Attracting Pollinators to Your Landscape

By Mary Jane Frogge and Soni Cochran
UNL Extension Associates

Plants need pollinators to develop seeds. Important pollinators include bees, butterflies, moths, beetles, birds, and animals like bats. Pollinators transfer pollen from one flower to another, fertilizing the plant so it can grow and produce food. Without pollinators, many of our agricultural, food crops, and native plants wouldn’t survive.

You can help. It doesn’t matter where you live, you can help increase the number of pollinators in your area with a few simple additions to your landscape. By selecting the right plants and creating the right habitat, you can attract and protect pollinators.

Food

Flowers provide pollen and nectar to pollinators. Fermenting fallen fruit also provide food for bees, butterflies, and butterflies. Plant flowers in groups or mass plantings to increase pollination efficiency. Plant with bloom season in mind. Provide food from early spring to late fall. Many herbs and annuals, although not native, are very good for pollinators. Mint, dill, oregano, chives, and parsley are a few herbs you can plant.

Zinnia, cosmos, and sunflowers are excellent annual flowers that attract bees and butterflies. Even weeds like common milkweed can be a source of food for pollinators.

Shelter

Pollinators need protection from severe weather and from predators as well as sites for nesting and roosting. Group plantings so pollinators can safely move safely through the landscape and provide plants suitable for the larval stage of pollinators like butterflies. If you are unable to leave dead leaf litter for shelter in your yard, consider building bee boxes or insect hotels in your yard to attract pollinators. Leave some areas of soil uncovered to provide easy access for ground nesting insects.

Water

A clean, reliable source of water is essential to pollinators. Water features such as bird baths and small ponds provide drinking and bathing opportunities for pollinators. Water sources should be shallow or have sloping sides so pollinators can easily approach the water without drowning.

No Pesticides

To protect pollinators, pesticide use must be avoided. This can be difficult for gardeners who have well manicured landscapes. Here are some tips to help you ease into a pesticide free environment.

Build a Bee Box

You can purchase nest boxes for solitary native bees online or how fun can building your own? It’s easy and inexpensive. You may have all the supplies you need at home to attract important pollinators. 1. You’ll need 4”x 6” or 6”x 6” dried fir or pine. You can also use weathered fence posts. Do not use cedar or any wood with preservatives. Cut your wood into 8”-12” long blocks.

2. On one side of the block, begin drilling holes using a variety of hole diameters from 1/4”-3/8”. Drill the holes 3”-5” deep, and at least 3/4” apart from the hole center. Do not drill completely through the wood from one side to the other. When you drill, try to make the hole as smooth as possible on the inside. 3. Drill at least 3 or 4 dozen burrows, or as many as your block will accommodate. If your wood is light-colored, you can use a propane torch to lightly burn and blacken the side of the wood where the burrows are located. This may help attract more female bees to the block. 5. Mount the nesting block at least 3 feet above the ground, and within 100 yards of the blossoms you want pollinated. The bees like to be close to their food source. A good site is under the eave of a garage or shed, low enough to catch the morning sun but still protected from the elements. A south/southeastern exposure is good. You can also attach your bee box to a fence post. Add a small roof to the top of your block to help keep the burrows dry. If woodpeckers attack your bee box, use chicken wire over the block. The bees will be able to go through the wire, but the birds will be kept out.

Did you know? Shorter burrows produce mostly male bees. Deeper burrows will produce more female bees.

Sources: U.S. Fish & Wildlife Service, U.S. Forest Service

Plants Which Attract Pollinators

<table>
<thead>
<tr>
<th>COMMON NAME</th>
<th>SCIENTIFIC NAME</th>
<th>PLANT TYPE</th>
<th>FLOWER COLOR</th>
<th>BLOOM TIME</th>
<th>HEIGHT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milkweed</td>
<td>Asclepias tuberosa</td>
<td>Perennial</td>
<td>Yellow</td>
<td>April-May</td>
<td>20-75 ft.</td>
<td>Sun</td>
</tr>
<tr>
<td>Black Cherry</td>
<td>Prunus serotina</td>
<td>Tree</td>
<td>White</td>
<td>May-June</td>
<td>60-90 ft.</td>
<td>Sun</td>
</tr>
<tr>
<td>Redbud, Eastern</td>
<td>Cercis canadensis</td>
<td>Tree</td>
<td>Pink, lavender</td>
<td>May-June</td>
<td>30-60 ft.</td>
<td>Sun</td>
</tr>
<tr>
<td>Daisy</td>
<td>Chrysanthemum spp.</td>
<td>Perennial</td>
<td>White and yellow</td>
<td>May-July</td>
<td>18 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Coreopsis</td>
<td>Coreopsis spp.</td>
<td>Perennial</td>
<td>Yellow</td>
<td>May-September</td>
<td>24 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Aster</td>
<td>Aster spp.</td>
<td>Perennial</td>
<td>Lavender, pink, white</td>
<td>May-October</td>
<td>1-6 ft.</td>
<td>Sun</td>
</tr>
<tr>
<td>Butterfly Milkweed</td>
<td>Asclepias tuberosa</td>
<td>Perennial</td>
<td>Yellow</td>
<td>June-July</td>
<td>24 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Bachelor’s Button</td>
<td>Mecanopsis spp</td>
<td>Perennial</td>
<td>Lavender</td>
<td>June-August</td>
<td>24 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Blanket Flower</td>
<td>Geum</td>
<td>Perennial</td>
<td>Red with yellow</td>
<td>June-August</td>
<td>18 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Coneflower Purple</td>
<td>Echinacea purpurea</td>
<td>Perennial</td>
<td>Purple</td>
<td>June-August</td>
<td>36 in.</td>
<td>Sun</td>
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<tr>
<td>Blanket Flower</td>
<td>Geum</td>
<td>Perennial</td>
<td>Red with yellow</td>
<td>June-August</td>
<td>18 in.</td>
<td>Sun</td>
</tr>
<tr>
<td>Sunny Susie</td>
<td>Achillea arguta</td>
<td>Perennial</td>
<td>Lavender</td>
<td>June-August</td>
<td>36 in.</td>
<td>Sun</td>
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<td>Sunflower</td>
<td>Helianthus annuus</td>
<td>Annual</td>
<td>Yellow</td>
<td>June-August</td>
<td>18-36 in.</td>
<td>Sun</td>
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<tr>
<td>Goldenrod</td>
<td>Solidago spp</td>
<td>Perennial</td>
<td>Yellow</td>
<td>July-October</td>
<td>1-3 ft.</td>
<td>Sun</td>
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<tr>
<td>Sweet William</td>
<td>Dianthus spp.</td>
<td>Perennial</td>
<td>Purple</td>
<td>June-August</td>
<td>18-36 in.</td>
<td>Sun</td>
</tr>
</tbody>
</table>

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IN THIS ISSUE

Urban Agriculture . . . 2
Food & Fitness . . . . 4
Home & Family Living . . . 5
Horticulture . . . . . 6
Environmental Focus . . . 7
Community Focus . . . 10

http://go.unl.edu/eggcam

Build a Bee Box...
Sarah Browning
UNL Extension Educator

Are you thinking about planting a couple apple trees next spring, or do you wonder if you can harvest your own fruit in a couple years? Growing blemish-free, grocery store-like fruit is a lot of work, and a goal that most home orchardists never achieve, so why be fooled into thinking that growing fruits is easy. Fruits are one of the most difficult types of plants to grow well.

