8-2012

The NEBLINE, August 2012

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9 Reasons to Shop at Farmers Markets

Farmers Markets are a partnership 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 which products sell, and which ones don’t.

4. Farmers Markets are Educational
Discover a new vegetable or fruit. Local farmers grow and know how to produce and added value products. You can ask questions about how the food is raised and anything you want to know about their products and how to prepare them.

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.

A great portion of our food dollar stays home supporting farms and businesses that make up our local communities and our regional economy. If each of the 796,793 households in Nebraska committed to spending just 10¢ per week on locally-grown foods, we would keep more than $414 million of our food dollars circulating here in Nebraska, helping both family farms and our local economy. And, we would have the added benefit of eating fresher, tastier, healthier food (Source: 2010 US Census Bureau).

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 very 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; savory 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.

Local farmers grow varieties that spark our taste buds such as Purple Dragon carrots, Green Zebra tomatoes, purple sprouting broccoli, and many other fruits, vegetables, and livestock bred for flavor, nutrients, and suitable to our Nebraska climate and soils. Biodiversity never tasted so good!

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.

Great Variety, Local Foods, Fresh Taste, Less Waste, and more possible economic gains are just four reasons to shop at farmers markets. And, we would have the added benefit of eating fresher, tastier, healthier food (Sources: 2010 US Census Bureau, Nebraska Farmer’s Market Report).

Find varieties of foods not available in the store, such as these many types of peppers.

A typical Sunday at Old Cheney Road Farmers Market

Farmers Markets in Lincoln

DOWNTOWN GARDEN MARKET
(Formerly known as Centennial Mall Farmers Market)
Wednesday, 12 – 4 p.m. (thru Aug. 29)
Pershing Center’s South Lawn
M Street between 16th & Centennial Mall
www.ourbesttoyou.nebraska.gov

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

HAYMARKET FARMERS MARKET
Saturdays 8 a.m.–noon (thru Oct. 13)
7th & P Streets
402-435-7496
http://lincolnhaymarket.org

OLD CHENEY ROAD FARMERS MARKET
Saturdays, 8 a.m. – 2 p.m. (thru Oct. 28)
55th & Old Cheney Road
402-399-9096
http://oldcheneyroadfarmersmarket.com

PIEDMONT FARMERS MARKET
Saturdays, 8 a.m.–noon (thru Sept.)
1265 S. Cotner Blvd.
402-407-2777

ST. PAUL UNITED CHURCH OF CHRIST FARMERS MARKET
Tuesdays, 4:30 – 7:30 p.m. (thru Oct. 9)
13th & F Streets
402-677-6320

UNIVERSITY PLACE COMMUNITY MARKET
Fridays, 10 a.m.–12 p.m. (thru Oct. 19)
402-444-8201

LINCOLN \& DOWNTOWN MARKETS
Saturdays 8 a.m.–noon (thru Oct. 13)
402-444-8201

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SCHEDULE & MAP

UNL Extension Master Gardeners (Bertine Loop pictured) answer questions at a farmers market.

Rolling Fire Catering, a new business and newcomer to farmers markets this year, sells pizza made with fresh, local ingredients. The pizzas are baked in an 850° oven they bring to the market.

Find varieties of foods not available in the store, such as these many types of peppers.
Landlord/Tenant Cash Lease Workshops Cover Market Trend, Oct. 7

A series of free workshops, “Landlord/Tenant Cash Lease,” will be held statewide by University of Nebraska–Lincoln Extension and professionally(Connections) by the Nebraska Soybean Board. Workshops will help landlords and tenants establish and maintain positive farm leasing relationship. Workshops are free, but pre-registration is required. A workshop will be held on Thursday, Aug. 23, 1:30 p.m. (registration at 1:15 p.m.) at the 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 Vyhnalek, UNL extension educator in Platte County. “Landlords are trying to look ahead and want a fair return for the land asset,” Vyhnalek 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 leasing.”

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

Vyhnalek 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 the workshop together. “Putting together the right lease isn’t about what is being discussed at the coffee shop, or what a university survey says about cash lease rates; it is about what fits both the landlord and tenant’s situation and the lease circumstance and situation,” he stated. “Attending this presentation will provide a set of ideas to work from as those specifics are discussed.”

