten a dull sink:** Polish with a cloth dipped in white vinegar or ammonia.

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**Recording Memories**  

**The Influence of Grandparents and Step-Grandparents**

Grandparents and step-grandparents can make a lasting story of their lives for their grandchildren. These life stories grow in value to grandchildren and children as they grow older. If technology is not your strength, ask your grandchildren and/or children for advice to help capture your life story for present and future generations. This may include recordings of significant events, people and places which have been a part of your life. Family will appreciate the commentary and memories shared as you visit points from your past and present. It’s easiest to do this project as a team, with one person recording and the other providing commentary and interviews. This also allows you to “star” in your own movie. If you do not have a camera with video capabilities, borrow or lease one. Digital capabilities make this more affordable than in the past when tapes needed to be purchased. Practice getting used to the machine and what it can and cannot do. Next, plan who, what, when, and where you will record for your story. Some ideas to consider may include:

- **Family**
  - Interview parents, siblings, children, cousins, and others.
  - Tell some favorite family tales; describe family holidays, sad occasions, or any other memorable events.
  - Show where your family lived. Take a tour of the house, if possible. Tell how it looked when you were growing up, the color of your room, who you shared the room with.
  - Go to the cemetery and walk through the family plot. Death is a part of life. Were or are there family rituals related to caring for the family graves?
  - What’s your ethnic heritage? Are there things you’d like to share regarding ethnic customs? What does your name mean in your native language? Where did your ancestors come from? When did they immigrate to this country? How did they arrive? How old were they? Does anyone keep in touch with family from the “old country”? What are some of the special stories your family has passed down to each generation?

- **Education**
  - Where did you go to school? Tour the building and grounds, if possible.
  - Who were your best friends during your school years? Interview them and tell of the things you used to do together.
  - Did you have favorite teachers? Interview them, if possible. If not, tell why you enjoyed them or their classes so much.

**see RECORDING on page 11**
**Warning Stripes: Wasp Alert!**

**Eastern yellowjacket entrance (above)**

**Yellowjackets.** Yellowjackets belong to the family Vespidae and are among the most aggressive of bees and wasps. They are often confused with bees, because they do not have the typical, slender “waist” common to wasps. Yellowjackets, unlike honey bees, are not covered with dense hair and do not carry pollen, and do not have the flattened hairy hind legs used to carry pollen. A yellowjacket also differs from a honey bee because one can and will sting repeatedly.

A honey bee has a strongly barred stinger which often remains in a person’s skin after stinging. If it does, the unfortunate bee will be eviscerated and die.

Yellowjackets have yellow or white on the face. Mouthparts are well-developed with strong mandibles for chewing insects and a proboscis for sucking nectar and other juices. Yellowjackets build nests in soil cavities, particularly in abandoned mouse burrows, but also in any soil that is soft, moist, or organic. They prefer decaying wood, but often nest under rocks, in soil the next year. Some colonies can be very aggressive, defending their nest from others of non-aggressive species.

**Eastern yellowjacket nest (above)**

**German yellowjacket** (both approximate size)

**Cicada killer.** The largest wasp in Nebraska, the 1-1/5-inch cicada killer wasp, is a digger wasp, belonging to the insect family Sphecidae. It is black with yellow markings on the thorax and abdomen and has rust-colored wings. Another species, the steel-blue cicada killer wasp, is about one-inch in length and is dark, metallic blue with black antennae and wings.

Digger wasps are solitary wasps which dig burrows in soft soil. Instead of living in colonies, female digger wasps drag paralyzed insects into the burrow and lay an egg on the insect. After the egg hatches, the wasp larva feeds on the paralyzed insect and will go through its life cycle and emerge from the soil from the next year. As its name suggests, the cicada killer wasp provisions its cells with cicadas. These tunnels are about the size of a quarter and extend 24-inches or more into the ground.

People are often alarmed when they see these large wasps. But, they are not dangerous and do not attack. To get stung, you would have to pick up one of these wasps. The biggest issue most people have with cicada killer wasps is they kick out soil during their excavating activities, which can be a nuisance. Watering the soil to make it more difficult to dig might prevent them from digging.