There are important considerations you should explore about home orchards before starting, beginning with the amount of work the orchard will require. Carefully consider how much time you are willing to devote to maintaining your plantings. Then if you decide to move forward, realize that serious planning, careful plant selection, and a lot of work will be needed to get your plants established and producing tasty fruit.

Site Selection

Effects of many pest problems can be reduced if several things are considered prior to buying and planting fruit trees. One of the most important factors is choosing the right species of a suitable site for growing fruits. Fruits require full sunlight, at least 6 hours of direct sun each day, and moist but well-drained soil, having a pH of 6.0–6.5.

Avoid low spots in the landscape, where cold air currents and frost occurs most frequently. North facing slopes, due to their greater exposure to winds and reduced sun exposure caused by the low sun angle in winter and spring, help to delay spring blossoming and minimize the effects of late spring frosts on flower buds. This makes north facing slopes a good option for frost sensitive fruits. South facing slopes have the opposite effect, and are a good planting site for late spring blossoming apples and pears.

East and west facing slopes have intermediate effects. During drought years, be sure new plantings are located near a water source. If drought conditions are severe, consider waiting to plant your orchard in future years after dry conditions have passed.

Sites and environmental conditions are not ideal for establishing and growing fruits, plants will be stressed resulting in greater susceptibility to pest and disease problems. Additionally, fruit quality will be poor when plants begin producing.

Plant Selection

Which is better-standard, semi-dwarf, or dwarf sized trees? In most cases, semi-dwarf or dwarf trees are easiest for the home orchardist to maintain and harvest. Dwarf trees range in height from 5–10 feet tall, semi-dwarf from 5–15 feet tall, and standard trees mature at about 20 feet tall. A new type of plant is the ultra-dwarf, which tops out at 3–4 feet tall. Most fruit trees are grafted, and the rootstock used will determine the tree’s ultimate height. The rootstock can alter effect height, productivity or susceptibility; tolerance to winter cold, drought, and wet soil; fruit sourness; fruit sweetness of fruit bearing; and vigor of the tree’s root system.

Semi-dwarf, dwarf, and ultra-dwarf trees may require staking for additional support, due to heavy fruit loads the tree may not be able to physically support.

Next, select fruits cultivars that are disease resistant. The term “cultivar” is a contraction of the words “cultivated variety,” and refers to any type of plant that was created through human manipulation. Almost all plants grown in home orchards are cultivars, not naturally occurring plant species. Make sure your plant selections are hardy in Lancaster County’s Zone 5.

For more information, see “Fruit Cultivars for Home Planting,” University of Missouri Extension, http://extension.missouri.edu/p/MG6005.

Caring for New Plantings

Regular maintenance of your fruit plantings is required to keep them growing vigorously and keep pests at bay. Here is a short list of the tasks required by the home orchard. Before planting, consider how much time you want to spend maintaining your home orchard.

• Maintain a grass and weed-free area around each plant. Plants should be mulched with 3 inches of wood chips after planting. Maintain this mulch ring throughout the plant’s life, to eliminate lawn mowers, and damage and minimize grass competition around the base of the trunk.

• Watch plantings when your orchard receives less than 1 inch of rain per week during the growing season. Apply water deeply, moistening the top 18–24 inches of the soil, approximately twice a month, but the amount of water plants need and the frequency of applications will vary based on weather conditions. Consider installing a drip irrigation system with each new planting to make watering easier.

Disease and Insect Control

Disease and insect pests are one of the main obstacles in growing home fruits. The extent of disease or insect injury varies greatly from year to year depending primarily on environmental conditions, and cultivar pest resistance. In some years it may be possible to grow acceptable fruit without the use of pesticides, but for a few well-timed insecticide and fungicide sprays are needed. Considering favoring disease development or insect occurrence varies for each particular disease or insect. However, in general, warm, rainy, or damp conditions are very conducive for disease development of tree fruit diseases.

Even under exactly the same site and environmental conditions, certain fruits are more likely to have problems than are others. Stone fruits (nectarine, peach, cherry, plum) generally require more care than pome fruits (apple and pear). Apple and pears are favored by pests from those requiring the most care, to those requiring the least, is nectarine, peach, cherry, plum, apple, and pear.

There are specific times of the year when each pest can most easily be controlled. Plan to apply fungicide and/or insecticide at the right time of year for each pest that is a problem in your planting.


Fruit Trees Size

STANDARD

SEMI-DWARF

SIX TALL

DWARF

This dwarf tree that has been staked for additional support.

Fruit trees need to be properly trained and annually pruned so that sunlight can penetrate the tree. Pruning should also be done to remove damaged and diseased wood and to stimulate new growth. In the general standards, two crop groups, insect and disease problems, and control as necessary. All mummified fruits in the tree following harvest will help to reduce disease pressure the following year.

Fertilize to maintain proper tree growth. The goal of fertilization is to produce adequate tree growth to support a quality fruit crop, not to produce excessive tree growth.

Commercial Pesticide Applicator Training

Commercial/noncommercial applicators are professionals who apply restricted-use or non-commercial license pesticides to the property of another person, either restricted or general use products, for compensation, on property that is not owned or rented by themselves or their employer. Anyone who applies pesticides to the property of another person, either restricted or non-commercial use license is good for three years.

Initial and Recertification

To become licensed as a new commercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category, then each chooses one or more additional categories for testing.

Once licensed in a category, professionals must maintain their commercial certification by attending a re-certification training session or by passing a written examination, with a few exceptions as explained below.

University of Nebraska-Lincoln Extension offers training to prepare those who are interested in becoming a pesticide applicator license for the first time, and recertification for those needing to keep their license active. The program cost for both initial and recertifying participants who register online is $60/person; for those registering by mail, fax, or phone at the door, the cost is $70/person.