Incorporate lime (when needed), top dressing, and refreshments provided. For more information about the workshops, contact the Lancaster Extension Educator, 402-491-5991, or ayvhynalek@unl.edu.

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 last about 4 to 7 years—5 years for alfalfa leases. This reflects the high level of communication between landowners and tenants to ensure that both the landowners and the tenant have agreement on their tenancy. Exceptions to this can happen when being a careful steward of the land. Usually changes occur because of producer downsizing or expanding. Only in a few cases does a landlord terminate a lease because of poor manage- ment practices. Under Nebraska law, oral leases are not considered property leases until 6 months before the lease expiration. If the landlord has not terminated the lease, the tenant generally has no right to terminate the lease. However, the lease date (the date from which the six month notice is calculated) is different.

Oral year-to-year lease termination. For year-to-year leases, the Nebraska Supreme Court in 1970 stated: “A lease begins on March 1. Notice to a tenant to vacate under an oral year-to-year lease (legally referred to as a “notice to quit”) must be given six months in advance of the end of the lease, or no later than August 31.

Holdover lease termination. On holdover leases, the tenant lease date is established by when the lease began in the original written lease rather than auto- matically being March 1. If the original written lease began Jan. 1, the notice to quit from the landlord to the holdover tenant would be required if given six months in advance of the end of the lease, or no later than June 1.

To make a lease termination process go smoothly, follow these tips:

• 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 termina- tion. This notice should be a registered letter written by an attorney. Be sure the notice arrives by Aug. 31 and have proof that it was sent.

• 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 or a verbal agreement can be used. A verbal agreement can be terminated by handshake or a phone call or even a rental agreement reach termi- nation due to poor manage- ment 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 his or her side of the case. The reason for the termination.

Source: Dr. David Aiken, UNL, Water Law Specialist

Nitrogen fertilizer is gener- ally not beneficial when applied to alfalfa. However, 10–15 pounds of nitrogen/acre applied at planting time often improves establishment on sandy soils. Productive alfalfa will use up to 150 pounds of nitrogen per acre per year. Where the alfalfa is inoculated and the soil is capable, nitrogen will be captured by the roots and fix the nitrogen required by the crop. Be sure to inoculate the alfalfa seed or buy pre-inoculated seed, especially alfalfa if it has not been grown on the field in the past three years. By using pre-inoculated, don’t leave the bags in the back of the pickup for long periods. The sun will heat them as this can kill some of the bacterial spores and make the inoculant ineffective.

Soybeans have several elements, such as zinc, copper, iron, and magnesium. However, many sandy soils supply adequate amounts of these minerals. No yield increase has ever occurred from adding these minor elements in Nebraska research studies.

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 the proper seeding tech- niques when establishing alfalfa stands. Poor seeding manage- ment 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 exceed- ent alfalfa yields when properly fertilized and irrigated. Avoid poorly drained soils or those with high water tables because alfalfa will not survive under poorly drained conditions. Alfalfa is also poorly suited for saline or shallow soils.

Soil testing should be conducted either in spring or fall in eastern Nebraska. Whether it is best to plant alfalfa in the spring or fall depends on two factors, predominant weed species and soil moisture. If the predomi- nant 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, 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 persicgrass or downy brome, planting in the fall — provided the soil profile has adequate moisture for germination. This allows the alfalfa to get established with less weed competition and since it greens up in early spring, 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.

When seeding alfalfa, you need to remember your local conditions, such as past frost dates, how field smooth enough to drive

Seeding alfalfa

Seeding Alfalfa

Alfalfa should be seeded in the fall in Sept. 10 in Lancaster County. If planting cannot be completed by that time, it is best to wait for Mother Nature to finish her work. 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 and enough loose soil to cover seed after planting.

Don’t use the Anderson, exten- sion forage specialist, says if you can’t bounce a basketball on the seedbed prior to planting alfalfa, the seedbed is too loose. Don’t have a basketball? Walk across the seedbed with hard soles on. If you are not able to make imprints in more than 1/2-inch, it is too loose. A good rain after tillage or seedbed firming is important to get some moisture in the soil.