**How Do Honey Bees Survive the Cold?**

Unlike other bees and wasps, honey bees have special adaptations for surviving hot summer and cold winter temperatures. Honey bees regulate the temperature inside the colony to protect the developing brood. During the summer when brood are being produced, the colony maintains an internal temperature of about 95°F. But during very hot weather, the bees must cool the hive. First, they increase the space between bees in the nest to allow for air circulation. Some bees may move outside and cling to the outside of the hive. When temperatures rise above 95°F, worker bees will stop their normal activities and begin foraging for water, bringing it back to the colony. At this time, they may be a nuisance around bird baths and swimming pools. During the winter, bees fan their wings to evaporate the droplets of water which cools the hive. This method is similar to how an evaporative cooler works. Wise beekeepers provide their honey bees a source of clean water near the hive during hot weather.

How do honey bees survive the cold of winter? During the dead of winter, when there is no food available, the colony loses about one-quarter of its strength. Some bees do not make it through the winter. Those that do survive continue to be food a source of energy for the colony. The winter population of honey bees is typically between 1,000 and 2,000 bees. When the weather warms up in the spring and pollen begins to be produced, the queen begins laying eggs. The new worker bees are born and the colony begins to grow. The queen lays about 1,000 eggs per day during the summer months. The eggs are then fed by nurse bees, who provide a food source of honey and pollen. The worker bees then fly out to forage for nectar and pollen, which they bring back to the hive and add water to. This is the nectar that is collected by the bees. The nectar is stored in the honeycomb as honey, which is then used as a food source for the bees during the winter months. The bees also use the honey to make beeswax, which is used to build the honeycomb. The bees continue to work hard throughout the winter, even when the weather is cold, to keep the colony alive and healthy. The queen is the only bee that does not work outside during the winter. She spends her time inside the hive, laying eggs and raising the new worker bees. The worker bees continue to work outside, bringing in nectar and pollen, and storing it in the honeycomb as honey. The honey is then used as a food source for the colony during the winter. The queen and the worker bees continue to work together throughout the winter, ensuring that the colony survives until the spring. The queen then begins laying eggs again, and the cycle continues. This is how honey bees survive the cold of winter. 

**Household Hazardous Waste Collections**

- **Saturday, Aug. 25, 9 am–1 pm** • Vanceco Tech, 4021 N. 56 St.
- **Saturday, Sept. 22, 9 am–1 pm** • Lincoln Industries, 600 W. E St.
- **Saturday, Oct. 13, 9 am–1 pm** • Woods Park (31s J Streets)

*Some items you can bring for disposal: Thermostats, thermostats containing mercury, solvents, oil-based paint, thinner stripper, stain, old gasoline, transmission fluid, pesticides (even banned products like DDT), items containing PCBs (ballasts from fluorescent luminaires and capacitors from old appliances). You may dispose of compact fluorescent light bulbs at these waste collections.*

**DO NOT** latex paint, fertilizers, medicines/pharmaceuticals, electronics, TVS, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

*These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections. For more information, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov, keyword: household.

**Do Not Call:**

- **Saturday, Aug. 25, 9 am–1 pm** • Vanceco Tech, 4021 N. 56 St.
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**Appointment Only. Call 402-441-8021**

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Single day, per person
Gate admission $2
Pick up gate admission tickets FREE at these locations

Nebraska Lottery
Entertainment Tent and Beer Garden
Here are the highlights. Go to www.superfair.org for a complete entertainment schedule.

Daily Attractions

Heart of America Shows Midway Carnival
A variety of rides, games, and food booths for all age groups!
Special: all you can ride wristband: weekdays 5–11pm, weekends 1–11pm. Weekends $20 in advance at Lancaster Event Center office, $25 during fair.

A to Z Exotic Animal Petting Zoo & Pony Rides
FREE petting zoo includes a wide variety of exotic animals! Pony rides throughout the day.

Darryl’s Racing Pigs
Get on your bike for the race page! Four shows per day.