In the 2013, the UNL Extension in Lancaster County will offer training and testing the following categories:

• General standards (00)
• Agricultural pest control – plants (01)
• Ornamental and turf pest control (04)
• Right-of-way pest control (07)
• Wood preservation (10)
• Structural/health related pest control (08)
• Wood destroying organisms (08w)
• Public health pest control (09)
• Wildlife pest control (11)
• Wildlife damage control (14)

Note: Due to time and space limitations, training will not be offered in all the categories on every day of training. Check the schedule listing when each category training will be offered.
Caution Urged When Using Anhydrous Ammonia

Tom Dorrn
UNL Extension Educator

Anhydrous ammonia is so familiar, it’s easy for agricultural producers to take it for granted, but anhydrous ammonia should always be handled with utmost caution. Anhydrous means “without water.” Anhydrous ammonia, NH₃, is a gas at normal atmospheric pressures but is pressurized to a liquid for more efficient transport. Anhydrous ammonia has a tremendous affinity for water and will draw water out of any substance it comes in contact with. When depressurized, the anhydrous flashes into a gas. When gaseous anhydrous is injected into the soil, it immediately combines with water that is present in the injection zone and becomes ammonium NH₄⁺, which, because of its electrical charge, is held on the negatively charged clay and organic matter particles in the soil. It is the tremendous affinity for water that makes anhydrous dangerous to handle. Just as anhydrous ammonia draws water out of the soil, it will also draw water out of human tissue. Skin and eyes exposed to anhydrous ammonia will appear to be burned due to the extreme drying effect resulting from anhydrous drawing the water out of the cells. While skin will heal, anhydrous in the eyes can quickly cause blindness. Fumes breathed into the lungs can burn the mucous membranes and result in suffocation. But, handled with caution, anhydrous ammonia is an effective and inexpensive plant nutrient which makes it the most popular nitrogen source used in agriculture. As expected, anhydrous safety involves careful handling of hoses and equipment to prevent unintentional escape into the air. Always work upward from machinery, hoses, valves, couplers, and applicator tubs. Don’t step in front of fittings or valves. Handlers must also prevent any accidental contact by wearing protective clothing and equipment. Wear insulated gloves that are made especially for protection against anhydrous ammonia. When connecting or disconnecting hoses or filling anhydrous tanks, protect eyes with non-vented goggles and wear a respirator equipped with filters made specifically for anhydrous ammonia fumes. Other safety tips:

- Never fill an anhydrous tank more than 85 percent full of liquid. This reserves room for expansion should the tank warm up after filling. Overfilling the tank can result in dangerous pressure build up, resulting in activation of the pressure relief valve and release of anhydrous to the atmosphere.
- Keep a lot of water available.
- All anhydrous tanks should have a five-gallon water reservoir in or on them. Fill or replace the water daily. Keep a squirt bottle in the tractor cab. By dosing in contact with anhydrous with water, the temperature of the anhydrous can greatly reduce the drying/burning effect. People who work with very large amounts of anhydrous ammonia, such as people who fill nurse tanks at a NDA rice field have large tubs of water (horse tanks) available so they can literally dive into the tank if exposed to anhydrous.
- Every field applicator and nurse tank should be equipped with an emergency breakaway valve. Keep hoses level when connecting and disconnecting so liquid anhydrous won’t collect in low spots. Any anhydrous left in the hoses could shoot out under pressure onto the person disconnecting the equipment.
- Other hints for safe use of anhydrous ammonia include:
  - Inspect all tanks before moving them.
  - Don’t travel faster than 20 miles per hour (mph) as anhydrous tank tires are only rated for 25 mph.
  - Always use a safety chain when you connect a tank and make sure all hitch pins have keys.
  - Don’t haul more than one tank at a time.
  - Don’t de-activate the excess flow valve and be sure it has been tested recently.
  - Use only metal snap couplers.
  - Handle hoses gently.
  - Don’t be caught without safety equipment in case of emergency. Always have a pair of safety goggles, gloves, clean flushing water and a cartridge respirator in the tractor cab.
  - Don’t be caught without household laundry bleach to mix bleach and nurse tank should be cleaned out all grain and grain dust from bins and harvest equipment. If follow molten glycerin, spray diesel exhaust off outside surfaces in the empty bin to kill mold spores. Use 1 gallon of 5.25 percent household laundry bleach to 10 gallons of water. Then rinse the bleach away. Chlorine fumes are dangerous. You will need a lot of ventilation while working in the bin. NDA has warned growers about using ammonia or vinegar!

Training

continued from previous page

Initial commercial certification training and testing sessions will be offered at the Lancaster Extension Education Center, 444 Cherrywood Road, on the following dates:

- Tuesday, Feb. 5
  (categories offered: 00-04-05-07-08-08w-11)
- Thursday, Feb. 28
  (categories offered: 00-04-05-07-08-08w-10)
- Thursday, April 11
  (categories offered: 00-04-05-07-08-08w-10)

The general standards session will begin at 8:30 a.m. and other categories at 1 p.m. or 3 p.m.

It is highly recommended you obtain and review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. The general standards for all commercial categories may be purchased online at http://extension.unl.edu/and click on “Classes & Study Materials”.

Commercial recertification training sessions will be offered at the Lancaster Extension Education Center, 444 Cherrywood Road, on the following dates:

- Thursday, Feb. 7
  (categories offered: 00-04-05-07-08-08w-11)
- Tuesday, Feb. 26
  (categories offered: 00-04-05-07-08-08w-11)
- Thursday, March 21
  (categories offered: 00-04-05-07-08-08w-11)

The general standards session will begin at 9 a.m. and other categories at 1 p.m. or 3 p.m.

NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the NDA for $90 for the license fee. The license will be issued. For more information about pesticide licensing, go to http://www.agr.ne.gov/pesticide.

Don’t Hold Corn With Mycotoxins Past February

Tom Dorrn
UNL Extension Educator

Reminder 1. If there was any evidence of mycotoxin producing molds in the grain in the fall, I would recommend not holding the corn for 30 days after harvest. I would then re-inspect the grain for a new crop year and only store the corn that is free of mycotoxin contamination. The fee, the license will be issued.

Reminder 2. When the bins are filled, they should be thoroughly cleaned out and grain dust

General Advice When Renting Out On-Farm Grain Storage

Tom Dorrn
UNL Extension Educator

I get several inquiries each year from people who own grain drying and storing bins and want to know what charge to rent. There is no standard price for renting grain facilities. The rental price is like setting the price of rent on a house. It depends on the location, the features, the local market supply, and demand. Bin rent on the farm would be loosely tied to storage charges at local commercial elevators. Commercial elevators charge a monthly storage fee per bushel of grain they are holding for the client. There is also a handling fee to cover the cost of handling and wear over their equipment and overhead.

