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Smart Snacking

Karen Woebig
UNL Extension Educator

Q: Is snacking OK?
A: Yes!

Q: It’s 3:30 p.m. and you are starting to feel a little hungry. Should you:
   a) cut a banana in half and spread peanut butter on it.
   b) open a bag of baked chips and keep it at your desk, munching when hungry.
   c) eat anything, knowing you’ll be eating dinner at 5:30 p.m.
A: (a) eat half of a banana with peanut butter.

A snack is defined as a small amount of food eaten between meals (Merriam-Webster.com). According to the University of Nebraska–Lincoln Extension’s Nutrition Education Program (NEP), snacking can be an important part of a healthy diet. The key is to plan and choose snacks full of nutrients our bodies need, instead of snacks full of extra calories, sugar and fat.

Snacks can prevent you from overeating at meals. Incorporating snacks into your daily diet will entice you to choose those foods. Have Special Snack Areas

When choosing snacks, read the label. Choose nutrient dense foods versus empty calorie foods. The USDA gives the following tips to make your snacks an important part of your healthy diet:

- **Variety is Important**
  Try eating different snacks each day.

- **Avoid Snacking Just to Snack**
  Only eat a snack when you are hungry. If you are eating because you are bored, tired or stressed, try taking a walk, calling a friend or playing with your kids.

- **Pay Attention to What and How Much You Are Eating**
  Portion out snacks before you start eating. For example, take out a serving of crackers and put the box back in the cupboard.

**Snack Wisely**
A healthy goal is to choose foods from two of the five food groups. (See snack ideas below.)

**Plan Your Snacks**
When making your grocery list, think about healthy ready-to-eat snacks like fruits or vegetables you can buy to eat at home or on the go. When you get home from the store, a good idea is to prepare the foods, such as washing and cutting up celery, so it is ready to grab and eat for your snack.

**Quick and Easy Snack Ideas**

**JUICY SNACKS**
- oranges
- tangerines
- grapefruit
- plums
- peaches
- apricots
- pears
- strawberries
- raspberries
- blueberries
- grapes
- cantaloupe
- honeydew
- watermelon
- pineapple
- apples
- tomatoes
- fruit juice popsicles

**CRUNCHY SNACKS**
- carrot sticks
- celery sticks
- green pepper sticks
- cucumber strips
- jasmon strips
- radishes
- cauliflower
- broccoli
- cabbage

**CRUMMY SNACKS**
- peanuts (school-age and older)
- walnuts (school-age and older)
- sunflower seeds (school-age and older)
- popcorn (school-age and older)
- enriched cereals
- baked tortilla chips
- pretzels

**TUMMY-FILLING SNACKS**
- yogurt — plain, with dried or fresh fruit and cereal added
- cottage cheese — plain, with cinnamon or with fruit such as pineapple or mango
- enriched cereals — with milk and fruit
- whole grain bread and crackers — toasted, with cottage cheese, cheese or fruit
- hard boiled eggs — with 100% fruit juice

**ZEBRA CUPS**
(Makes 8 servings)
1. Spray pita wedges with olive oil spray.
2. Serve with baked pita chips (recipe below).

**BLACK BEAN SALSA**
(Makes 16 servings)
1. Mango, peeled and cut in cubes or frozen mango chunks
2. 1 (15 ounce) can black beans, drained and rinsed
3. 1 (11 ounce) can whole kernel corn with peppers, drained
4. 1/2 cup cut-up fresh cilantro
5. 2 tablespoons lime juice
6. 1 teaspoon garlic powder
7. 1/4 teaspoon ground cumin

**ENRICHED CEREAL & GRAHAM CRACKERS**
Adapted from Nutrition Education Program’s “The Junior Chef’s Cookbook”

**Baked Pita Chips**
Pita bread, split and cut into wedges

Olive oil spray
Garlic powder
Oregano and Parmesan cheese (optional)

1. Spray pita wedges with olive oil spray.
2. Sprinkle with garlic powder, oregano and Parmesan cheese.
3. Bake 5–8 minutes at 350°F

**FUN FACT:**
Every zebra has a unique stripe pattern just like human fingerprints.

**CONNECT WITH US**
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Know how. Know now.
So Many Ways to Connect to UNL Extension’s Food Resources

Alice Henneman, MS, RDN
UNL Extension Educator

Most of us do it at least three times a day — EAT! Food is a major part of our lives. University of Nebraska–Lincoln Extension’s Food Team is comprised of specialists, educators and assistants statewide who provide educational programming on nutrition, food safety and physical activity. Extension’s resources are research-based and practical for use in people’s daily lives.