DuckDowns Racing Ducks
Cheer on your favorite racing ducks. Three shows per day.

Hall’s Bear Mountain Wildlife Show
Watch and learn about different species of bears. Three shows per day.

Ag Adventure Land
Learn about Nebraska’s number one industry – agriculture.

Super Fair Information and Souvenir Booth

Nebraska Beekeepers Association Display

Commercial and Food Vendors

Bingo

Lincoln Area Railway Historical Society Display

Larsen Tractor Test and Power Museum Antique Tractor Display

Antique Tractors and Ag Equipment on Display

Aug. 2 —
CowboyUp! Band
(top 40 country): 7pm
table.

Aug. 3 —
3D In Your Face
(60’s tribute band): 9pm

Aug. 4 —
Mark Wills (country artist): 8:30pm

Aug. 5 —
Go Fish (kids music): 6:30pm

Aug. 6 —
Derryl Perry (country artist): 8:30pm

Aug. 7 —
Sue McEntire (positive country artist): 7pm

Aug. 8 —
The Rumbles Final Tour
(rock n’ roll/dance): 8:30pm

Aug. 9 —
MWA Live Pro Wrestling
(family friendly): 8pm

Aug. 10 —
Glen Templeton
(country artist): 8:30pm

Aug. 11 —
SwitchBak
(country/rock band): 7pm

Aug. 2 —
Celebrity Swine Show: 3pm

Aug. 3 —
Watermelon Feed: 4:30pm

Aug. 4 —
Celebrity Cake Decorating Contest (sponsored by Rich Products and Hockenberg Newburgh): 10am

Aug. 5 —
Celebrity Cupcake Decorating Contest (sponsored by Rich Products and Hockenberg Newburgh): 12pm

Aug. 6 —
Super Fair Antique Car Show: 12pm–4pm

Aug. 7 —
National Barrel Horse Association Barrel Racing: Exhibition 5pm, Competition 7pm

Aug. 8 —
Skid Loader Rodeo (sponsored by NCS Equipment Rental and Muhlbach Enterprises): 1–4pm

Aug. 9 —
People’s Choice Salsa Contest: 6pm

Aug. 10 —
Cinnamon Roll Contest: 12pm

MONSTER NATION Monster Trucks (sponsored by Muhlbach Enterprises and The Eagle 92.9) and Tough Truck Competition (sponsored by NCS Equipment Rental): 7pm / Pit Party: 5pm • meet the drivers up close and personal for autographs and photos
TUESDAY, AUGUST 7
Older Nebraskans Day

WEDNESDAY, AUGUST 8
Safety Awareness Day

THURSDAY, AUGUST 9

Friday, August 10

Saturday, August 11

Sunday, August 12
**Tough Landscape Plants**

Mary Jane Frogge  
UNL Extension Associate

Are you trying to raise plants in your landscape or on your acreage and not having much luck? You are not alone. Your landscape plants have a lot of obstacles against them. Drought, rabbits, deer, the list goes on and on. Here is a list of plants that are drought tolerant once they are established and less likely to be eaten by our wildlife friends.

**Fall Vegetable Gardening**

Mary Jane Frogge  
UNL Extension Associate

When planting fall crops, prepare the soil by restoring nutrients removed by spring and summer crops. A light layer of compost or a small application of fertilizer will prepare the soil for another crop. Dry soil may make working the soil difficult and inhibit seed germination during the midsummer period. Plant fall vegetables when the soil is moist after a rain or water the area thoroughly the day before planting. It may also be beneficial to soak the seeds over night before planting. An organic mulch will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

Look ahead to the fall garden, which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs, and the knowledge that you are making full use of your gardening space and season.