On-farm grain storage operates under different rules than commercial elevators. A commercial elevator must have a warehousing permit so it can commingle grain from many owners in a bin or silo, whereas a bin owner cannot commingle grain from multiple owners in the same bin. For this reason, agreements for on-farm grain storage usually are based on the capacity of the bin, not the actual bushels placed in the bin. It is also assumed the tenant will tie up the bin from harvest to late summer (often Aug. 1). If the tenant moves the grain earlier, then no rebate is usually given since there is little chance of earning an extra charge, whereas the bin is operational year-round. The tenant would have to pay if they took their grain to the commercial elevator — plus one or more month’s storage charge they would have had to pay at the elevator. This can result in lower cost for the renter than commercial storage, depending on the length of time the grain is actually kept in storage. However, the grain owner, not the tenant, is responsible to manage their own grain drying and subsequent grain cleaning while in storage.

If the tenant will be running the aeration system to dry their grain or aeration their grain to control grain temperature, some system should be worked out so the tenant pays for the electricity used to run the aeration fans and augers. This is relatively easy if the bin (or bin site) is on its own separate meter from the remainder of the farmstead, but it is not so easy if there is not a separate meter on the bin(s).

If two or more renters rent separate bins metered by a single meter, an arrangement should be clearly understood by all parties as to how the electricity bill will be shared. This may require getting the electric supplier or electrician to measure the amperage drawn when various equipment is running.

Since the fans, augers, grain spreaders, etc., depreciate with use, an additional charge may be negotiated to cover wear and tear of the equipment and associated equipment. This is especially important if the tenant intends to dry multiple batches of grain as opposed to drying only one batch per season.

The easiest way to figure the equipment-use fee is to charge a set fee based on the kilowatt (kWh) or kilowatt-hour (kWh) of electricity used. For example, 5 cents per kWh). If the tenant doesn’t need to run the fans very much, they won’t owe as much for equipment usage, but the bin owner doesn’t suffer much wear either.

Finally, I would also suggest the bin owner draw up a written leasing agreement with the tenant stating the tenant is solely responsible to monitor and manage their grain in storage.
Six Tips for Staying Active During the Winter Months

Alice Henneman, MS, RD
UNL Extension Educator

During the winter months, many of us are in a rut. The weather is cold, and it can be tempting to stay indoors. However, it is important to stay active to maintain good health. Here are six tips for staying active during the winter months:

1. **Wear “winter” clothing when working outside.** There is no bad weather, only bad clothing! Dress warmly and adjust clothing as the temperature changes. Wear a hat, gloves, and warm, waterproof shoes to protect your body and stay warm.

2. **Keep your hands warm.** Mittens are warmer than gloves; however, they are less flexible. Look for gloves and mittens that provide warmth, yet also protect you from wind, rain, and snow, plus ideally also are breathable. Another possibility is to buy thin wicking “liner” gloves to wear under your mittens. If you need more dexterity, you can brieﬂy remove your outer mitten while you take a shoe lace, etc., and then put your mitten back on. A third possibility is a glove/mitten combo. They feature a full or ﬁngerless glove layer under a ﬂip back mitten top. For extra warmth, people buy the ﬁngerless glove/mitten combo and then wear liner gloves under them; check if this ﬁt is comfortable for you before you buy.

3. **Cover your face when it’s cold.** There are a few tips for protecting your face from the cold: **Wear a hat.** As with the rest of your body, look for hats that are warm and moisture-wicking. **Wear a face mask or balaclava.** Cover your face when it’s cold and you’re out for a walk or a drive to a fitness facility.

4. **Stretch Your Food Dollar With Planned-Overs.**

   **Planned-over meals are a great way to plan your week of cooking.** Once you get home, prep all of your produce so it is ready to be cooked. Plan your meals and have enough ingredients to make a planned-over meal. A planned-over meal is when one meal is cooked and has enough leftovers to make a different dish for another meal. You can prepare the planned-over meal right away to use the next day or freeze it for another time when you know you won’t be able to cook. All you would need to do is pull it out of the freezer and reheat it. Here is a great healthy recipe that can be turned into a planned-over meal. Make the whole meal and only eat half.

   **NEP**
   Helping limited-resource families learn to prepare nutritious and safely foods while stretching their food dollars.

   **Kristen Houska**
   Extension Assistant

5. **Try some tempting tunes.** If you work out to music, “golf” yourself with some new tunes to get motivated. For example, searching for “workout music” in the iTunes store yielded several downloadable albums.

   **Pills or stairs.**

   **Stairs several times.** Walk the mall in the center of the foil sheet. Place one chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken. Top with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.

   **Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets.**

   **Place packets on a baking sheet and bake for 35 minutes.** Open foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted. You can also place the packets in a foil-lined pan. Heat through. Serve on hamburger buns.

6. **Folding and putting away laundry, etc. all burn calories. Get work done while it’s baking or spread another teaspoon of barbecue sauce on your body.** Wear “winter” clothing and have enough leftovers to make a planned-over meal. A planned-over meal is when one meal is cooked and has enough leftovers to make a different dish for another meal. You can prepare the planned-over meal right away to use the next day or freeze it for another time when you know you won’t be able to cook. All you would need to do is pull it out of the freezer and reheat it. Here is a great healthy recipe that can be turned into a planned-over meal. Make the whole meal and only eat half.

This way you will have the other half to use in your planned-over meal.

**STRETCH YOUR FOOD DOLLAR WITH PLANNED-OVERS**

**Barbecued Pork Sandwich**

Barbecued Pork Over Brown Rice (Serves 6)

Leftover barbecued pork roast (recipe at left) 1 bag frozen broccoli 3 cups brown rice, cooked

Cook brown rice according to boxed directions. Prepare frozen broccoli according to the package directions. Heat leftover barbecue pork roast over medium-high heat. Mist broccoli and serve over cooked brown rice.

**Barbecued Pork Over Brown Rice**

(12 servings)

2 pounds pork roast, boneless, trimmed
1 tablespoon chili powder
1 tablespoon brown sugar
1/2 cup water
1 cup ketchup
2 tablespoons wine vinegar
Whole wheat hamburger buns

Cut pork into thin strips. In a large saucepan, combine pork, onion, chili powder, dry mustard, brown sugar, water, ketchup, and vinegar. Cover and simmer for 2 hours or until meat falls apart easily. Skim fat from the top of meat mixture. Remove meat with a slotted spoon or fork. Shred meat using two forks and return to pan. Heat through. Serve on hamburger buns.
**Safe Laundry Detergent Practices**

Most people know the importance of keeping toxic household products out of children’s reach. But I bet many of us don’t count laundry detergents among them.

We should, according to the American Cleaning Institute, have more than 8,000 incidents involving laundry products reported to poison control centers each year.

The introduction of single-load packets of laundry detergent have brought the issue to the forefront. Poison control centers have been reporting poisonings from the new packets, which are often brightly colored and resemble candy.

