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The NEBLINE, June 2012

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June 2012

The NEBLINE

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Prairieland Dairy

A Model of Business Efficiency and Innovation

Tom Dorn
UNL Extension Educator

Prairieland Dairy in southern Lancaster County, has been an excellent example of business efficiency, innovation, and environmental protection — and is a champion of urban/rural relations. Prairieland’s mission extends beyond just producing milk and it has been a leader on several fronts. The dairy is involved with its products from the farm to the point of consumption.

Prairieland is the largest of six dairy cattle farms in Lancaster County and the only dairy which processes milk for drinking. The farm started as the Obbink farm in the 1890’s. In 2000, the Obbink and Rice families consolidated and built a new modern facility. The dairy is currently owned by four family farms.

Prairieland has a holistic concept of sustainability. Dairy cattle produce raw milk, meat, and manure. All are valuable commodities and all contribute to Prairieland’s income stream.

The dairy’s goal is to reconnect people from the farm to the food. About 15,000 people tour the farm each year. If anyone wants to see exactly how the cows are treated or how the dairy handles the products, they can see for themselves. About 6,000 people are expected to attend this year’s annual open house, Prairieland Dairy Day, on June 23.

Terry Landes, Prairieland Dairy public relations, marketing, and sales manager, says “It’s the consumers that own the Prairieland Dairy brand, not Prairieland Dairy. We simply give the people what they want. The local community is really behind Prairieland Dairy and supports our business.”

Milk Products

Prairieland has nearly 1,500 cattle and produces approximately 90,000 gallons of raw milk a week. Over half of the

milk is sold as Prairieland Dairy brand milk in eastern Nebraska. The rest of the raw milk is sold to a butter facility in West Point, a cheese manufacturer in Kansas City, and milk under the “Good Natured Family Farms” brand sold in the Kansas City area.

Prairieland produces and sells whole, 2%, 1%, skim and chocolate milk. Strawberry is a new flavor as of June 1. Cotton candy and root beer flavored milk are summer fun flavors available only in July. Other milk products sold include cream, half & half, and eggnog.

Since milk is 88 percent water, Prairieland’s philosophy is the better the water cows are given, the better the milk. One of the unique things the dairy does is treat and sanitize the water given to the cows.

Prairieland stopped using rBST (a hormone used to increase estrogen levels which increases milk production) primarily because of a call from consumers to do so. However, the dairy’s production is greater now than when it used rBST.

Higher milk production is achieved naturally because of nutrition, how the cows are cared for, and attention to detail. For example, there are nine different diets for the cows depending on their stage of lactation and other factors.

The cows are milked three times a day (every eight hours) using automatic milking machines in Prairieland’s milking parlor.

Each cow wears a leg bracelet which stores digital information such as how much milk she is producing each milking. Each time a cow is in the milking parlor, information is transferred from the bracelet to a computer system which tracks the information. With this system, Prairieland can quickly detect if a cow is in heat, sick, or stressed.

Milk comes out of a cow at 105°F. Quickly cooling the milk prolongs shelf life, so Prairieland uses a new two-stage cooling system which uses groundwater to run through a heat-exchanger system to cool the milk to

35°F within a few seconds. Groundwater used in the first stage of the cooling system then is used to water the cows. Since going to the new cooling system, Prairieland has saved approximately two-thirds of its electrical expenses for cooling.

The dairy directly loads the milk from the milking pipeline through the cooling system onto a tanker truck so there is less handling and exposure to air and less chance for contamination. Then the milk is hauled 15 miles to Prairieland’s own milk bottling plant in Hallam.

At the bottling plant, Prairieland pasteurizes the milk and adjusts the butterfat content to make the various types of milk (whole, 2%, 1%, or skim). Prairieland is able to fill 2,000 gallons of milk into containers per hour. The dairy packages its milk in opaque white bottles to block light which can break down nutrients in milk.

The Barns

Another example of sustainability are the barns where the cows are housed. The barn receives periodic applications of sand for the cows to use as bedding when laying down.

see PRAIRIELAND on next page



Prairieland Dairy houses 1,500 cows in two barns which are 750-feet long. There are nine different diets for the cows depending on their stage of lactation and other factors.



The excrement from the cows is flushed from the barn with several hundred gallons of water. The liquid portion of the manure (the effluent), continues down a sloping drainage way (pictured at left) to the lagoon system to begin the treatment process.



Terry Landes, public relations, marketing, and sales manager, shows finished compost made with manure solids and other biodegradable products such as wood chips and grass clippings.