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**Common Names**

- **Barberry, Japanese**  
  Berberis thunbergii  
  Shrub

- **Blanket Flower**  
  Gaillardia aristata  
  Perennial  
  Red with yellow center

- **Beebalm**  
  Monarda fistulosa  
  Perennial  
  Lavender

- **Boltontia**  
  Asclepias tuberosa  
  Perennial  
  Orange

- **Coreopsis, Purple**  
  Coreopsis lanceolata  
  Perennial  
  Purple

- **Cotonester, Spreading**  
  Cotonester divaricatus  
  Shrub  
  Rose

- **Dogwood, Red elder**  
  Cornus sericea  
  Shrub  
  White

- **Gayfeather, Rough**  
  Liatris aspera  
  Perennial  
  Deep purple

- **Gayfeather**  
  Liatris spicata  
  Perennial  
  Purple

- **Honeylocust**  
  Gleditsia triacanthos  
  Tree  
  Greenish yellow

- **Lilac, Common**  
  Syringa vulgaris  
  Shrub  
  White, Pink, Purple

- **Potentilla**  
  Potentilla fruticosa  
  Shrub  
  Yellow

- **Sedum, Tall**  
  Sedum telephium  
  Perennial  
  Rose to salmon

- **Spartea, Bridal Wreath**  
  Spartea prunifolia  
  Shrub  
  White

- **Spruce, Colorado Blue**  
  Picea pungens  
  Tree

- **Sumac, Stag horn**  
  Rubus typhina  
  Shrub  
  Greenish yellow

- **Wormwood**  
  Artemisia absinthium  
  Perennial  
  Gray

- **Yucca**  
  Yucca filamentosa  
  Perennial  
  Creamy white

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**Scientific Names**

- **Barberry, Japanese**  
  Berberis thunbergii

- **Blanket Flower**  
  Gaillardia aristata

- **Beebalm**  
  Monarda fistulosa

- **Boltontia**  
  Asclepias tuberosa

- **Coreopsis, Purple**  
  Coreopsis lanceolata

- **Cotonester, Spreading**  
  Cotonester divaricatus

- **Dogwood, Red elder**  
  Cornus sericea

- **Gayfeather, Rough**  
  Liatris aspera

- **Gayfeather**  
  Liatris spicata

- **Honeylocust**  
  Gleditsia triacanthos

- **Lilac, Common**  
  Syringa vulgaris

- **Potentilla**  
  Potentilla fruticosa

- **Sedum, Tall**  
  Sedum telephium

- **Spartea, Bridal Wreath**  
  Spartea prunifolia

- **Spruce, Colorado Blue**  
  Picea pungens

- **Sumac, Stag horn**  
  Rubus typhina

- **Wormwood**  
  Artemisia absinthium

- **Yucca**  
  Yucca filamentosa
Clothing Exhibits for Fair. is mailed to club organizational leaders. It is also posted online at http://lancaster.unl.edu. The available at Nominate your favorite 4-H volunteer by submitting the form 4-H Spotlight for Volunteers. Kids is wonderful. The variety of experiences gives kids a chance to try new things.” Lancaster County 4-H thanks Janet for donating her time and talents. Volunteers like her are indeed the heart of 4-H! Nominate your favorite 4-H volunteer by submitting the form available at http://lancaster.unl.edu/4h or at the extension office.

4-H Spotlight for Volunteers

Nebraska’s “Spotlight on 4-H Newsletter” for 4-H volunteers is mailed to club organizational leaders. It is also posted online at http://lancaster.unl.edu/4h/Splight.shtml. July topics include: Your Thanks Can Go a Long Way, Preparing Vegetables for Exhibit, Decorate Your Duds, 4-H Career Connection, and Preparing Clothing Exhibits for Fair.

4-H & Youth

District Horse Results

A District 4-H Horse show was held in Lincoln at the Lancaster Event Center on June 14. Many Lancaster County 4-H’ers competed in this district and a few competed at the Bloomfield and North Platte districts. Congratulations to all 4-H’ers who participated! All purple and blue ribbon winners qualify for the State 4-H Horse Show held in Grand Island. Below are the Lancaster County purple ribbon winners. Champions received trophies and 2nd and 3rd place earned medals. Complete results are online at http://4h.unl.edu/4hhorseresults.