Many of the Food Team’s resources are easy to connect with — and share — through its centralized website, social media and apps.

• Food Safety for Families
• Easy, Healthy Everyday Recipes
• Canning and Freezing
• Seasonal Cooking

WEB SITE, BLOGS, E-NEWSLETTERS
http://food.unl.edu

Continuously updated, the Food website offers information in six overall areas:
- Food & Nutrition
- Health & Fitness
- Food Safety
- Home Food Preservation
- Buy Fresh Buy Local Nebraska
- Youth / 4 H

The website includes several e-newsletters, PowerPoints, videos, handouts, recipes, a food calendar, links to blogs, and much more! It’s easy to subscribe to the newsletters and/or blogs.

PINTEREST
www.pinterest.com/UNLfoodfitness

PINTEREST posts practical food, nutrition and health tips. Boards include:
- Food Safety
- Easy, Healthy Everyday Recipes
- Canning and Freezing
- Seasonal Cooking
- Health & Fitness
- Youth / 4 H

Here’s an example recipe from UNL Extension’s Food website at http://food.unl.edu.

**WALNUT TRAIL MIX**

2 cups California walnut halves
1 cup unsalted pumpkin seeds
1 cup dried cranberries
1 cup chopped dried apricots
1 cup banana chips
1/2 cup goji or acai berries (optional)

1. Preheat oven to 350°F. Arrange walnuts in a single layer on a large rimmed baking sheet.
2. Bake in the center of oven until fragrant and toasted, about 8–10 minutes.
3. Let cool.

In a large container, combine toasted walnuts with pumpkin seeds, dried cranberries, apricots, banana chips and acai berries (if using). Store in an airtight container for up to 5 days.

Source: California Walnut Commission. For more walnut recipes, visit www.walnut.org

Alice Henneman’s Tips:
- If your store doesn’t carry all these types of dried fruits, use more of one of the other dried fruits or substitute a different dried fruit
- Sunflower seeds may be substituted for pumpkin seeds
Halloween Safety Tips

Trick or Treating is fun for families. While having fun out in the neighborhood, safety is important. The CDC (Center for Disease Control and Prevention) offers these tips:

- Avoid trick-or-treating alone. Never visit a home or trick-or-treat with a trusted adult.
- Fasten reflective tape to costumes and carry bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don’t run from house to house.
- Look both ways before crossing the street. Use established crosswalks wherever possible.

- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.
- Enter homes only if you’re with a trusted adult. Only visit well-lit houses. Don’t stop at dark houses.
- Never accept rides from strangers.
- Never wear lit candles or luminaries. Be sure to wear flame-resistant costumes.
- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables and cheeses.

- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candles safely away from the reach of pets or small children. Never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

Enjoy Halloween activities with your family and friends. When choosing treats, consider giving healthy snacks or items such as pencils, stickers, small toys, etc.

Family Cell Phone Rules

It’s decided; your child has a cell phone. So, what happens next? My suggestion is to take a family meeting to set ground rules. Sit down together and go over how and when the phone will be used. Will there be rules about when you can use it? Maybe. Will it make a difference? Yes.

Limits are a good idea to place for any family member. It’s a good idea to keep the family phone plan, the minutes may be set or unlimited. If you have unlimited minutes, do you want to save your children on the phone all the time? Talk about what happens when he exceeds the set number of minutes or texts. Who will pay for it? Does she know how to keep track?