Prairieland Dairy Day Open House, June 23

Prairieland Dairy’s annual Dairy Day will be Saturday, June 23, 11 a.m.–4 p.m. at 13000 Pella Road near Firth. Event includes tours, petting zoo, face painting, food, ice cream, a straw castle, a corn box, and more. No cost to attend.



IN THIS ISSUE

Environmental Focus . . . 2
Farm Views 3
Food & Fitness 4
Home & Family Living . . . 5
Horticulture 6
Urban Agriculture 7
4-H 8–9
Community Focus 10



**Nebraska
Wildflower
Week**
June 2–10
—see page 7



To go to our home page on your smart phone, scan this code with a QR reader app.

Prairieland Dairy

continued from page 1
Sand is easier on the cows’ bodies and retains less bacteria than woodchips or straw bedding. The excrement from the cows is managed by flushing the barn three times a day with several hundred gallons of recycled lagoon water. The water drains into an ingenious system where the sand selectively settles out of the water, manure, and sand mixture. The sand is later gathered, dried, and eventually re-used. Meanwhile, the liquid portion of the manure (the effluent), continues down a sloping drainage way to the first stage of the lagoon system to begin the treatment process.

The lagoon is a very well designed three-cell lagoon system approved and monitored periodically by the Nebraska Department of Environmental Quality. The effluent passes from cell to cell as it progresses through the treatment process. Prairieland then uses water from the final cell to send back to the holding tanks used for flushing the barn and thus start the process all over again.

Treating, then re-using the flushing water, reduces the amount of groundwater the dairy has to pump from the aquifer.

Compost

Compost has become a logical and profitable co-product of the dairy. Compost is the fastest growing commodity the dairy produces — with the least amount of advertising. Prairieland sells compost by the truckload in any quantity — from pickup loads to semi-trailers. Smaller quantities are packaged in plastic bags for easier handling.

Prairieland recycles 100 percent of the manure solids into usable compost by mixing them with other products such as wood chips, grass clippings, and other biodegradable products they receive from several sources — including ConAgra foods from Omaha and yards waste from local towns. There is a dumping fee for yard waste to cover labor costs, but it is more economical than taking yard waste to a landfill — and it saves landfill space — so everyone wins.

The composting process takes 30 days and the temperature gets to 160–170°F which kills almost all the weed seeds.

PRAIRIELAND DAIRY
13000 Pella Road, Firth
402-791-2228
www.prairielanddairy.com

FARM STORE
The store at the farm sells milk, cream, half & half, eggnog, ice cream, cheddar cheese, meat, compost, and eggs (from a local farmer). Hours: Monday–Wednesday and Fridays, 8 a.m.–5 p.m.; Thursdays, 8 a.m.–7 p.m.; and Saturdays, 8 a.m.–Noon.

MILK PRODUCTS AVAILABLE LOCALLY
Prairieland Dairy milk, cream, half & half, and eggnog are available locally at Hy-Vee, IGA, Mills Squeegee Fill Station, Russ’s Market, Super Saver, U-Stop, A Street Market, Ideal Grocery & Market, Open Harvest, Jack & Jill in Hickman, Lovegrove’s in Waverly, Decker’s Food Center in Palmyra and Peru, Aurora Mall in Aurora, Crete Food Mart in Crete, Pac ‘N’ Save in Seward, and several independent convenience stores.

Spending Time Outside Is Important to Well-Being of Children and Adults

Soni Cochran
UNL Extension Associate

When your family is busy, spending time outside can seem like a luxury. However, research shows that time in the outdoors is important to the health and well-being of children and adults.

Researchers have discovered links between early experiences with the natural world and development of a child’s imagination. Imaginary play is an important factor in a child’s healthy social and psychological development. Children who play outdoors have reduced stress and we all benefit from a more active lifestyle.

Children have always learned by being curious and asking questions. Take your children or grandchildren outside and let them explore nature. They are fascinated by water, sand, mud, rain, clouds, plants, insects, and animals. Let them feel, touch, and observe.

Here are some tips to help you and your family enjoy more outdoor activities:

- Make it a point to enjoy the outdoors as a family every week even if you have to schedule it. Use this time to encourage children to explore our natural environment.



Teach your child/grandchild how to observe nature.