District Horse Results

SENIOR ENGLISH PLEASURE
Bailee Peters (2nd medal)
JUNIOR ENGLISH PLEASURE
Nicole McConnell (trophy), McKenzie Beach, Sierra Nelson, Heather Welch
SENIOR ENGLISH EQUITATION
Allison Densberger, Hoytle Painter
JUNIOR ENGLISH EQUITATION
Vorang Poitier, Sierra Nelson, Bailee Sobotka
SENIOR WESTERN PLEASURE HORSES
Hannah Ronnau (trophy), Chelsea Beach (1st medal), Bailey Peterson (2nd medal)
SENIOR WESTERN PLEASURE HORSES Over 2000
Abbie Heusinger (1st medal)
SENIOR WESTERN HORSEMANSHIP
Abbie Heusinger (1st medal)
SENIOR WESTERN HORSEMANSHIP
Ashley Anderson, Bailey Heidbrink, Bailee Peters, Sydney Scow overall team, 3rd overall in novice, 6th overall in reasons, 7th overall in sheep and goats, and 10th overall in beef cattle. Individual senior results include: • High individual overall: Michaela Cloawner placed 5th and Rachel Johnson placed 8th • Swine overall: Michaela Cloawner placed 6th and Rachel Johnson placed 9th • Sheep and goats overall: Michaela Cloawner placed 10th • Beef overall: Rachel Johnson placed 5th and Michaela Cloawner placed 6th • Reasons: Rachel Johnson placed 4th and Michaela Cloawner placed 5th The only intermediate contestant, Maddie Scott, placed 8th overall in sheep and goats.

4-H’ers Test Animal Science Skills at PASE

Lancaster County livestock judging participates at state 4-H Premiere Animal Science Events (PASE). Congratulations to the Lancaster County participants who competed in the Livestock Judging contest during the state 4-H Premiere Animal Science Events (PASE) held at UNL East Campus on June 25–26. The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats, and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking the animals. A big thank you to everyone who spent countless hours working with the Lancaster County teams. Senior team consisting of Michaela Cloawner, Ashton Cooper, Cody Dewald, and Taylor Lienemann earned 4th overall. They also won “Best Illustrations” in the Child Development Challenge. They also won “Best Illustrations” in the Child Development Challenge. They also won “Best Illustrations” in the Child Development Challenge.

4-H’ers Test Family and Consumer Science and Entrepreneurship Skills at Life Challenge

Lancaster County participants at state 4-H Life Challenge. The 4-H Life Challenge contests focus on Family and Consumer Science project areas. Youth answer written questions and give an oral presentation applying what they have learned in their 4-H projects to a real-life situation. The county senior Life Challenge contest was held July 7. Julia Stephenson was awarded Champion rosette and Addison Wiemer was awarded Reserve Champion rosette. The county junior Life Challenge contest was held August 9. Emily Steinbach was awarded Reserve Champion rosette. The state Life Challenge contest for seniors was held at UNL East Campus on June 25–26. Helen Dowd, Madeline Gabel, Emily Steinbach, and Jaime Stephenson received 4th place in the Foods and Nutrition Challenge. They also won “Best Illustrations” in the Child Development Challenge. They also won “Best Illustrations” in the Child Development Challenge.

District Horse Results

SENIOR WESTERN HORSEMANSHIP
McKenzie Beach, Ashley Bradbury, Nicole McConnell
JUNIOR REINING
McKenzie Beach, Alexis Wolfe
SENIOR POLE BENDING
Mackenzie Wolfe (trophy), Chelsea Beach (2nd medal), Anna Heusinger, Katherine Lloyd (in Bloomfield)
SENIOR BARREL RACING
Mackenzie Wolfe (trophy), Nicole Finkner (1st medal), Kaitlyn Papke, Chelsea Beach
JUNIOR BARREL RACING
McKenzie Beach, Rachel Hansen, Jamie Hansen, Morgan Applegarth, Alexis Wolfe

4-H’ers Test Family and Consumer Science and Entrepreneurship Skills at Life Challenge

Lancaster County 4-H is proud to announce Janet Anderson as winner of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Janet has volunteered for 4-H for nearly 15 years. She was leader of the Lucky Charns 4-H Club and helps with the Friends 4 Ever Club. Janet has taught and helped with several Clover College workshops and volunteered at the 4-H food booth at county fair. She has also served on 4-H Council.