When seeding alfalfa, you need to remember your local conditions, such as past frost dates, how field smooth enough to drive

over with tractors, swathers, or pickups is prior to seeding. Complete tillage (disking) to smooth the surface following row crops is alright if the soil is firm enough to stand a basketball (can’t bounce a basketball on the seedbed). Alfalfa also uses many other mineral elements, such as zinc, copper, iron, and magnesium. However, many sandy soils supply adequate amounts of these minerals. No yield increase has ever occurred from adding these minor elements in Nebraska research studies. Nitrogen fertilizer is gener- ally not beneficial when applied to alfalfa. However, 10–15 pounds of nitrogen/acre applied at planting time often improves establishment on sandy soils. Productive alfalfa will use up to 150 pounds of nitrogen per acre per year. Where the alfalfa is inoculated and the soil is capable, nitrogen will be captured by the roots and fix the nitrogen required by the crop. Be sure to inoculate the alfalfa seed or buy pre-inoculated seed, especially alfalfa if it has not been grown on the field in the past three years. By using pre-inoculated, don’t leave the bags in the back of the pickup for long periods. The sun will heat them as this can kill some of the bacterial spores and make the inoculant ineffective.

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Source: Dr. David Aiken, UNL, Water Law Specialist
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 hedges 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 willow-like 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.

**Burcucumber** (*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 burcucumber produce separate male and female flowers. In burcucumber, 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 burcucumber, 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 burcucumber 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.

Simazine (Princep 4L) is labeled for preemergent control in shelterbelts to kill weed seeds as they germinate. Do not apply more than 4 qt. Princep 4L per acre (4 lb a.i./A) per calendar year. Do not apply more than twice per calendar year.

**Post Emergent** — 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 Dicham, 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.

**Fall Webworm**

Sarah Browning
UNL Extension Educator

Late summer and fall is the season of fall webworm. Fall webworm attacks 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 when they crease their silken webs in late summer. Adults of this native insect are white moths, with reddish-orange front legs and a 1.25 inch wingspan. Immature insects are pale yellowish caterpillars with red heads and reddish-brown spots. An alternate color variation among the larvae is yellow-green caterpillars with black heads a broad dark stripe on the back and black spots. The caterpillars have many hairs on their backs.

There are one or two generations per year in Nebraska. Adult moths 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 insecticides 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.
Fruits Have Many Health Benefits

- 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.
- Fruitactually continues to ripen after it is picked. These fruits can continue to ripen a few days. Some examples of these are apricots, bananas, cantaloupe, kiwi, peaches, and plums. To speed ripening, put the fruit in a loosely closed brown paper bag at room temperature.

NEP Nutrition Education Program

Kristen Houska
UNL Extension Assistant
Erika Harras
UNL Dietetic Intern

Summer is the perfect time for healthy eating. Many fruits are at their peak for freshness and flavor. They can be 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 lower cholesterol. Fruit may also help reduce your risk for heart disease, diabetes, and high blood pressure.

Tips:
- Fruits are less expensive and typically taste better when they are in season.

FRUIT DIP (1 ounce)
1 teaspoon honey
1 teaspoon 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.

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

Ingrid Kirst
Community CROPS Executive Director

Community CROPS (Combining Resources, Opportunities and People 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.

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.
- 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.
BFBLN celebrates regional foods — heirloom vegetables, farmraised chickens, heritage breeds, free-range beef, pasture-raised chicken, crisp apples, etc. The abundance and diversity of foods available to you locally is truly inspirational!
For more information about Buy Fresh Buy Local® Nebraska, go to www.buyfreshnebraska.org or call 402-471-5273.

The Buy Fresh Buy Local® Nebraska sign is one way to identify locally-grown foods.

The Buy Fresh Buy Local® Nebraska sign is one way to identify locally-grown foods.

Community CROPS Helps People Grow Healthy Food

In addition, Community CROPS has the Young Urban Farmers Program, which works with students at Mickle Middle School year-round to grow, harvest, and cook with fresh vegetables. Currerently, 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 402-474-9802.