• I can’t send texts or post messages after bedtime if I support a rule of “no after hours” phone use.
• If I want my grandchildren to carry on a conversation during a meal, I have to silence my phone when I ask them to do the same.
• When I’m driving and my children or grandchildren are with me, I must ignore calls and texts or pull off the road to respond.
• I can’t support a rule of “no after hours” phone use.

Think role model! Teaching your child how to use a cell phone is not as basic as teaching him how to make a bed. Perhaps not too exciting but ground rules will help prevent continuous conflict.

What are some of the rules you have in your family around cell phones?

Source: Donna Donald, Iowa State University, Extension Family Life Specialist

Wanted: Craft and Hobby Entrepreneurs in Nebraska

Holiday shopping will soon be happening in Nebraska. Much of this will occur in weekend craft and hobby shows across the state. The majority of the items are made by local crafters working from their home. UNL Extension Educator Anita Hall is coordinating educational opportunities for this growing segment of entrepreneurs. The initial task is to develop a list serve to receive educational emails related to the business of marketing and selling crafts and hobbies.

If you are a self-employed Nebraskan involved in the craft and hobby business and would like to be a part of this listserve, please email your contact information to ahall1@unl.edu. This list serve is for educational use only by UNL Extension and will not be shared.

Tips for Time Management

Have the demands for your time increased? Guess what — we still have the same 24-hours each day to complete tasks we have on a list or in our minds. Does housework and upkeep seem to be stressful at time? Stop, take a look at how you and your family use the 24-hours. What are the demands on your family’s time? They probably fall into the categories of personal, couple, family, home/yard/car, job, friends, and community.

Home/Yard/Car Time — This may not be the first item on your priority list but it is one which consumes much of the family time. What are the main daily tasks around the home? Divide these tasks among family members. Children can learn to do many of the day-to-day tasks. If there are still tasks to be done perhaps you can take a nap or bedtime so every chore eventually gets done. Do regular maintenance on your car. Remove soot and smoke deposits and wash the vehicle. Repairs don’t pile up and take extra time and money. Simply keep up with the basic maintenance.

Family Time — How much time does your family actually spend together? Try to have a least one meal as a family each day. Plan menus together. Have a weekly family meeting to coordinate calendars and plan events and activities. Plan “one-on-one” time with each family member.

Personal Time — Work to balance your time between work, family, play, rest and relaxation. Learn to say “no” effectively. You will find or make time to do the things you really want to do.

Find time by getting up a half-hour earlier or packing lunches and going to bed a half-hour earlier. Personal time doesn’t have to be planned. Be sure to “spoil” yourself.

Community Time — Community involvement is important for everyone. When deciding how to be involved and what volunteer activities to participate in ask yourself, “Do I enjoy this activity?” “Do this activity help you meet personal goals?” If you answer “yes” then you will find time to be involved.

Friend Time — Spend time with this friends. This will help you maintain a balance between work and play.

Job Time — Arrive at work earlier or leave later to find important time. Keep only one calendar — include both work and family obligations. Remember to block out time for your priority activities, personal as well as job. Review the next day’s work before you leave for the day. Plan for “transition” time, this may include running errands, picking up children from daycare or the unexpected task of being done on the way home.

As a volunteer, it is important to keep your volunteer activities separate from your personal and family life. A person volunteering for the day.

AARP Driver Safety Program, Nov. 14

An AARP Smart Driver™ Course will be presented in Lincoln as a one 4-hour session on Friday, Nov. 14, 9 a.m.–1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, A certified AARP instructor will teach the driving refresher course. This is a new, research-based Smart Driver class for older adults, extensively revised from previous versions. Sign up for the class by calling 402-441-7180. Those attending are encouraged to arrive a few minutes early to complete check-in and registrations procedure. The cost is $15 for AARP members and $20 for non-members, payable at the door. Payment by check or cash (the exact amount is helpful) is required — credit/debit cards are not accepted. All participants must bring their driver’s license and AARP membership card and number.

In this class you will learn driving strategies which encourage confidence and safer driving, including:

- defensive driving techniques, new traffic laws and rules of the road,
- how to deal with aggressive drivers,
- techniques to safely handle driving situations, such as left turns, right-of-ways, and blind spots,
- how to make the best use of safety features found in most modern motor vehicles.