- Talk to your children about ideas they may have for outdoor activities as a family. Can you work together to create a backyard habitat for wildlife or plan a garden together?
- When you plan a family vacation, make activity part of the trip. Take along a bike or plan to hike. Stay active. You don’t have to travel far or spend a lot of money. Just spend time together and get outside.
- When you go outdoors, teach your child/grandchild how to observe nature. Talk about the seasons, point out flowers, colors, sounds, smells, and the beauty of our environment. Stop for a moment and watch the insects and plants living

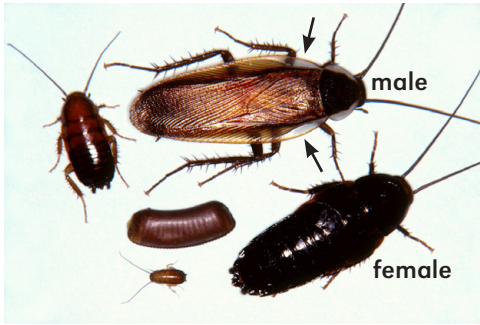
- in a small space like a crack in the sidewalk pavement.
 - Put together an observation kit and keep it in a backpack. Include binoculars, magnifying glasses, hand net, and a small container children can use to observe plants and animals they find.
 - Purchase an inexpensive digital camera so children can take photos of your trips and adventures. Encourage them to photograph subjects in your own backyard.
 - Purchase nature field guides specifically written for your area to help identify plants, insects, and animals.
 - After being outdoors, encourage children to write about or illustrate what they saw or experienced. Share stories, make leaf prints and more.
- For more information on parks and programs available in our area:
- Complete Listing of Parks and Recreation facilities in Lincoln area, <http://lincoln.ne.gov/city/parks/parksfacilities/parks>
 - Nebraska State Parks and trails information, <http://outdoornebraska.ne.gov>
 - Nebraska Department of Tourism, www.visitnebraska.gov
 - Nebraska Passport Program has fun tours and exciting prizes, www.nebraskapassport.com

Wood and Oriental Cockroaches

Barb Ogg
UNL Extension Educator

Oriental and wood cockroaches are two species of cockroaches able to survive Nebraska’s harsh winters. Both species are active during the late spring of the year. It is important to be able to distinguish these species because the oriental cockroach can live and breed indoors, but the wood roach is unlikely to do this. Wood roaches are truly accidental invaders and have no real pest status.

Wood Roaches



Male Pennsylvanian wood roaches have white margins on their thorax and forewings (see arrows above).

Wood roaches prefer to live outdoors. They live in rotted logs, tree stumps, hollow trees, and under the loose bark of dead trees. They may also live under cedar-shake shingles and siding, and in rain gutters. Wood roaches can be brought into homes with firewood. During May and early June, mate-seeking male wood roaches become active; they are good fliers and are attracted to lights. They may enter the house at night around windows, doors, and other openings.

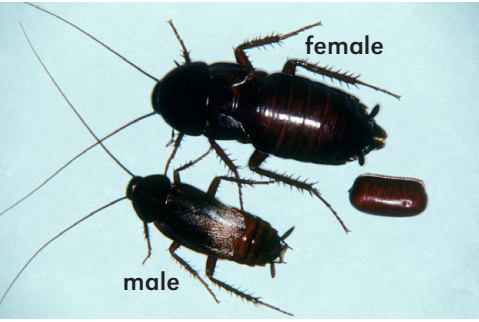
Once indoors, wood roaches usually die within a few days of their accidental invasion into the house from desiccation. The female wood roach has short wings and cannot fly and rarely, if ever, comes indoors. Because the wood cockroach does

not breed indoors, it is merely an annoyance. These roaches cannot harm the house structure, furnishings, or occupants.

Wood roaches have white stripes present on the margins of the thorax and front portion of the wings. This striping is more obvious in the males than in the females and nymphs, and it is the males people are most likely to see indoors. The wings of the males extend slightly beyond the tip of the abdomen. The females wings cover only half of the abdomen, and nymphs are wingless. One species, the Pennsylvanian wood roach, is quite large, about 1-1/2-inches long.

Treatments for household cockroach species aren’t useful against wood roaches. Exclusion techniques will be most helpful. Doors and windows should be tight-fitting and cracks, gaps, and other possible entry points should be sealed. Reduce lighting around the house or use yellow bulbs which are less attractive to night-flying insects.

Oriental Cockroaches



When found indoors, oriental cockroaches (also known as waterbugs) are usually associated with cool, damp areas.