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

Alice Henneman, MS, RD, UNL Extension Educator

Here’s a recipe which can be made with local foods. For additional recipes featuring local foods and information on local foods, go to http://food.unl.edu/localfoods.

According to Wikipedia, tabbouleh 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 taste and mint, often including onion and garlic, seasoned with olive oil, lemon juice, and salt.” What I enjoy about tabbouleh is its refreshing taste and:

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- For a guide on how to select ripe fruit go to http://go.unl.edu/hgfp.

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Healthy Eating

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RD, UNL Extension Educator

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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.

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 Lorene 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 salad 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.

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.

Jennifer Borer (right) of Lincoln received this year’s FCE scholarship. She is working on her Bachelor of Science in Nursing at the BryanLGH College of Health Sciences. This scholarship will help her achieve her dreams of being a geriatric nurse. Margaret Blaaker (left) is chair of this year’s FCE Education and Scholarship committee.

Don Gill presented “Good Ol’ Days of Radio”

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

Lorene Bartos, UNL Extension Educator

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 luminous 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 immedi-ately 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:** Use a paper towel, apply a stainless steel cleaner. Read the directions on the label and treat 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.

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 as 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.

Familys will appreciate the commentary and memories you’ve 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 are 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.

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 there family rituals related to caring for the family graves?
- What is 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? Where did they immigrate into this country? How did they arrive? How old were they?
- Is 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
Many bees and wasps have yellow and black stripes. This warning coloration is to be considered a threat: it is a dangerous wasp and it can sting. But less aggressive wasps and even harmless insects also have these warning stripes.

Bees and wasps are actually beneficial insects. Most bees are pollinators; wasps are predators or parasites of other insects and spiders and help keep other insect populations in check.

The most aggressive wasp and bees — and the ones most likely to sting — are those which build large nests and vigorously defend their colony when threatened. However, many bees and wasps do not build large nests, but live a solitary lifestyle. Solitary bees and wasps might look scary, but they are not aggressive and rarely sting. It can be important to know the difference between these insects — it makes no sense to control beneficial insects which do not pose a threat.

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 crabby hunter 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 lay eggs on 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. The wasp larva is completely developed before it emerges from the soil.

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

Warning Stripes: Wasp Alert!

**Eastern yellowjacket nest entrance (above)**

Yellowjackets. Yellowjackets belong the family Vespidae and are among the most aggressive of bees and wasps. They are often confused with bees, because they are similar in size to a honey bee. They are stout-bodied and do not have the typical, slender “waist” common to wasps. Yellowjackets, unlike honey bees, are not covered with dense hair and can and will sting repeatedly. A honey bee has a strongly barbed stinger which often remains in a person’s skin after stinging. 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 man-made structures like attics, wall voids, in sheds, or under porches. They build nests from very fine fiber chewed into a paper-like pulp. Wasp colonies begin in the springtime with a single overwintered queen. She builds a small nest and begins to lay eggs. She takes care of the larvae herself, until they pupate and become adult workers. The workers then take care of the colony for feeding, brood, and increasing the size of the nest. Over the course of the spring and summer, the colony grows from a single queen to four or five thousand individuals.

In the late winter, the colony is fed protein in the form of insects and spiders, but in the late summer, yellowjacket workers often feed on nectar, fruit juices, or sweet liquids. They may also have a nuisance at picnics or outdoor events, hovering around cans of soda or even crawling inside them. In the late summer, the colony produces new queens and males which mate. After mating, the males die, but the mated queens seek sheltered locations to overwinter. The rest of the original colony, including the old queen, dies out in the fall. A new queen cannot reuse an old nest; each queen builds her colony from scratch in the springtime.

Wasp Control

Wasp colonies are often thrown around bird baths. The bees are collecting water to cool their hives.

How Do Honey Bees Survive the Cold?

Unlike other bees and wasps, honey bee 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 winter, when brood is 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 to 100°F, the worker bees will stop their normal activities and begin foraging for water, bringing it back to the colony. Watering the hive, they may be a nuisance around bird baths and swimming pools. (But during the day, 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, bees huddle together in the bottom box of their hive. Bees don’t waste energy heating the hive to 95°F; they feed on their stored honey and generate body heat. When wasps nest in high traffic areas, it makes sense to control them.