There is no test. Course participants may be eligible to receive an insurance discount from some companies — consult your insurance agent for further details. For more information about the course, call 1-888-227-7669 or go to www.aarpsafety.org.

ASK LORENE

Family Living Tips

Lorene Bartos, UNL Extension Educator

Q: How do I clean my flat screens (TV or computer) without using harsh chemicals?

A: Screen cleaners are available at most sporting goods stores. In any case, it may also be cleaned with a soft lint-free cloth such as a microfiber cloth and water. Using the cloth out and wipe the screen.

A answer: “Ask Lorene” by email: Attn: Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email lbartos1@unl.edu; or phone 402-441-7180.
Freeze Effects on Forages

Paul C. Hay, Extension Educator
UNL Extension in Gage County

When plants freeze, changes occur in their metabolism and composition that can poison livestock. But you can prevent problems. Sorghum-related plants, like cane, sudangrass, shattercane and milo can be highly toxic for a few days after frost. Freezing breaks plant cell membranes. This breakage allows the chemicals that form prussic acid to mix together and release this poisonous compound rapidly. Livestock eating recently-frozen sorghum can get a sudden, high dose of prussic acid and potentially die. Fortunately, prussic acid soon turns into a gas and disappears into the air. So wait 3–5 days after plants begin to wilt or grow again, alfalfa becomes less likely to cause bloat. So waiting to graze alfalfa until well after a hard freeze can increase. So freezing makes alfalfa more likely to cause bloat for a few days after the frost. Then several days later, after plants begin to wilt or grow again, alfalfa becomes less likely to cause bloat. So waiting to graze alfalfa until well after a hard freeze is a good, safe management practice.

Frost causes important changes in forages so manage them carefully for safe feed.

FOR MORE INFORMATION
UNL Veterinary Extension has timely topics for producers, including "Prussic Acid Poisoning is a Concern After a Light Frost" online at http://vbms.unl.edu/TimelyTopicsforProducers.

Managing Resistant Weeds

Paul C. Hay, Extension Educator
UNL Extension in Gage County

Is Your Dog Prepared for Winter?

Bruce Anderson
UNL Extension Specialist

When plants freeze, changes occur in their metabolism and the conditions they grow up with. I remember when I first moved to Nebraska, they grow up with. I remember when I first moved to Nebraska, my prouess in identifying trees had to be adjusted. The bark and general appearance of many tree species is different in Nebraska than in my home state of Michigan. The champion Nebraska sugar maple tree is located in Auburn. It is 56 feet tall. There are seven sugar maples located in Auburn. It is 56 feet tall. Any of those trees would make the Nebraska champion look minute. Whenever we try to fool Mother Nature, she has a way of having the last word. The glyphosate-resistant weeds we are encountering are just the latest examples. Roundup-Ready corn and soybeans were the first glyphosate-resistant weeds (a chemical is a chemical, not a poison in other crops), Marestail or horseweed was the first to get our attention. Roundup-Ready corn was followed by giant ragweed, common ragweed, kochia, common water-hemp and Palmer amaranth. Seed collected from Gage County fields as part of the University of Nebraska testing program include marestail, giant ragweed, common ragweed and common water-hemp. The results of these studies make it very clear that glyphosate (Roundup) used as high as 32 times the normal application rate do not achieve adequate control of these weed species. You cannot expect control from glyphosate regard- less of the rate of application. Resistance develops when we apply the same herbicide, with the same mode of action, repeatedly in a given field. Planting glyphosate-resistant soybeans and glyphosate-resistant corn in rotation gives a huge advantage to any resistant biotype to be successful in producing resistant seed. Even if the genetic resistant event is one in a million plants, the weeds can rapidly bury the crop in weeds.

Weed control in glyphosate-tolerant crops was so easy we overused reliance on the method. Now we have to move forward to management systems which will follow the gaps. Crop rotation is very positive. Wheat grows in another season and has a quite different weed complex. We could also consider non-Round-up-Ready corn and soybeans. Some weeds will quickly reduce resistance levels because the resistant types are at a distinct disadvantage in vigor and seed production.