“I like being a 4-H volunteer because it gives me the opportunity to work with children of all ages,” Janet says, “I get excited when I see them create something they are proud of and want to show it off. My favorite experience is teaching the animals. A big thank you to coach Roger Bell, who spent 15 years. She was leader of the Lucky Charms 4-H Club and helps with the Friends 4 Ever Club. Janet has taught and helped with several Clover College workshops and volunteered at the 4-H food booth at county fair. She has also served on 4-H Council.

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Food Preservation Recipe
Please note: for Food Preservation exhibits, in addition to the source of the recipe, the entire recipe must be included with exhibit.

Static Exhibit Check-In Tuesday, July 31
Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 31 between 6-8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

Interview Judging, Aug. 1
Interview judging is Wednesday, Aug. 1 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area. Refer to page 15 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can call the extension office at 402-441-7180 to sign up members for a five-minute time slot — preregister between July 5 and 27. If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, Aug. 1, 4-8 p.m.

Clever Kids Show & Tell, Aug. 5
All Clever Kids, youth age 5–7 by January 1, 2012, are invited to show & tell their 4-H exhibits at the Lancaster Event Center. Lincoln Room. There are no restrictions to judge each class. No reasons will be given, however, questions will be asked on three classes.

Join the Fun as a Volunteer!
Volunteers are needed for educational activities in 4-H judging. There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

Livestock Judging Contest, Aug. 5
New this year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 5, 1–4 p.m., in Pavilion 1–East Arena. Preregister by Thursday, Aug. 2, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

Youth may judge as individuals or teams. Teams will consist of four youth and one adult.

Seven classes shall consist of two beef, two sheep, two swine, and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contest will have 12 minutes to judge each class. No reasons will be given, however, questions will be asked on three classes.

Winners will be announced at the end of the Lancaster County Youth Livestock Premium Auction.
Seeking Exhibits for “4-H Through the Decades” Display

The Lancaster County Super Fair is putting together a display of “4-H Through the Decades” to be on exhibit Aug. 2–5 while 4-H static exhibits are on exhibit. Seeking 4-H static exhibits from the ‘90s, ‘80s, ‘70s, ‘60s, ‘50s, and even older (can be from any county fair or state fair). Also seeking photos of food and animal projects. Exhibits and photos will be in protective glass cases during the Super Fair. Number of exhibits and photos on display may be limited due to space, depending on submissions.

Please attach to each exhibit your name, phone number, project name, title of exhibit (if any), decade entered in fair, and which county fair or state fair.

Static exhibits and photos can be dropped off before July 30 at the extension office (444 Cherry creek Road) or during 4-H static exhibit check-in on Tuesday, July 31, 4–8 p.m. at the Lancaster Event Center (84th & Havelock), Lincoln Room.

Exhibits and photos can be picked up after Aug. 13 at the extension office (444 Cherry creek Road) or during 4-H static exhibit release on Monday, Aug. 6, 7–11 a.m. at the Lancaster Event Center, Lincoln Room. For more information, contact Lorene Bartos at 402-441-7180.

Tips for a Fun and Educational Day at the Fair

Toward the end of the summer, parents, grandparents, and child care professionals appreciate no or low cost opportunities for fun and learning.

The Lancaster County Super Fair, Aug. 2–11 at the Lancaster Event Center in Lincoln, will offer many free activities — see the special section in this issue for the schedule and map. The Nebraska State Fair will be Aug. 24–Sept. 3 at Fonner Park in Grand Island. For more information, go to http://statefair.org.

Here are a few tips to make your time with children enjoyable and educational at the fair:

General Safety

• Wear closed toed shoes (no flip flops). It makes the environment safer for you and your children.
• Bring strollers and/or wagons to be a way to keep infants and toddlers in constant sight.
• Before arriving, apply sun block and insect repellent.
• Drink lots of water.
• Identify a meeting spot in case you get separated.