Sources: Stephen M. VanTassel, UNL Project for Insect and Wildlife Damage Management.

**Eastern yellowjacket (above) and German yellowjacket (below) (both approximate size)**
# Lancaster Event Center

**Lancaster County Super Fun!**
84th & Havelock, Lincoln • 402-441-6545

August 4–13, 2011

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**Single day, per person**

Gate admission $2

Pick up gate admission tickets **FREE** at these locations

**FREE**

Over 35 locations in Lincoln and Lancaster County

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**Lancaster Event Center**

**FREE**

Pick up gate admission tickets **FREE** at these locations

Over 35 locations in Lincoln and Lancaster County

**FREE**

Shuttle service between parking lots and main buildings

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**Nebraska Lottery Entertainment Tent and Beer Garden**

Here are the highlights. Go to www.superfair.org for a complete entertainment schedule.

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**Daily Attractions**

Heart of America Shows Midway Carnival

A variety of rides, games, and food booths for all age groups!

Special offer: you can ride the midway from 5-11pm, weekends 1pm-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.

Daryl’s Racing Pigs

Get on your favorite racing pigs! 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

FREE!

Bingo

(Lincoln Dominators Baseball Club)

Lincoln Area Railway Historical Society Display

Larsen Tractor Test and Power Museum Antique Tractor Display

Antique Tractors and Ag Equipment on Display

FREE!

**Other Attractions**

**Aug. 2** — Celebrity Swine Show: 3pm

Figure 8 Races (sponsored by Muhlbach Enterprises): 7pm

**Aug. 3** — Watermelon Feed: 4:30pm

Demolition Derby (sponsored by Muhlbach Enterprises): 7pm • New this year, truck!

**Aug. 4** — Bush Tractor Pulls (sponsored by The Eagle 92.9): 7pm

**Aug. 5** — Celebrity Cake Decorating Contest (sponsored by Rich Products and Hockenberg Newburgh): 10am

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

Super Fair Antique Car Show: 12pm–4pm

Big Wheel Race: 1pm

Kids Pedal Tractor Pull Contest: 3pm

Hay Hauling Contest: 7pm

**Aug. 6** — Kids Ranch Rodeo (sponsored by KX 96.9): 8:30pm • open to all youth; no preregistration needed

Mutton Bustin’ (sponsored by KX 96.9): 6pm • for youth, preregistration required at www.kxko.com — limited number of entries

**Aug. 7** — Skid Loader Rodeo (sponsored by NCS Equipment Rental and Muhlbach Enterprises): 1–4pm

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

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**Schedule & Map**

For detailed information about the Super Fair, go to www.superfair.org
**TUESDAY, AUGUST 7**

**Older Nebraskans Day**

- Open Class Livestock Exhibits: 10am - 10pm
  - Pavilions 1, 2, 3, 4
- Super Fair Information/Souvenir Booths: 10am - 10pm
  - Nebraska Lottery Entertainment Tent & Beer Garden
- Ag Adventure Land: 10am - 10pm
  - Multipurpose Arena
- Nebraska Beekeepers Association Display: 10am - 10pm
  - Pavilions 1, 2, 3, 4
- Commercial Vendors: 10am - 10pm
  - Lincoln Area Railway Historical Society Depot & Caboose: Times posted West Parking Lot

**SCHEDULED EVENTS**

- Pavilions 1, 2, 3, 4
- Lincoln Area Railway Historical Society Depot & Caboose: Times posted West Parking Lot
- Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden

**WEDNESDAY, AUGUST 8**

**Safety Awareness Day**

- Open Class Livestock & Horse Exhibits: 10am - 10pm
  - Pavilions 1, 2, 3, 4
- Open Class Static Exhibits: 10am - 10pm
  - Multipurpose Arena
- Super Fair Information/Souvenir Booths: 10am - 10pm
  - Nebraska Lottery Entertainment Tent & Beer Garden
- Ag Adventure Land: 10am - 10pm
  - Pavilion 1 - West Arena
- Nebraska Beekeepers Association Display: 10am - 10pm
  - Pavilions 1, 2, 3, 4
- Commercial Vendors: 10am - 10pm
  - Lincoln Area Railway Historical Society Depot & Caboose: Times posted West Parking Lot
- Larsen Tractor Tent and Power Museum Antique Tractor Display: 10am - 10pm
  - Nebraska Lottery Entertainment Tent & Beer Garden