The oriental cockroach is the only cockroach in Nebraska which survives outdoors and can also live and breed indoors. Often called “waterbugs,” they live in dark, moist places such as sewers, drains, damp basements, and crawlspaces. Outdoors, they are found in mulched areas and under leaf litter. They also live in the spaces between block retaining walls,

areas that stay moist and cool. Oriental cockroaches are about 1-inch long and dark brown to black. Their bodies are shiny and seem to be greasy. Females appear to be wingless, but, if examined carefully, there are small wing pads just behind their head. Males have short wings covering about three-quarters of their abdomen and are unable to fly. These cockroach have heavier bodies than other cockroach species and move more slowly. Oriental cockroaches have a seasonal developmental cycle. The number of adults peaks in late spring and early summer. Outdoors, these cockroaches suffer in the heat of the summer and may enter houses during hot, dry periods to find cooler places to live.

If oriental cockroaches are found indoors, the first step to reducing their numbers is to locate and eliminate moisture, food, and harborage. Especially focus on water problems because oriental cockroaches have a very high moisture requirement. Be sure to investigate possible water sources, such as leaky plumbing, toilets, and shower stalls which could be providing moisture for them. Reduce humidity, if possible, by running a dehumidifier to reduce the moisture in the air. Prevent them from going down drains by using screens. And, make sure you are not leaving pet food or water dishes out overnight.

Place sticky traps in locations where you have seen roaches. In locations where you catch significant numbers of roaches, baits can be useful in controlling them. Baits containing hydramethylnon, sulfluramid, boric acid, or abamectin can be effective near cockroach harborage areas. Care should be taken to closely follow the label instructions for use.

FOR MORE INFORMATION
UNL Extension NebGuide “Low Toxic Cockroach Control” (G1523) available at the extension office or online at www.ianrpubs.unl.edu/sendlt/g1523.pdf.

Watch for Blister Beetles in Alfalfa



Gray, black, and three-striped blister beetles (shown magnified), all of which are toxic to horses and some other animals to varying degrees. Increased numbers of blister beetles in the second and third cuttings of alfalfa could pose problems for horses and livestock.

Alfalfa producers should be on the alert for blister beetles (*Epicauta spp.*) as they prepare for the next cutting. The increase in blister beetles is likely because immature blister beetles feed on grasshopper eggs, which have been plentiful for the past couple of years. Blister beetles feed on a plant's flowers and leaves, but usually cause little damage. They can create a serious problem, however, for the animals that consume them. Blister beetles contain a lipid (fat) soluble blistering agent called cantharidin, which causes blisters on skin tissue upon contact and can severely irritate an animal's digestive tract, especially horses.

Adult blister beetles vary in size and color but can be recognized by elongated, narrow, cylindrical, and soft bodies. When viewed from above, they have a constriction behind the head where it attaches to the narrowed anterior end of the thorax. Several species of blister beetles are common to Nebraska and pose varying degrees of problems. In Nebraska, the gray, black, and three-striped blister beetles are most common. The three-striped is long, slender, brown, and yellowish-gray with yellowish stripes. The gray is a larger beetle 9/16-inch to 11/16-inch long. The gray coloring is due to a thick covering of hair. The black blister beetle is the largest of the three species. It is more robust and is 5/8-inch to 7/8-inch long.

Adult blister beetles can generally be found in alfalfa

through the second and third cuttings, and some years, into the fourth cutting. Horses are particularly susceptible to blister beetle poisoning. Part or all of a horse's digestive tract can be severely irritated, leading to secondary infections and bleeding. Cantharidin is absorbed and excreted through the kidneys, thus irritation of the kidneys, ureter, urinary bladder, and urethra could be followed by secondary infections and bleeding. The substance also lowers serum calcium levels and causes damage to heart muscle tissue.

Researchers estimate the minimum lethal dose of cantharidin is about one milligram per kilogram body weight of a horse. The lethal dose for cattle may be as low as 0.5 milligram per kilogram body weight. Consequently, a few beetles with a high cantharidin level would kill a small horse, but quite a few with a low level would be required to kill a larger horse. About 1,700 black blister beetles would be needed to kill an 825-pound horse, but only 120 three-striped blister beetles. However, only 40 three-striped blister beetles would kill a 275-pound colt. As little as four to six grams of dried beetles can be fatal to a horse.

Management

Toxicosis by blister beetles is related to simultaneous cutting and crimping of hay when beetles are present. If hay is cut with a sickle bar or rotary mower

and not crimped, the beetle can leave the hay after it is cut. If the beetles are not allowed to escape, the trapped beetles die and are incorporated into the hay.

Scout fields, particularly in border areas, for the presence of blister beetles, and if found, treat with a short residual insecticide before cutting. Insecticides approved for use on alfalfa can be found online at <http://entomology.unl.edu/extension/crops/alfalfa.shtml>.