**Recommendations**

The institute, which represents members of the cleaning products industry, recommended the following:

- Read product labels and follow directions. Pay close attention to information containing words such as “caution,” “warning,” “danger,” or “poison.”
- Keep products out of children’s reach, or better yet, out of their sight. If possible, store them in a cabinet secured with a child lock.
- Keep laundry products in their original containers, including the labels. Labels contain information that’s important if you have to call a poison control center.
- Don’t use empty detergent containers to store other materials, especially child-related items.
- Make a conscious effort to do your laundry without distractions.
- Try to keep little ones out of the laundry room while you’re working, and don’t let them help. They might imitate you when you’re not watching.
- Clean spills immediately.
- Don’t keep pets in the laundry room. Products can be toxic to them, too.
- When you’re done using a laundry product, wash your hands and all items used to dispense or measure the product.
- Handle single-load detergent packets with dry hands. Moisture can cause the coating to dissolve.
- Don’t cut or tear single-load packets.
- If two packets stick together, put them both in the wash or throw them away.
- Call the manufacturer to report problems with a product.

**First Lady’s Community Service Awards**

ServeNebraska is accepting nominations to honor individuals and organizations throughout Nebraska with the annual First Lady’s Outstanding Community Service Awards. The nomination deadline for these awards is Feb. 15.

**FCE News & Events**

**Council Meeting, Jan. 28**

The January FCE Council meeting will be held January 28, 12:30 p.m. at the Lancaster Extension Education Center.

The business meeting and installation of officers will follow a soup luncheon. Call Pam at 402-441-7180 to register so we can plan accordingly.

**2013 Leader Training Lessons**

These 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 handouts.

All trainings will be presented Wednesdays at 1 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road.

Non-FCE groups and club members should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.


This lesson will help participants discover how your shopping habits can help predict the future of your community. Knowing the effects of taking your shopping dollar outside the community will help you gain understanding of the importance of shopping locally whenever possible.

**FCE Council Chair**

Marian Storm

The presented at a special luncheon on April 12 in Kearney.

The nomination deadline for these awards is Feb. 15. To receive an application form, contact Kimberle Hall at 402-471-6228.

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**Council Meeting, Jan. 28**

The First Lady’s Community Service Awards are designed to recognize and reward the efforts of volunteers from all communities of Nebraska.

The institute, which represents members of the cleaning products industry, recommended the following:

- Read product labels and follow directions. Pay close attention to information containing words such as “caution,” “warning,” “danger,” or “poison.”
- Keep products out of children’s reach, or better yet, out of their sight. If possible, store them in a cabinet secured with a child lock.
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2013 “Great Plants” Selections

The “Great Plants” program is a joint effort of the Nebraska Nursery & Landscape Association and the Nebraska Statewide Arboretum. They select and promote exceptional plants that are reliably hardy, easy to care for, and ornamental worthwhile for “Plants of the Year” and for “Great Plants” Releases and Introductions.

2013 Tree of the Year

Viburnum trilobum ‘Red Wing’, American cranberry bush viburnum. This shrub has four strong seasons of interest. It has large, lacy white flowers in spring against red-blushed new foliage, maple-shaped leaves, summer berries, brilliant fall color with fruit lasting through the winter and providing food for birds. It grows 10–12 feet in height with a spread of 8–10 feet.

2013 Shrub of the Year

Filipendula rubra, Queen-of-the-prairie. Beautiful, lacy pink flower heads similar to Queen Anne’s lace and has large, maple-shaped leaves. This plant is native to North America and blooms through the summer. It grows 3–6 feet tall and needs moist soil. It attractive to bees, butterflies, and birds.

2013 Perennial of the Year

Schizachyrium scoparium, ‘Blue Heaven’, little bluestem. A new selection of little bluestem selected by the University of Minnesota for its upright habit and beautiful, blue-grey foliage that turns purple-red in late fall. This grass is 40–48 inches tall.

Plants that Add Interest or Color to Winter Landscape

Landscapes tend to be dark and gray this time of year, but careful planning can result in subsequent winter gardens being more colorful and interesting. The key is selection of plant material and use of good design. Choose the vantage point from which the garden will be most commonly enjoyed. Select planting sites that are easily seen from this area.

Green is the easiest color to add to a winter landscape with the use of evergreens like white spruce, Douglas-fir, or Japanese yew. Of course, parts of the plants other than foliage can be colorful or interesting. Even trees with horizontal branching patterns are interesting if there is snow adding white to the dark color.

Some plants that should be considered for winter landscapes include:

- **Red Osier Dogwood** (Cornus stolonifera) — The young stems of this plant are bright red during the winter months and become more intensely colored toward spring. Older stems are often pruned out during the spring to encourage more of the young, more brightly-colored twigs.

- **Yellow Twig Dogwood** (Cornus stolonifera ‘Flaviramea’) — This shrub looks much like Red Osier Dogwood except the twigs are bright yellow rather than red.

- **Filipendula rubra**, Queen-of-the-prairie

- **Schizachyrium scoparium**, ‘Blue Heaven’, little bluestem

- **River Birch** bark

Gardening at Lunch Webinars

Learn about various aspects of gardening from UNL Extension experts. Join us for an exciting “Gardening at Lunch” webinar series, right from your desk at work or home. During each program you can listen and interact with the speakers. You will need a computer with Internet access and sound to participate.

Cost is $10 per program. Must pre-register for each program at http://marketplace.unl.edu/extension. Webinars are held Wednesdays, 12:05–12:55 p.m. For more information, call 402-727-2775.

- **Feb. 6: Pruning** — Learn the basics of proper pruning techniques.
- **Feb. 20: Tree Hazard Awareness** — Learn what to look for in recognizing tree hazards.
- **March 6: Get Ready for Spring Vegetable Gardening** — Learn ideal planting time of vegetables. Also get tips on growing strong, healthy transplants at home.

**April 3: Plant Diseases**

- Learn how to identify plant diseases, and how to treat them.
- **May 1: Outdoor Insects**

- Learn how to identify the good insects from the bad!

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**Biology of Native Bee Pollinators**

**What Are Snow Fleas?**

In the United States about 4,000 species of native bee pollinators have been identified. Because most of these bees do not live in a hive or colony, they are often overlooked. These bees collect pollen from flowering plants to feed their offspring and, in doing so, pollinate the plants they visit. They are more important pollinators today than ever before.

Native bees range vary in size from about 1/8- to more than 1-inch long. Coloration varies from dark brown or black to metallic green or blue; they may have stripes of red, white, orange, or yellow. Their names may reflect their nest building behaviors: plasterer bees, leaf-cutter bees, mason bees, digger bees, and carpenter bees.

**Lifestyles**

Bees can be divided into two groups by their lifestyles: solitary or social. The stereotypical image of a bee is one living in a hive, but only a few species of bees are social. Social bees share a nest and divide the work of building the nest, caring for the offspring, and foraging for pollen and nectar. The primary social bees are the honey bee (not native to the United States) and the bumble bees (about 45 species in the United States).