**SCHEDULED EVENTS**

- Pavilions 1, 2, 3, 4
- Lincoln Area Railway Historical Society Depot & Caboose: Times posted West Parking Lot
- Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden

**THURSDAY, AUGUST 9**

**Celebrate Ag Day**

**SCHEDULED EVENTS**

- Pavilions 1, 2, 3, 4
- Lincoln Area Railway Historical Society Depot & Caboose: Times posted West Parking Lot
- Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden

**FRIDAY, AUGUST 10**

**SCHEDULED EVENTS**

- Pavilions 1, 2, 3, 4
- Nebraska Lottery Entertainment Tent & Beer Garden: Times posted West Parking Lot
- Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden

**SATURDAY, AUGUST 11**

**SCHEDULED EVENTS**

- Pavilions 1, 2, 3, 4
- Nebraska Lottery Entertainment Tent & Beer Garden: Times posted West Parking Lot
- Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden

**SUNDAY, AUGUST 12**

**SCHEDULED EVENTS**

- Pavilions 1, 2, 3, 4
- Nebraska Lottery Entertainment Tent & Beer Garden: Times posted West Parking Lot
- Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden

**MONDAY, AUGUST 6**

**Celebrate Ag Day**

**SCHEDULED EVENTS**

- Pavilions 1, 2, 3, 4
- Lincoln Area Railway Historical Society Depot & Caboose: Times posted West Parking Lot
- Tent & Beer Garden
- Nebraska Lottery Entertainment Tent & Beer Garden
**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

By planning and planting a fall vegetable garden it is possible to have fresh vegetables up to and even past the first frosts. Many varieties of vegetables can be planted in mid to late summer for fall harvests.

Succession plantings of warm season crops, such as corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale, and collards grow well during the cool fall days and withstand light frosts.

Timely planting is the key to a successful fall garden. To determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the first hard freeze. For Lancaster county, it is approximately Oct. 10.

You also must know the number of days to maturity for the variety of vegetable you plan to grow. Count the days back from the frost date to figure your planting date.

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**COMMON NAME** | **SCIENTIFIC NAME** | **PLANT TYPE** | **FLOWER COLOR** | **BLOOM TIME** | **HEIGHT** | **LOCATION**
--- | --- | --- | --- | --- | --- | ---
Barberry, Japanese | Berberis thunbergii | Shrub | Yellow | May | 4–6 ft. | Sun
Beebalm | Monarda fistulosa | Perennial | Lavender | June–Aug. | 24 in. | Sun to part shade
Black-Eyed Susan | Rudsbeckia fulgida | Biennial or short lived perennial | Yellow, brown center | July–Aug. | 24 in. | Sun
Blanket Flower | Gaillardia aristata | Perennial | Red with yellow | June–Aug. | 18 in. | Sun
Boltonia | Boltonia asteroides | Perennial | White | Aug.–Oct. | 48 in. | Sun to part shade
Butterfly Milkweed | Asclepias tuberosa | Perennial | Orange | July | 24 in. | Sun
Coneflower, Purple | Echinacea purpurea | Perennial | Purple | July–Aug. | 36 in. | Sun
Coreopsis | Coreopsis lanceolata | Perennial | Yellow | June–Aug. | 24 in. | Sun
Cotonaster, Spreading | Cotonaster divaricatus | Shrub | Rose | May | 5–6 ft. | Sun to part shade
Dogwood, Red | Cornus sericea | Shrub | White | May | 8–10 ft. | Sun to part shade
Gayfeather, Rough | Liatris aspera | Perennial | Deep purple | Aug.–Sep. | 36 in. | Sun
Gayfeather | Liatris spicata | Perennial | Purple | Aug.–Sep. | 18–24 in. | Sun
Honeylocust | Gleditsia triacanthos | Tree | Greenish yellow | May | 40–50 ft. | Sun
Lilac, Common | Syringa vulgaris | Shrub | White, Pink, Purple | May | 8–15 ft. | Sun
Potentilla | Potentilla fruticosa | Shrub | Yellow | June–Oct. | 2–4 ft. | Sun
Sedum, Tall | Sedum telephium | Perennial | Rose to salmon | Aug.–Oct. | 18 in. | Sun
Spirea, Bridal Wreath | Spiraea prunifolia | Shrub | White | May | 6–10 ft. | Sun
Spruce, Colorado Blue | Picea pungens | Tree | | 40–60 ft. | Sun
Sumac, Staghorn | Rhus typhina | Shrub | Greenish yellow | July–Aug. | 15–20 ft. | Sun
Wormwood | Artemisia absinthium | Perennial | Gray | July–Aug. | 24–36 in. | Sun
Yucca | Yucca filamentosa | Perennial | Creamy white | June–Aug. | 36 in. | Sun