When selecting a pesticide, read the label to determine harvest restriction intervals. Kansas State University doesn't recommend blister beetle treatment because the dead beetles, which are still toxic, remain in the field. Other recommendations include not using crimpers on hay intended for horses and cutting alfalfa in the bud stage because blooms attract blister beetles.

It is difficult to eliminate the possibility of blister beetles in alfalfa, but carefully examining the hay being fed to horses may help detect their presence.

Source: Jack Campbell, retired UNL extension entomologist, West Central REC and Keith Jarvi, UNL extension educator

FOR MORE INFORMATION
UNL Extension NebGuide "Management of Blister Beetles in Alfalfa" (G1645) available at the extension office or online at <http://go.unl.edu/ifu>.

Is Your Water Affecting Your Herbicide Performance?

Tom Dorn
UNL Extension Educator

Herbicide spray mixes are more than 95 percent water and can vary widely in many characteristics. Purdue University researchers (Gurinderbir Chahal and others) stressed the importance of good water quality when mixing herbicides. They said the properties of water for carrier in spray solutions can greatly influence the performance of herbicides including glyphosate, Ignite, Clarity, 2,4-D, Sharpen, Pursuit, Poast, and many other herbicides.

Unlike pure water, quality of ground water is determined by factors such as pH, hardness, alkalinity, turbidity, and temperature. The presence of dissolved cations like calcium, magnesium, iron, aluminum, zinc, manganese, sodium, potassium, cesium, and lithium can influence herbicide efficacy.

The presence of calcium and magnesium carbonate makes water hard, whereas carbonate and bicarbonate concentration determine the alkalinity of the water.

Herbicides can exist in a neutral form or an ionized form depending on the water pH. The pH (acidity or alkalinity) of the water is a major factor that can affect the efficacy of herbicides. Herbicides such as Glyphosate, 2,4-D, dicamba, and others are acidic and will remain neutral in water less than 7.0 pH, but will become negatively charged in alkaline water higher than 7.0 pH. The result is the inability to get through the cuticle of weed leaves. On the other hand, herbicides that are basic, will react similarly in more acidic water (below 7.0 pH) and will become less effective as the

spray becomes more acidic. These include ALS herbicides, like Accent and others.

The Purdue weed specialists report extreme pH levels (below 5.0 pH or above 8.0 pH) not only affect the performance of the herbicide, but impact its residual in the soil.

Extreme pH levels will also reduce the solubility of the herbicide and can leave residues in your tank that will clog screens and nozzles. These deposits can react with the next herbicide you put in the tank and may reduce its effectiveness.

If you have water that has an adverse pH, there are pH adjusters that allow you to create the optimum chemistry for your herbicide. But before you use a buffer, consider whether the herbicide already has a pH adjuster included in the product.

Ammonium sulfate (AMS) is nearly always recommended as a water treatment prior to adding glyphosate to the tank. AMS binds with the cations of other metals, especially calcium, magnesium, and iron which would otherwise tie up some of the glyphosate in the spray tank. AMS is also said to increase the absorption of the herbicide into the leaf tissue.

Other herbicides such as Select Max, Poast, and growth regulators like 2,4-D can give a poor performance if your water has a high level of carbonates and bicarbonates. A tank mix with diammonim sulfate could help, but it needs to be the right amount.

Specific additives for various herbicides in corn can be found on page 40, for sorghum, page 41, and soybeans, page 42 of both the 2011 and 2012 editions of UNL Extension's "Guide for Weed Management" (EC-130).

Nebraska LEAD Program

Nebraska Agricultural Leadership Council

Applications are now being accepted for the Nebraska LEAD Group 32 which begins the fall of 2012. Up to 30 highly motivated individuals with demonstrated leadership potential will be selected.

The Nebraska LEAD Program is specifically designed for both men and women involved in production agriculture or agribusiness. Nebraskans in the general age range of 25-50 who are intent in providing quality leadership for the future of Nebraska agriculture are encouraged to apply.

Application deadline is June 15.


For application or re-application materials and/or further information, call the Nebraska LEAD Program at 402-472-6810 or email sgerdes2@unl.edu.

More information is located at <http://lead.unl.edu>

Pesticide Container Recycling Collections
Waverly, June 22 & Bennet, July 27

University of Nebraska-Lincoln Extension coordinates a recycling program for plastic agricultural pesticide containers. All containers must be inspected to make sure they have been properly rinsed, with the caps and labels removed before they can be placed in our trailer. (Paper labels one layer thick may remain on the containers.) We will accept all sizes of agricultural pesticide containers, including 30 gallon plastic drums.