In contrast, most native pollinating bees are solitary nesting bees. Each female creates and provisions her own nest, without cooperation with other bees. Although they may nest together in large numbers, the bees are only sharing a good nesting site.

Solitary bees are either stingless or very unlikely to sting (only in self-defense, if ever).

**Life Cycles**

**Solitary bees.** The life cycle of a solitary bee consists of four stages: egg, larva, pupa, and adult. Adult bees build a brood cell, then collect pollen and form a pollen ball. They lay an egg on the pollen ball and seal the cell off. The egg, which resembles a tiny white sausage, incubates for 1–3 weeks, then hatches into a white, soft-bodied, grub-like larva. The larva feeds on the pollen ball left in the cell by the mother bee. After feeding and growing quickly, the larva changes into a pupa. Within the pupal stage — which may take many months — the larva transforms into an adult bee.

When adult bees emerge, they’re ready to feed, mate, and continue the cycle.

About 30 percent of native bee species are wood-nesters. These species use the soft pithy mouthparts and other structural differences. Springtails have multiple legs, like insects, but entomologists separate them from true insects because they have internal

**Social bees.** Bumble bees are important pollinators and are the only native bees which are truly social. They live in colonies. They share the work, and have overlapping generations throughout the spring, summer, and fall. However, unlike the non-native honey bee — which survives through the winter — the bumble bee colony is seasonal. At the end of the summer, only the fertilized queens survive to hibernate through the winter. In the spring, she does not use the nest she grew up in, but searches for a new nest.

Bumble bees usually nest in the soil — an abandoned rodent burrow is a favorite location. The queen creates the first few brood cells out of wax she produces, provisions these cells with pollen and nectar, and lays eggs.

**Cuckoo bees lay eggs in the nests of other bee species.**

Other bees are named after particular traits, such as cuckoo bees that lay eggs in the nests of other bee species (like the cuckoo bird), sweat bees that like to drink salty perspiration, or bumble bees, who got their name from the loud humming noise they make while flying.

**Leaf-cutter bees cut circles in plant leaves which are used to form nest cells.**

**Magnified view of snow fleas, Hypogastrura nivicola.**

**About 30 percent of native bee species are wood-nesters, such as small carpenter bees (pictured).**

**About 70 percent of native bee species nest underground, such as Halictus rubicundus, a species of sweat bee (pictured).**

**Solitary bees tunnel into the soil and create small chambers — brood cells.**

**Cross-section of a plant stalk reveals small carpenter bee larva in small chambers called brood cells.**

**Bumble bees are the only native bees which are social.**

Bumble bees differ from solitary bees when feeding their larvae. They provide food gradually, adding it to the brood cells as the larva needs it — called progressive provisioning — rather than leaving all the food in the cell before leaving the brood cell. In addition, bumble bees make a small amount of food to feed the colony for a few days during bad weather. It takes about a month for the queen to raise the first brood. When they emerge, these bees become workers — foraging and tending the growing number of brood cells. The queen will continue to lay eggs, so the colony will grow steadily through the summer. At the end of summer, new queens and drones will emerge and mate. As temperatures drop, the old bees, including the old queen, will die, leaving only the new, mated queens to overwinter.

**Habitat**

Pollinators require two essential components in their habitat: somewhere to nest and flowers from which to gather nectar and pollen. Native plants are the best source of food for pollinators, because plants and their pollinators have co-evolved, and many varieties of garden flowers are also good for these important insects. The Xerces Society is a nonprofit organization that protects wildlife through the conservation of native pollinators. For more information about native pollinators in Nebraska, check out the Xerces Society at [www.xerces.org](http://www.xerces.org).

**Learn how to attract pollinators to your landscape on page 1.**

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**Barb Ogg**

UNL Extension Educator

**February 2013**

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**Environmental Focus**

http://lancaster.unl.edu

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http://lancaster.unl.edu
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to

4-H Achievement Night
Tuesday, Feb. 12 • 6:30 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Evening Starts With a Dessert Potluck
Please bring a finger food dessert to share

4-H members, clubs, and volunteers receiving awards, scholarships, or pins will be mailed detailed information.

Congratulations to all 4-H youth who commit themselves to excellence!

February
Laurie Bellinghausen

Lancaster County 4-H is proud to announce Laurie Bellinghausen as winner of February’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

She has volunteered with the South Prairie Wranglers 4-H Club rabbit project for five years, and recently became rabbit project club leader. Laurie has been on the Lancaster County 4-H Rabbit Volunteers in Program Service (VIPS) Committee for three years and currently serves as vice president. She assists with the spring rabbit shows and fall rabbit clinics. Laurie also helps with the 4-H Rabbit Shows at the Lancaster County Super Fair and is a co-supervisor of the Rabbit Quiz and Rabbit Races.

Laurie was nominated by Shari Green and Cindy Zimmer.

Shari says, “She is a dedicated 4-H leader, volunteering many tireless hours with the rabbit project area at the Lancaster County Fair. Laurie is always willing to take on volunteer duties others might not want to do, such as writing comments at fair, ordering food, etc.” Cindy says, “Laurie is a great leader. She goes above and beyond to help kids learn about rabbits.”

Laurie says, “I want to help our youth succeed with their projects and grow independently. Being a 4-H volunteer is very rewarding and fun. The friendships that have been made are priceless. My favorite experience as a 4-H volunteer has been going through the rabbit project area at a local farm. If you would like to raise a pig for four months, learn how they grow, and then show the pig at the fair, call Harry Mushbach at 402-430-7304 for more details.

4-H Crocheting Workshop, Feb. 2

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the “Basic Crocheting” workshop on Saturday, Feb. 2, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost – all supplies will be provided. Adults are welcome to attend to help 4-H’ers. Must preregister by Jan. 31 by calling 402-441-7180. If you previously attended this workshop, you are welcome to attend again. 4-H’ers may enter washcloths at the Lancaster County Super Fair under 4-H Clothing — Level 1 Crochet.

4-H Pillow Sewing Workshop, Feb. 23

4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the “Pillow Party” sewing workshop on Saturday, Feb. 23, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend.

Adults are welcome to help. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided. Sign up by Feb. 20 by calling 402-441-7180.

4-H’ers may enter pillows at the county fair under 4-H Clothing — Sewing for Fun.

4-H Jammie Sewing Workshop, March 9

4-H youth ages 8 and up are invited to practice their basic sewing skills and make jammie bottoms at the “Jammie Jamboree” sewing workshop on Saturday, March 9, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend.

Adults are encouraged to attend to help 4-H’ers. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), preswashed flannel or 100% cotton fabric (no one-way design fabrics or plaid) 1 yard 1/2-inch elastic, and matching thread. Also bring a sack lunch. Sign up by March 6 by calling 402-441-7180.

4-H’ers may enter jammies at the county fair and styled in Style Revue under Clothing Level 1.