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**Garden Guide**

**THINGS TO DO THIS MONTH**

By Mary Jane Frogge, UNL Extension Associate

Hand pick bagworms from your evergreen and deciduous trees.

Check on water needs of hanging baskets daily in the summer. Wind and sun dry them much more quickly than other containers.

Every weed that produces seed means more trouble next year. Control weeds before they go to seed.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Mound soil over the lateral or brace roots of corn stalks for extra support against strong winds.

Pick summer squash and zucchini every day or two to keep the plants producing.

Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also insures that the foliage dries before night. Wet foliage at night increases susceptibility to fungal diseases.

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

To reduce the number of pests on your fruit tree for the coming year, pick and destroy all fallen fruit.

Bacillus thuringiensis (Bt) is used by many gardeners to protect cole crops from chewing caterpillars.

White flies are attracted to yellow, so use yellow sticky traps to reduce their populations.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.
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 Wanser was awarded Reserve Champion rosette.

The county junior Life Challenge contest was held June 2. Helen Dowd was awarded the Champion rosette and Mary Dowd and Emily Steinbach were awarded Reserve Champion rosettes.

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4-H & Youth

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

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 8:00 a.m. and 8:40 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 judges look 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.

Clover Kids Show & Tell, Aug. 5
All Clover Kids, youth age 5-7 by Jan. 1, 2012, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 5, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between July 5 and July 27, or sign up at the static exhibit area Tuesday, July 31, 4-8 p.m.

Entomology Contest
A 4-H Entomology Contest will be held during the Nebraska State Fair on Saturday, Aug. 25, at 9:30 a.m. All 4-H’ers 10-18 may participate. Contest rules, guidelines, and resources are online at http://4h.unl.edu/insect. Sign up by July 27 by calling 402-441-7180.

Livestock Information

Livestock Reminders
• Market beef and breeding heifers are now checking in separately. Market beef are 10 a.m., breeding beef are 11 a.m. on Thursday, Aug. 2.
• All registered breeding heifers must have current registration papers and tattoos presented at check-in. If registration papers are not shown at check-in, heifer will be shown as a commercial breeding heifer.
• New! Club or chapter group class for the swine show.
• No swine will be allowed in the wash racks for one hour after paint branding, the paint needs time to dry. All hogs must be washed and dry at time of reaching the check in area.

New Fair Board Rule — No Evaporative Coolers
Absolutely no evaporative coolers (also known as swamp coolers, desert coolers, wet air coolers — or any other cooling device which cools air through the evaporation of water) will be allowed. This is a new Fair Board rule because these coolers take up too much space, water, and electricity than needed.

Livestock Judging Contest, Aug. 5
New this year, a 4-JUFFA 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. Contestants must 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.

Ak-Sar-Ben 4-H Show Entries Due
Aug. 5
The Ak-Sar-Ben 4-H Horse Show will be held Sept. 27–30 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit, and dairy steer. Show entry forms and tentative schedule, rules, entry fees, and entry forms can be picked up at the office.

Milk Show
Only 4-H’ers 10-18 years of age may enter showmanship competition. All 4-H’ers must be a member of 4-H and belong to an active club. Deadline for entry forms must be July 25. Entry fees are $10 per class. Entries will be limited to 12 in each class. Contest will be held Saturday, Aug. 4, at 1 p.m. in Pavilion 1–East Arena.