A new Mode of Action numbering system helps farmers and consulting agronomists mix and match herbicide programs to reduce and control resistant weeds. At the same time, match selections to crop rotation needs. Combining use of fall application for winter annual weeds, like marestail, with spring burndown, early pre-plant and post-planting applications of herbicides help slow the evolution of resistance.

One thing is very clear in looking at the results of herbicide-resistance studies — the timing of applica- tions is critical to control. We have gotten a lot of help from our research. The herbicide that is used as high as 32 times the normal application rate do not achieve adequate control of these weed species. You cannot expect control from glyphosate regardless of the rate of application. Resistance develops when we apply the same herbicide, with the same mode of action, repeatedly in a given field. Planting glyphosate-resistant soybeans and glyphosate-resistant corn in rotation gives a huge advantage to any resistant biotype to be successful in producing resistant seed. Even if the genetic resistant event is one in a million plants, the weeds can rapidly bury the crop in weeds.

The winter season is approaching. Days are getting shorter, nights are getting longer and the temperature is falling. Although most dogs (especially northern breeds and other double-coated dogs) can tolerate cold weather better than us, we still need to take some precau- tions to guarantee their comfort during the cold season.

Below are some tips to help you dog throughout the winter.

Reinforce Housebreaking Training

Sometimes in winter, dogs make messes in the house instead of asking permission to go outside. Because of the cold and snow, many dogs, especially toy breeds, "forget" their training. If you are a pet owner with this problem, re-emphasize housebreaking training by taking your dog outside frequently; if possible, first thing in the morning, last thing at night and once in between. Do not wait for your dog to ask permission.

Provide Cold Protection

When you are out walking your dog for a walk, make sure it is protected against the cold and snow. Smooth-coated dogs begin to chill when the temperature is below 45°F. If you observe your animal shivering, consider providing him with a dog coat. Salt or other chemicals are frequently used for de-icing roads and sidewalks during this time of the year. These de-icers can cause your dog’s paw pads to become sore and even crack. Therefore, it is a good idea to wash your dog’s feet with warm water to remove any residues and to dry them well after walks. As a general rule, outdoor dogs become adapted to the climates they live in. Make sure you provide adequate food, water and shelter so they can get along well in the cold.

Provide a well-insulated doghouse. The house needs to be clean, dry and small enough to hold the dog’s body heat but provide enough space for your dog to stand up, turn around and lie down effortlessly. Protect the house from wind, insulate the floor from the frozen ground, and place it in a sunny location.

Do not use blankets and linens as bedding because they trap moisture and become uncomfortable. Clean hay or straw is a better choice for bedding. Smell the hay to make sure it does not smell like dried grass clippings.

If temperatures are extremely cold or you observe your animal shivering, consider additional precautions to make sure your animal is comfort- able and will not end up with hypothermia (body temperature below the normal temperature) or frostbite (the death of tissue in the extremities). In extreme weather it may be necessary to bring your outside dog indoors.

Watch Their Diet

Dogs require more to eat during cold weather to help keep their bodies warm. Also, increased eating is an instinctive behavior of survival adding an extra layer of fat in their bodies to better insulate and protect them against the cold.

An indoor dog does not need extra food because they tend to exercise less and they don’t have to worry about temperature variations or environmental temperatures. Outdoor dogs may receive some extra food, but they do not need to eat quite as much as other wise they will need an exercise and diet regimen to slim their waistline a bit, because.

Dogs need fresh water avail- able to them all day. Twice daily watering isn’t enough. If your dog lives outside, consider using a heated water bowl.

Source: UNL Veterinary Extension website, http://vbms.unl.edu/VetExtension
Potatoes Turning Green

Whether store-bought or homegrown, potatoes will turn green when they are exposed to light. Most people know that they should not eat potatoes that have turned green, or at least cut away the affected portion. But it is not actually the green color that is the problem.