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8-4:30 p.m.
up your exhibits or they will be
county and state 4-H static
• Parliamentary Procedure at
• Bringing Science into Club
• "A Space for Me!" Clover Kids
• 4-H Healthy Living Officer
• Selecting 4-H Projects
include:
Spotlight.shtml
at
leaders. It is also posted online
Newsletter" for 4-H volunteers
provide leadership and direction.
The current superintendent will
Saturday, June 9 starting at 9 a.m.
annual contest; this year held
bike and helping youth? Here
Do you enjoy riding your
Superintendent
www.ne4hfoundation.org,

The 2013 4-H Photography
The annual Kiwanis Karnival, a FREE family event, is spon-
sored by the Lincoln Center Kiwanis. This year, it will be held
April 13, 6-8 p.m. at Elliott Elementary School, 225 S. 36th St., Lincoln. The Karnival features carnival type games
for the kids, bingo for adults, prizes, snacks, fun, and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50
years — providing prizes and snacks. 4-H clubs are needed to
provide carnival-type booths. This is a great community service and
leadership activity for clubs. If your 4-H club or family
would like to have a booth or for more information, call Lorene
at 402-441-7180. Come join the fun!

The annual 4-H Horse Stampede will be held Saturday,
March 16 at the Animal Science Building on UNL East
Campus. Stampede is a State 4-H Horse Competition which
does not require a horse. Contests include: Horse Bowl, Public
Speaking, Demonstration, and Art Contest. Information and
entry forms can be found at http://go.unl.edu/stampede
Lancaster County deadline for entry forms is no later
than Feb. 6 (due to the Extension office). Lancaster County
4-H Council will pay the entry fees for the contests! Stampede
T-shirts will be available to participants for $8 — you must
attend. Three follow-up
clinics were held in December at Faulkland and JB Stables.

The 2013 4-H Photography Nebraska Theme classes are structured to encourage
4-H’ers to explore potential careers in photography.
Unit II, Nebraska
photography career exhibit print — The goal of an artistic
photographer is to portray a unique or interesting image through their work. Captured
c fotos of Nebraska landscapes where creative composition is the goal.
Unit III, Nebraska
photography career exhibit print — Portrait photogra-
phers specialize in individual or family portraits. Capture
photos of individuals or groups of people and consider creative
locations or props for your photo shoots.

Reminder: We have several
county and state 4-H static
exhibits at our office. Please pick
up your exhibits or they will be
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March 16 at the Animal Science Building on UNL East
Campus. Stampede is a State 4-H Horse Competition which
does not require a horse. Contests include: Horse Bowl, Public
Speaking, Demonstration, and Art Contest. Information and
entry forms can be found at http://go.unl.edu/stampede
Lancaster County deadline for entry forms is no later
than Feb. 6 (due to the Extension office). Lancaster County
4-H Council will pay the entry fees for the contests! Stampede
T-shirts will be available to participants for $8 — you must
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FREE COMMUNITY TAX PREPARATION SERVICES

The Volunteer Income Tax Assistance (VITA) program offers free tax preparation to low-to-modest-income individuals and households in Lancaster and Saunders Counties. Tax preparation includes both state and federal electronic filing.

Consider that you may be eligible for the Earned Income Tax Credit (EITC) — a refundable federal income tax credit for low-income working individuals and families. The credit reduces the amount of federal tax owed and can result in a refund check. When the EITC exceeds the amount of taxes owed, it results in a tax refund to qualified taxpayers. Income and family size determine the amount of the EITC.

EITC may mean a larger refund for you if you meet the qualifying rules:

- Earned income and adjusted gross income (AGI) must each be less than:
  - $45,060 ($50,270 married filing jointly) with three or more qualifying children
  - $36,920 ($41,952 married filing jointly) with one qualifying child
  - $13,980 ($19,140 married filing jointly) with no qualifying children
- Tax Year 2012 maximum credit:
  - $5,851 with one or more qualifying children
  - $5,226 with two qualifying children
  - $3,169 with one qualifying child
  - $4,745 with no qualifying children
- Investment income must be $3,200 or less for the year.

For more information about VITA, go to www.communityactionnetwork.org or call 402-471-4515 ext. 138. For more information on EITC eligibility and other tax questions, visit the IRS website at www.irs.gov or call 800-829-1040.

What to Bring to Have Your Taxes Prepared at a VITA Site:

- Photo ID
- W-2’s from your employer, 1099’s for miscellaneous income, and W-2’s for gambling income
- 1099’s for interest, dividends, unemployment, retirement, and other income
- Social Security cards or ITIN letters (for direct deposit)
- Copy of last year’s tax return (very helpful)
- Blank check or savings account information
- Childcare information (provider’s ID number and address & receipts for amount paid)
- Statements of student loan interest, mortgage interest, or property tax
- List of any other income and expenses
- List of any other income and expenses
- Copy of federal and state income tax returns (for direct deposit)
- Copy of state income tax return and any income tax refund documentation
- Social Security card or ITIN letter
- Copy of last year’s income tax return (for direct deposit)
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For more information about VITA, go to www.communityactionnetwork.org or call 402-471-4515 ext. 138. For more information on EITC eligibility and other tax questions, visit the IRS website at www.irs.gov or call 800-829-1040.

UNL Students Get Involved at Campus Tax Preparation Sites

Now in its seventh year, University of Nebraska–Lincoln students will provide free tax preparation services at UNL Volunteer Income Tax Assistance (VITA) sites:

- Nebraska East Union on east campus
- Nebraska Union on city campus
- Free parking and childcare is provided at the UNL sites. Both UNL sites will offer MyFreeTaxes self-prep computers which offer individuals the opportunity to file their own taxes.
- Aside from gaining real-world experience with tax laws, student volunteers also interact with the community intimately.

Here’s how two student UNL VITA coordinators say about their experience:

- "VITA allows me to give Gibbon, Neb., a graduate student in Master’s of Professional Accountancy — I participate in VITA to gain experience in preparing taxes, gaining communication and interpersonal skills and helping students and community members complete their tax returns and help educate the community about taxes." — Mione Lee from Hapcheon, South Korea, a graduate student in Master’s of Professional Accountancy — "I feel very rewarding to help someone with the knowledge that I have, and it’s also good practice for my future career."
Growing Nuts Seminar, Feb. 28

The Nebraska Nut Growers Association (NeNGA) and Heartland Nuts ‘N More cooperative are sponsoring a free seminar, “Nut Orchard Planning, Planting, Care, and Harvesting” seminar on Thursday, Feb. 28, 7-9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd. If you want to plant just a couple nut trees or an orchard, this informative seminar will help you plan for success.

This seminar will introduce you to most aspects of what it takes to accomplish your goals and expectations. There will also be professional growers on hand to answer your questions.