4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and at http://lancaster.unl.edu/4h/fair.
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 Nebraska News 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 www.nebraskafairs.org.

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

**General Safety**

• Wear closed toe shoes (no flip flops). It makes the environment safer for you and your children.

• Bring strollers and/or wagons as 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. They can kick.

• 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 in animal exhibit areas.

Adapted from NebGuide “Attending Fairs: Safeguarding Your Health and Nebraska’s Livestock Industry,” Rosie Nold, and David R. Smith.

**Educational Experiences**

• Before the fair, check out books and videos about animals and plants from your local 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 to give children an opportunity to experience family-friendly entertainment — from tractor pulls, pet-baking contests, concerts, and musical performances.

If it’s your first visit to a fair, or whether you are a regular participant, I encourage you and your family to visit one of Nebraska’s county fairs this year. A complete listing is available online from the Nebraska Association of Fair Managers at www.nebraskafairs.org.

The more than one million people who attend Nebraska’s fairs and festivals each year can attest to the quality of life Nebraska has to offer. Our county fairs and festivals are an opportunity to experience the traditions and culture that make Nebraska a great place to live, work, and raise a family.
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. They participated in the Entrepreneurship Challenge. 
• Charles Dowd, Maddie Gabel, and Emma Lanik received 1st place in Overall Business and Marketing Concepts, and 3rd place for Writing/Plan Preparation. They participated in the Entrepreneurship Challenge. 
• Celeste Austin, Emily Steinbach, Jaime Stephenson, and Sabrina Shemanski 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 event.

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 photos, uniforms, or awards to show for these? How about team photos? Did you go to college or technical school? If so, where and when? What did you study? What were the highlights of these years?

Religion/Spirituality

• Do you have a special story to tell about your journey of faith? What aspects of your religion/spirituality are most important to you and why?

Neighborhood and Friends

• Who lived next door, down the road, or on your block? Who did you know well and spend time with? Go visit them, and record reminiscing about the special things you used to do together. Bring out the photos, if possible. 
• Take a drive through the neighborhood, videotaping the countryside and places that had special meaning as you were growing up. These might include the local grocery store where you bought “peony candy,” the softball diamond, places you used to go for walks, and where you went to church.
• Who were your friends throughout the years, and what qualities do you think make lifetime friends?

Marriage

• How did you meet your spouse? How long did you court/date before you got married? Where and how did the proposal happen? 
• Where were you married? Tour the church/courthouse/chapel, if possible. Describe the ceremony and your wedding day. Who were your attendants? What colors were used? What Scripture or music did you select? 
• Talk about your marriage if you feel comfortable. What makes your partner special? What traits do you admire most? Any interesting or funny stories to share?

Work

• Tell about the jobs you’ve had over the years. What were some of the greatest challenges in your work? What were you paid on your first job? 
• Describe the volunteer work you’ve done over the years. These may have been in church, at school, or as an elected official. What are the fondest memories of your volunteer work? What are the benefits of volunteering? 

Extras

• The sky’s the limit! Talk about hobbies, dreams, and regrets. Tell your favorite jokes. Visit about your favorite hobbies; show the finished products.

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 683—, 684—, 685—, 68003, 68017 and 68065.

Name ____________________________
Address ____________________________
City ____________________________ Zip __________
Phone ____________________________

Mail to: UNL Extension in Lancaster County 444 Cherryreek Road, Suite A Lincoln, NE 68528
Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by University of Nebraska–Lincoln Extension in Lancaster County. Emphasis is on developing life skills through learning-by-doing. This year’s Clover College, held June 12–15 featured 52 workshops and 882 total class registrations! A special thank you to the nearly 70 instructors and assistants! More photos are online at www.flickr.com/photos/unlextlanco/collections.

In “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.

Cat and dog toys and treats made by youth in the “Perfect Pet Treats” (above) 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.

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

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

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.

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

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

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

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.

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.

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

The “Clover Kids Four-Day Camp” for ages 6–7 included numerous activities, including insect collecting.

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