The green color comes from the pigment chlorophyll, produced as a response to light. The potato tuber that we eat is actually a modified stem structure that grows underground. The “eyes” of the potato tuber are buds, which will sprout into shoots. Chlorophyll itself is not toxic; however, another response of the potato tuber to light exposure is increased production of a colorless alkaloid called solanine. The amount of solanine increases with the length of exposure and the intensity of light. Consuming a large quantity of solanine can cause illness, or even death in extreme cases. However, most people are not likely to eat enough of the affected tissue to cause illness, because of solanine’s bitter taste.

The highest concentration of solanine is in the skin of the potato; removing the green portion will also remove most of the toxin. Sprouts of the eyes are also high in solanine and should be removed before cooking.

Potatoes will turn green when growing too close to the soil surface, as well as when stored under lighted conditions.

The recommendations to mound potato plants in the garden and store harvested potatoes in complete darkness will prevent your potatoes from turning green.

Source: Purdue Extension

Tiny Bugs with a Big Bite!

Soni Cochran
UNL Extension Associate

Minute Pirate Bug
If you’ve been outdoors and felt a “pinch,” look down. Do you see a tiny black dot on your skin? It is most likely a minute pirate bug. We’ve lived with them all summer without a notice, but beginning late summer and throughout fall, these tiny bugs have the unpleasant behavior of biting humans!

The minute pirate bug, Orosia trinotata, is about 1/8-inch long, oval to triangular in shape, somewhat flattened and has black with whitish markings on the back. Minute pirate bugs are beneficial predators. They feed on insect eggs and small insects including thrips, aphids and spider mites. They are also reportedly predators of corn earworms in cornfields.

So why are their bites so painful and why humans? Minute pirate bugs are probably imitating their prey with their short blunt beak and suck out the juices. Isn’t it clear why they bite humans. These bugs don’t feed on human blood or inject a venom or saliva. Some suggest humans are a target in fall because there just isn’t enough prey available for the minute pirate bugs. As for the painful bite, it is caused by their blunt beak which is very unforgiving!

People have different responses to the bites. Some people have no reaction while others have bites that swell like a mosquito bite and turn red. After biting, minute pirate bugs don’t fly away quickly. You’ll have plenty of opportunity to smash the tiny bidder!

Control of minute pirate bugs is not recommended, nor is it practical. If you are being bitten, try applying baby oil or suntan oil liberally to the skin. The oil may prevent some bites by coating the bugs with oil. Repellents are generally not effective. Wearing dark clothing and covering up is helpful.

Hackberry Lace Bugs

If you have hackberry trees in your neighborhood, you are probably familiar with hackberry lace bugs. Hackberry lace bugs are about 1/8-inch long and have a lace-like appearance. Lace bugs feed by sucking juices from the leaves.

In fall, these bugs sometimes drop out of trees and onto people. They will give you a slightly painful bite. It is a nuisance bite and you won’t need medical treatment.

Control of hackberry lace bugs is not practical. Like with the minute pirate bugs, repellents also won’t be effective. Again, covering up when outdoors if the tiny bugs are biting is most helpful!

Follow the month's guide to pest-proof your home.

GARDEN GUIDE

Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from overwintered eggs.

Fall watering is important for trees and shrubs. Continue to water until the soil freezes.

Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.

Dig and bring in canna, dahlias and gladioli. Dry, clean and store in a cool location free from frost.

Plant spring flowering bulbs such as: tulips, daffodils and crocus.

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

After several hard frosts, add mulch to your perennial flower garden. A one inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.

When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.

Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion and ground ivy.

Make a note of any particularly productive or unsatisfactory varieties of vegetables that you planted this year. Such information can be very useful when planning next year’s garden.

Remove any diseased or insect infested plant material from your garden, it may harbor over wintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next year’s pest problem.

Cure pumpkins, butternut and Hubbard squash at temperatures between 70-80°F for two or three weeks immediately after harvest. After curing, store them in a dry place at 55–60°F.

Use dried weeds to make fragrant wreaths and dried flower arrangements.