Containers may be brought to the Lancaster



Extension Education Center, 444 Cherrycreek Road, Lincoln, during business hours 8 a.m.-4:30 p.m. Monday-Friday, EXCEPT from June 18-Aug. 3. **Please call ahead** at 402-441-7180 to ensure someone will be

available to inspect and accept the containers before you come.

Two remote collection dates have been arranged in cooperation with Farmers Cooperative Company. The semi-trailer will be manned on Friday, June 22, 9 a.m.-Noon in Waverly at the east elevator on 148th Street and on Friday, July 27, 9 a.m.-Noon in Bennet at the Co-op headquarters.

The material is currently being recycled into plastic posts, industrial pallets, field drain tiles, speed bumps, railroad ties, and parking lot tire stops.



Alice Henneman, MS, RD, UNL Extension Educator

Kids love to dip! This is a super-easy snack to make with kids from my extension colleague, Cami Wells in Hall County. Even little ones can help stir the pudding mix into the yogurt. Just make sure to provide a non-breakable bowl with enough room to prevent spills.

For more quick, healthy meal and snack ideas for young children, check out “Food Fun for Young Kids” by Cami at <http://go.unl.edu/chi>. You can also follow her on Pinterest at <http://pinterest.com/cwellsrd/food-fun-for-young-kids>.

Animals in the Swamp

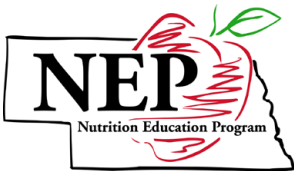
Makes 4 servings

- 8 ounces vanilla yogurt
- 1 tablespoon chocolate instant pudding mix
- Animal crackers

Combine yogurt and pudding mix. Serve 1/4 cup of “swamp” to each child. Dip crackers into the “swamp” and enjoy. Refrigerate any extra “swamp” within 2 hours and eat within to 3–4 days.



Kids in the Kitchen
— Part 2



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

Dana Willeford
UNL Extension Associate

We all know there are many reasons for teaching kids to cook; its less expensive than eating out, provides bonding time with family, builds confidence, etc. However, the most important reason for teaching children to cook is enabling your child with the ability to appreciate a healthy lifestyle and not ending up eating food from a paper bag!

Using kid-friendly recipes and making small changes in your cooking routine will help work your children into your dinner preparation. Before beginning, remember these important starters:

- always wash hands
 - wear aprons or roll up sleeves and tie hair back
 - use plastic knives for little ones
 - turn all pot and pan handles toward the back of the stove
 - keep hot pads handy
- Children enjoy assembling, measuring, and chopping tasks. There are activities for all ages. Here are some age appropriate activities as you get your kids into action!
- Activities for young children 3–6 years old:**
- washing fruits and vegetables
 - using a rolling pin

- cleaning off counter tops and tables
 - using cookie cutters
- Activities for children 6–10 years old:**
- helping with the shopping list
 - using measuring cups
 - stirring ingredients in a bowl
 - learning to read recipes
- Activities for 10–13 year olds:**
- using a stove, oven, and microwave with supervision
 - following simple recipes with little adult help
 - using a hand grater and a knife with supervision
 - operating an electric mixer
- Activities for Teens**
- learning to plan a balanced meal or menu
 - reading a recipe and creating a shopping list
 - operating a food processor or blender
 - preparing multiple ingredient recipes with little supervision

Summer Breezes Smoothie

- 1 cup low-fat yogurt
- 1 banana
- 6 strawberries
- 1 teaspoon vanilla
- 1 cup pineapple, canned in juice
- 4 ice cubes

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Recipe adapted from The Cooks Helper, UNL Nutrition Education Program

Gear Up for Gardening!

Adapted slightly from an article by Lisa Franzen-Castle, RD, PhD, Nutrition Specialist, UNL Panhandle Research & Extension Center

Gardeners know, and research confirms, nurturing plants is good for us: attitudes toward health and nutrition improve, kids perform better at school, and community spirit grows. Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables.

Benefits of Gardening

Fruits and vegetables, more matters. Gardens can motivate children to try new fruits and vegetables, and kids are eager to taste the ‘fruits’ of their labor. Fruits and vegetables are an important source of vitamins and minerals, provide fiber, color, and texture, and may reduce disease risk, but few children or adults eat recommended amounts. Gardening with your kids will get them excited about the plants on their plate.

Be more physically active. Did you know you can burn up to 150 calories by gardening for approximately 30–45 minutes? The Centers for Disease Control and Prevention (CDC) suggest gardening as a way to get some of the 2-1/2 hours of recommended weekly activity. If you have been inactive, start out gradually each day, building up time and intensity. Vary your gardening activities to keep it interesting and broaden the benefits.