Attending Fairs: Precautions Visitors Should Take with Animals

• Animals have the right of way.
• Do not approach animals from behind.
• Fast movements and loud noises may scare the animals.
• Do not feed the animals.
• Do not touch or pet animals, except at designated petting exhibits.
• Wash your hands with water and soap after any direct contact with animals.
• Supervise children younger than 5 years during hand washing and petting to make sure they don’t put their hands or other objects into their mouth or the animal’s mouth.
• Avoid eating animal exhibit areas.

Educational Experiences

• Before the fair, check out books and videos about animals and plants from your library.
• Review the fair schedule prior to the fair and plan your trip during events which are of interest to your children. For example, if you have a pet cat, watching part of the cat show will be fun and educational for your children.
• Create your own scavenger hunt or “can you find” game where children identify various animals and plants. Adapt it to the ages of the children. For example, younger children may identify the color of a cow and an older child may be able to identify different breeds.
• When exploring the garden produce, talk about which are fruits and which are vegetables. Talk about how you prepare the food.
• Identify five different flowers which are exhibited at the county fair. Explain the difference between annuals (planted each year and perennials (come up year after year).
• Provide a little bit of spending money and show them how to budget their food and entertainment dollars. Help them count change.

Creating Memories

• Take pictures along the way.
• Several short visits may work better than one extended visit.
Life Challenge continued from page 8

• Mary Dowd, Valerie Gabel, and Molly Noel received 4th place in the Overall Business and Marketing Concept, 5th place in the Creative Presentation, and 4th place in Product Development for the Entrepreneurship Challenge.

• Charles Dowd, Maddie Gabel, and Emma Lanik received 3rd place for Overall Business and Marketing Concepts, and 3rd place for Writing Plan, 2nd Entrepreneurship Challenge.

• Ceitra Austin, Emily Steibnach, Jaime Stephenson, and Shana Shakespeare received 4th place for the Clover Challenge Quiz Bowl.

Governor’s Ag Excellence Awards

The annual Nebraska 4-H Foundation Governor’s Agricultural Excellence Awards were held at UNL East Campus on June 25. Recognition is in the form of $500 to be used as described in the award application. The awards were presented to 25 4-H clubs, including two Lancaster County 4-H clubs:

• Pick-A-Pig — feed for pig project for urban youth.
• Star City Cornhuskers — headstone for unmarked Civil War veteran’s grave, Civil War commemorative events.

The Governor’s Ag Excellence Awards are sponsored by the Nebraska Investment Finance Authority (NIFA).

Recording Memories continued from page 5

• What extracurricular activities did you participate in? Do you have any old photographs, Yearbooks, or awards to show for these? How about team photos?

• Did you go to college or a technical school? If so, where and when? What did you study? What were the highlights of these years of education?
A special thank you to the nearly 70 instructors and assistants! More photos are online at [www.flickr.com/photos/unlextlanco/collections](http://www.flickr.com/photos/unlextlanco/collections).

“Camera Creativity,” a two-day workshop presented by 4-H volunteer Michael Pinho Sr., youth learned creative ways to use their camera. They created a mini studio complete with lights.

In “Destination: Moon,” youth explored mysteries of the moon, including its rotation and revolution.

Cat and dog toys and treats made by youth in the “Perfect Pet Treats” and “Clover Kids Day Camp” workshops at 4-H Clover College were donated to the Capital Humane Society. (Below L–R) Pat Williams, Capital Humane Society director of volunteers and community partners, and Karen Wedding, UNL extension staff.

In “Plant Babies,” youth learned about planting, propagating, and growing their own flowers.

Youth built an electric hand tester game in “Steady Hand Tester.”

Youth created a hula hoop rug from old T-shirts in “Hula Hoop Rugs.” Tracy Andersen, UNL extension staff (above) organizes Clover College.

Youth learned about Nebraska agriculture in “Fun with Agriculture” presented by Cole Meador, UNL extension staff (right). One of the activities was “farm in a glove” in which participants planted corn, hay, wheat, and oat seeds.

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The heart of 4-H are the volunteers who work in partnership with youth. Most volunteers are adults, but many youth also help at Clover College.