Clean up the orchard and small fruit plantings. Sanitation is essential for good maintenance. Dried fruits or mummies carry disease organisms through the winter to attack next years’ crop.
HEART OF 4-H
VOLUNTEER AWARDS

Scott & Rita Sieck
Lancaster County 4-H is proud to announce Scott and Rita Sieck as winner of October’s “Heart of 4-H" Volunteer Award in recognition of outstanding volunteer service.

Scott and Rita have helped with Lancaster County 4-H for three years, been 4-H leaders in Saline County for five years, and helped with FFA for about 10 years. Scott and Rita helped establish and grew the 4-H JUFFA Meat Goat Show at the Lancaster County Super Fair. They are superintendents of the 4-H Meat Goat shows at the Lancaster and Saline County Fairs. Scott and Rita have also provided meat goats for the Lancaster County Super Fair 4-H/FFA Livestock Showmanship contests, as well as AK-Sar-Ben Livestock Judging Contests.

Scott says being a 4-H volunteer to witness development of character,” say Scott and Rita. “Youth ‘grow’ as they participate in 4-H activities, programs and trophies throughout the past year. This support enhances the educational experience of the 4-H youth.

Lancaster County 4-H thanks Scott and Rita for donating their time and talents. Volunteers like them are indeed the heart of 4-H!

4-H Rabbit Clinic, Oct. 18
A free 4-H Rabbit Clinic will be held Saturday, Oct. 18, 9 a.m.—12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. The Honour FPD Committee will provide snacks. Awards presentation includes incentive awards, Horsemanship Level awards and ribbons and a few surprise awards! Come help celebrate the outstanding accomplishments of Lancaster County 4-H horsemens!

4-H Rabbit Clinic will be held Saturday, Oct. 18, 9 a.m.—12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Rd. It is a great opportunity to learn about the 4-H Rabbit Program, which is currently being taught throughout the state. No registration needed. Sessions/demonstrations include:

• Feeding and care of a rabbit
• How to judge rabbits
• Breeding breeds
• Showmanship
• Static exhibits

Educational resources For more information, call Bob at 402-525-8263 or Marty at 402-441-7180.

4-H Leader Training, Oct. 16
All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the 4-H Leader Training on Thursday, Oct. 16 at the Lancaster Extension Education Center. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on static exhibits, leadership, opportunities for 4-H members and more. This is a great opportunity to connect with other parents and leaders. You MUST pre-register by Oct. 14 by calling 402-441-7180.

4-H Leader Training will be held Thursday, Oct. 16 at the Lancaster Extension Education Center. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on static exhibits, leadership, opportunities for 4-H members and more. This is a great opportunity to connect with other parents and leaders. You MUST pre-register by Oct. 14 by calling 402-441-7180.

4-H Leader Training, Oct. 16
All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the 4-H Leader Training on Thursday, Oct. 16 at the Lancaster Extension Education Center. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on static exhibits, leadership, opportunities for 4-H members and more. This is a great opportunity to connect with other parents and leaders. You MUST pre-register by Oct. 14 by calling 402-441-7180.

Lancaster County 4-H award and college scholarship applications are due by Dec. 31. Recipients will be announced at the 4-H Achievement Celebration on Tuesday, Feb. 10, 2016.

Information and forms are available at http://go.unl.edu/4has and the Extension office.

Awards
• Community Service Awards
• Nebraska 4-H Diamond Clover Program
• Nebraska 4-H Career Portfolios
• National Leadership Award

4-H Award & Scholarships Due Dec. 31

Scott & Rita Sieck
Lancaster County 4-H is proud to announce Scott and Rita Sieck as winner of October’s “Heart of 4-H” Volunteer Award in recognition of outstanding volunteer service.

Lancaster County 4-H leaders who donate their time and talents. Volunteers like them are indeed the heart of 4-H!

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Nebraska State Fair 4-H Results

Congratulations to the Lancaster County 4-Hers who showcased their projects at the 2014 Nebraska State Fair! Here are the Lancaster County 4-H special award, Rainbow Ribbon Recognition, and purple ribbon recipients. Complete results are online at nebraskastatefairs.com.