Grow a Successful Garden

The best way to launch a successful garden is to start small and choose varieties that do well in your area. You might start with vegetables your children already enjoy, or try selecting plants around a theme such as a rainbow garden to increase their interest.

Safety Tips

Gear up for gardening with safety. It is important to remember safety when working outdoors. Wear safety goggles, sturdy shoes, and long pants when using lawn mowers or other machinery. Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants and protect your hearing when using loud machinery. Lower



Alice Henneman, UNL Extension in Lancaster County

This front yard garden includes herbs and flowers.



Lynn Betts, USDA Natural Resources Conservation Service

In addition to teaching youth how to grow plants, gardens can motivate children to try new fruits and vegetables.

your risk for sunburn by wearing long sleeves, wide-brimmed hat, sun shades, and sunscreen.

Stay hydrated. As the gardening season progresses, it’s important to be smart about staying hydrated when temperatures are on the rise. Drink plenty of water throughout the day to replace lost fluids. Sipping throughout the day is better than saving up for meals or breaks.

Take breaks. Take breaks often and rest in shaded areas so your body’s thermostat will have a chance to recover. Stop working if you experience breathlessness or muscle soreness. Signs of heat-related illness include extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.

Gardening can have a positive impact on your eating habits, physical activity level, and overall well-being. Whether you are a beginner

or expert gardener, health and safety are always important.

Sources:

- *Fruits and Veggies, More Matters.* Produce for Better Health Foundation. “Top 10 Reasons to Eat More Fruits & Vegetables.” 2012. www.fruitsandveggiesmorematters.org
- *Centers for Disease Control and Prevention (CDC).* Department of Health and Human Services. “Gardening Health and Safety Tips.” 2011. www.cdc.gov/family/gardening/index.htm
- *National Gardening Association.* “When You Garden, You Grow.” 2012. www.nationalgardenmonth.org

FOR MORE INFORMATION

UNL Extension has many gardening-related resources, including:

- Seasonal Recipes and Food Preservation <http://food.unl.edu/web/localfoods/seasonal-foods>
- Garden, Lawn, and Landscape <http://lanaster.unl.edu/hort>
- Urban Agriculture <http://food.unl.edu/UrbanAg>
- Backyard Farmer <http://byf.unl.edu>

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- Easy, Healthy Everyday Recipes
- Enjoy More Fruits and Vegetables
- Prepare and Eat More Meals at Home
- And more!

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

This has been a funny spring. A lot of the flowers and flowering trees were very early in blooming. The weeds are growing so it means extra work and the lawn needs to be mowed every week. The roses are so pretty. I enjoy seeing all the flowers blooming.



I hope you are thinking about making baskets for the Sizzling Summer Sampler on Wednesday, July 11. This money is used for our scholarship fund.

The next FCE Council meeting is Monday, June 25 at 1 p.m. Kristen Eggerling will present a program prior to the business meeting.



Heritage skills items should be brought to the June council meeting so they can be judged to go on to the State Convention in September. The categories are visual arts, hand stitchery, creative writing (no poetry), holiday articles, and original greeting cards.

“Live so that when your children think of fairness, caring, and integrity they think of you.”

FCE News & Events

Council Meeting, June 25

The June FCE Council meeting will be Monday, June 25, 1 p.m. at the Lancaster Extension Education Center. The program will be given by Kristen Eggerling with CommonGround Nebraska. CommonGround is a national group of volunteers

with a mission of starting a conversation between women who grow food and the women who buy it. It’s a conversation based on personal experience as farmers, and on science and research.

The business meeting will follow the program. All FCE members are invited to attend.

Baskets Needed

Clubs and individuals are reminded, baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler (SSS). Each year a \$400 scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the SSS.



Lorene Bartos, UNL Extension Educator

Tips for Cleaning the Grill

Most people love the smell of barbecue, but cleaning the grill is often forgotten or a task neglected. Some people seem to forget this important aspect of grilling and food safety.

If the grates are removable, take them out and soak them in warm water and dish soap. Brush clean with a wire brush, and then reassemble the grill and let it air-dry. If other parts require cleaning, check the manual and follow directions.

The key to a clean grill is to be diligent about cleaning it immediately after each use, rather than waiting until you’re ready to start cooking. So, the next time you take the steaks off the grill, let any cooked-food residue burn away before turning it off. This is a simple thing to do while the meat “rests.” Then turn off the grill, but while it’s still warm, use a small wire brush to clean any food particles remaining on the cooking grates.