**Topics include:**

- Planning phase will cover setting realistic goals, understanding an orchard environment, and the tasks to meet your goals so you will be successful.
- Planting phase will cover planting consideration and seedling selections.
- Caring phase will cover tasks required to bring a seedling to a productive producing nut tree.
- Harvesting phase will cover harvesting techniques, processing, and marketing your nuts.
- Details of the seedling cost-share program will also be introduced. New and current growers who are interested in planting new orchards or just want to increase nut trees on their acreage, will have an opportunity to participate in a 50 percent grower seedling cost-share program. Heartland Nuts ‘N More will administer the program. The cost of pre-grafted stock, which is available from nurseries, is not covered under this program.

NeNGA and University of Nebraska-Lincoln have worked together for 36 years in the cultivation of high-quality cultivar nut trees. Hundreds of farmers, both large and small grow nut crops in Nebraska. Black walnuts and pecans are favorites, with chestnut, hickory, heart nut, butternut, and hazelnut starting to increase in popularity.

Growing an orchard can be enjoyed as a family project or income to the landowner.

**FOR MORE INFORMATION**

Heartland Nuts ‘N More
President: Larry Martin
206 West 2nd Street, Box 439
Valparaiso, NE 68065
www.heartlandnutsnmore.com
402-794-6151
email: lettermancl@windstream.net

NeNGA and University of Nebraska–Lincoln Extension in Lancaster County
February 28-29, 2013
The Nebraska Nut Growers Association (NeNGA) & University of Nebraska–Lincoln Extension in Lancaster County are proud to co-sponsor this event.

**Email: tbernadt5@unl.edu or 402-472-2712 by March 1.**

**Volunteers needed for the 2013 Earth Wellness Festival as classroom escorts, bus greeters, presenters, and registration assistants. Volunteers are essential to the success of this event.**

May you choose to volunteer one or both days. In return, you receive the opportunity to participate in a rewarding volunteer experience, a festival T-shirt, coffee, rolls, and lunch. For more information, contact Tonya Bernadt at tbernadt5@unl.edu or 402-472-2712 by March 1.

**Gardening at Lunch Webinar, “Pruning,” online only, 12:05–12:55 p.m.**

**Co-Parenting for Successful Kids**

**Guardian/Conservator Training**

**Earth Wellness Festival Needs Volunteers**

**Volunteers Needed**

**Volunteers are needed for the 2013 Earth Wellness Festival on Monday, March 25 and Tuesday, March 26 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event which involves students in creative and innovative environmental education activities.**

Each year, more than 175 volunteers take part in earth wellness festival activities as classroom escorts, bus greeters, presenters, and registration assistants. Volunteers are essential to the success of this event.

You may choose to volunteer one or both days. In return, you receive the opportunity to participate in a rewarding volunteer experience, a festival T-shirt, coffee, rolls, and lunch. For more information, contact Tonya Bernadt at tbernadt5@unl.edu or 402-472-2712 by March 1.

**For more information:**

**NeNGA**

President: Larry Martin
206 West 2nd Street, Box 439
Valparaiso, NE 68065
www.heartlandnutsnmore.com
402-794-6151
email: lettermancl@windstream.net

**Nebraska Nut Growers Association (NeNGA)**

Vice President: John Knecht
206 West 2nd Street, Box 439
Valparaiso, NE 68065
www.nebraskanutgrowers.org
402-788-2717
email: jskarnaut6@attglobal.net

**NEBRASKA NUT GROWERS ASSOCIATION (NeNGA)**

**President: Larry Martin**

206 West 2nd Street, Box 439
Valparaiso, NE 68065
www.heartlandnutsnmore.com
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Sponsored by the Omaha World-Herald and the UNL Institute of Agriculture and Natural Resources.
New Parenting App from UNL

Questions you have about taking care of your child are just a finger tip away. “U R Parent” is a new app for iPhones, iPads, and Android phones which provides user-friendly information on parenting and child development. It is geared to the specific age of your child. Currently, the app covers a child’s first year — in the near future it will cover up to eight years old.

University of Nebraska–Lincoln Extension Educators partnered with “Just in Time Parenting” (part of eXtension) to develop the app using research-based information. UNL Extension Educators Angela Abts, Gail Brand, Tonia Durden, Jeanette Friesen, Lisa Poppe, and LaDonna Werth helped with development.

Unique features include:
- information about children’s ages and stages
- the ability to customize the app to your child and replace pictures with your child’s in the app’s timeline
- a baby book to record your baby’s firsts along with keeping their immunizations dates in a handy place

You can download the app free from the Apple iTunes store and Google Play. Links available at http://sanrhome.unl.edu/mobileapps/urparent.

Discover, Learn, and Grow at 4-H Summer Camps

2013 4-H Summer Camp brochures are now available online at http://4h.unl.edu/camp and at the Extension office. Camps are open to all youth ages 3–18 (need not be in 4-H). With three unique Nebraska locations at Halsey, Gretna, and Alma, there are nearly 50 camps ranging from half day to seven days/six nights!

The 4-H camps and centers all meet over 300 standards established by the American Camping Association. It is the mission of Nebraska 4-H Camps and Centers to provide unique educational opportunities that empower youth of all ages to be active in the pursuit of self-improvement in a safe, inclusive, and fun environment.

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for summer staff. The camps offer outstanding opportunities for young adults to learn leadership skills, work with youth in outdoor settings, gain valuable experience for future careers, and make lasting memories. Need not be in 4-H to apply. Must complete Counselor Training at one of the sites.

- Summer Program Staff (ages 18 and above) — Seasonal, paid, full time staff who live at camp mid-May to August who are responsible for daily programming and teaching groups of all ages. Application deadline is Feb. 15.
- Junior/Senior Counselors (ages 15 and above) — Cabin supervisors who volunteer and select which weeks they can work throughout the summer. Senior counselors receive a stipend and are selected based upon previous experience. Provide valuable leadership to a group of campers by day and assist with cabin supervision at night. Application deadline is May 1.

More information and applications are online at http://4h.unl.edu/camp.

Explore Career Options at Big Red Academic Camps

The 2013 Big Red Summer Academic Camps are a chance for youth grades 9–12 to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 10 career exploration camps hosted by Nebraska 4-H and University of Nebraska-Lincoln faculty members. The camps offer unique educational opportunities that prepare youth for future careers, and make lasting memories.

- Applications are open at http://4hredcamps.unl.edu/enr/camps.
- Camps are residence camps held on UNL campus. Housing and food are provided.
- After spending several fun-filled days exploring a specific topic such as filmmaking or engineering, youth showcase their work at a special ‘capstone event’ which family members are invited to attend.
- Applications and registration forms are available at http://4hredcamps.unl.edu/enr/camps.
- 4-H members are encouraged to apply for a scholarship — application is on the Web site.

**Students who graduate in May 2013 are welcome to attend.**