SPECIAL AWARDS

**QUILT QUEST**
Sarah Cunningham — Outstanding Exhibit in “Exploring Quilts”

**FOODS EVENT**
Mary Dowd & Sophia Swotek (team) — 3rd Place Senior team

**PRESENTATIONS CONTEST**
Rose Ingrao — Outstanding Illustrated Presentation (one of top 7)
Abigail Boback — Outstanding Illustrated Presentation (one of top 7)

**INTERVIEW JUDGING CONTEST**
Madeline Gabel — 3rd Place Individual
Kylie Paege — 5th place individual

**HORICULTURE RIBBON CONTEST**
Abigail Boback, Emma Noel and Mary Dowd (team) — 3rd place overall Senior
Abigail Boback — Senior 5th place individual
Emma Noel — Senior 8th place individual
Lily Noel — Intermediate 7th place individual

**TREE IDENTIFICATION CONTEST**
Joshua Deardorff — Intermediate 7th place individual

**RABBITS**
Austin Hurt — 3rd place Senior Showmanship, Best of Breed — Britannia Petite
Kyle Hurt — Best Opposite of Breed — Holland Lop
Morgan Bedford — Best of Breed — Lincolnhead

**DREAMY CATTLE**
Cassie Meyer — Reserve Champion Showmanship Ages 10–13, Grand Champion Crossbred Cattle

**RAINBOW RIBBON RIBBON**
Rainbow Recognition awards recognize unique and outstanding items in the 4-H Exhibit Hall.

**CLOTHING SPECIAL SELECTIONS**
These photos were selected for a special display at the Robert Hillestand Textile Gallery on the UNL East Campus, Oct. 20–Nov. 8. Sherwood Swotek — Quilt Quest

**PHOTOGRAPHY SPECIAL SELECTIONS**

**CLOTHING SPECIAL SELECTIONS**

**MIXED MEDIA SPECIAL SELECTION**

**CHILD DEVELOPMENT SPECIAL SELECTION**

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**Smart Snacking Crossword**

Test your snack knowledge by completing this crossword puzzle. See related article on front page of this issue.

**ACROSS**
1. This milk contains the lowest amount of fat.
2. You can buy these nuts shelled, unshelled, whole or chopped. They are high in unsaturated fats (the healthy fats) so enjoy in moderation.
3. This smart snack is in the milk group and is full of calcium. It comes in many different flavors.
4. This vegetable can be four different colors and is shaped like a bell.
5. When drinking juice, you want it to be _____% juice.

**DOWN**
1. This fruit is fuzzy and brown on the outside and green on the inside.
2. This fruit is green on the outside and red on the inside. It has lots of seeds and is very juicy.
3. This is a vegetable nutritionally, but many argue it could be considered a fruit. It is red, juicy and packed with vitamins A and C.
4. Try to eat your healthy snack at least _____ hour(s) before your next meal.
5. This protein-packed food is yellow and white and has a shell you remove before you eat it.

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**TSC Paper Clover Fundraiser for 4-H, Oct. 8–19**

Tractor Supply Company’s fall 2014 Paper Clover Fundraiser is scheduled for Oct. 8–19. During the spring fundraiser, TSC and Del’s stores nationwide raised $787,769 to support 4-H youth programs. Donations at the two Lincoln TSC stores brought in $389 for Lancaster County 4-H. Invite friends and family to support 4-H by donating $1 at check out when they are done shopping. 100 percent of each dollar goes to the 4-H. 70 percent of all funds collected support local and state 4-H programs.

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**Public Notice**

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2015. Extension Board members assist extension staff in focus areas such as animal agriculture, crops, environment, 4-H youth development, entrepreneurship, food and nutrition. The board meets monthly (usually the second Friday of the month at 8 a.m.).

Registered Lancaster County voters interested in serving should complete an application for appointment by Nov. 1, 2014.

Additional information and an application can be obtained from: UNL Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1367 or by calling 402-441-7180. Applications are also available online at www.lincoln.ne.gov/cnty/commiss/bordapp.pdf.