Summer Entertaining Made Easier, Inexpensive, and Green

As your warm-weather entertaining ideas turn to backyard barbeques and brunches, be sure to keep Mother Earth in mind too.

“One way to drastically cut down on your waste production this season is to use non-disposable dishes, utensils, tablecloths, and napkins,” says Nancy Bock, Senior Vice President, Consumer Education at the American Cleaning Institute®.

Not only will your table look even more festive, you’ll know you’re doing the right thing for the environment, not to mention your wallet! If you don’t want to use breakable dishes outside, or your budget doesn’t call for investing in a set of outdoor flatware and place settings, remember you can put some disposable plastic utensils in the dishwasher and use them again. Perhaps they won’t last for 10 years, but certainly they’ll hold up for a summer season.”

Consider using older tablecloths that no longer work for more formal gatherings, and

try a mix of different napkins for a casual feeling. Invite the kids to make decorations for the table or buffet. Better yet, get the kids involved by having them set the table!

When it comes to cleaning up, again, get the kids involved by encouraging them to clear the table and load the dishwasher. Just follow these tips to make sure your dishwasher use is as energy efficient as possible:

- Follow directions on the dishwashing detergent, and use as directed.
- Save energy by running the dishwasher when it’s full.
- If necessary, scrape food residue and heavy grease prior to washing.
- Pre-soak cooked-on stains.
- Recycle dishwashing detergent containers when empty.

Just by following these simple ideas, your spring and summer entertaining will be festive, attractive, and oh so green!

Source: American Cleaning Institute

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Red, White & Blue

Guests welcome!

Wednesday, July 11 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

Program

HIDDEN GEMS OF NEBRASKA
presented by Jane Gustafson,
Nebraska Game and Parks Commission

GOOD OL’ DAYS OF RADIO
presented by Don Gill



Cost \$10. Make checks payable to FCE Council.
Send reservations and check by July 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Play is Important for Young Children

Adults caring for young children need to provide plenty of daily opportunity for children to play. Why is play so important? Play is how a young child learns about themselves and the world around them. It is crucial for development — physical, social, emotional, and cognitive. Fun play activities involve exploring, curiosity, and discovery.

For low cost ideas to incorporate play into the care of young children (such as the activity at right) go to www.extension.unl.edu/web/child/play.

Let’s Get Outdoors: Scavenger Hunt!

Materials Needed:

- Friends
- These items for each player or team: spoon, 3 small paper cups, 3 small plastic zip up bags, 3 large plastic zip up bags

Learning Activity:


1. Look at the list of outdoor objects. Our goal for this hunt is to find as many of those items as you can.
2. Decide with the other players if you will each hunt alone or if you will form teams. Also, agree on times to start and end the hunt.
3. As you find an object, put it in a bag or cup, and check it off your data sheet.
4. Return any living objects to the outdoors. Use some of the others to create a collage, pictures, or creature.

- ☐ Something fuzzy
- ☐ Thistle or thorn
- ☐ Something sticky
- ☐ Needle from an evergreen
- ☐ Flower
- ☐ Live leaf
- ☐ Dead leaf
- ☐ Piece of litter
- ☐ Tree branch
- ☐ Acorn
- ☐ Leaf with spores
- ☐ Seed pod
- ☐ Cocoon
- ☐ Clover
- ☐ Rock showing erosion
- ☐ Mud
- ☐ Bug
- ☐ Something beautiful
- ☐ Seed
- ☐ Ant
- ☐ Fungus
- ☐ Pine cone
- ☐ Egg*
- ☐ Feather*

*OK to look and touch, but not collect

Activity Guide, Fun to Play, Ready to Learn

University of Nebraska–Lincoln Extension has developed an activity guide, *Fun to Play, Ready to Learn* (EB2), available for \$10.95 plus postage at <http://go.unl.edu/playlearn>. The guide is targeted to parents and child care professionals of children from birth to 36 months of age. Explore how you can stimulate your child’s learning capacity through fun activities, games, and songs Choose from a variety of fun things to match your child’s interests and developmental stage.



Colorful Annual Vines

Mary Jane Frogge
UNL Extension Associate

Annual flowering vines are useful for many locations around the home landscape. They add new interest to the yard area when grown on a fence, lattice, arbor, or trellis. Annual vines climb by twining around a support or by clinging with tendrils. They grow rapidly to form an attractive mass of foliage and flowers.

Candy corn vine or **Firecracker vine** has bright red and yellow tubular shaped flowers. It is ideal for arbors, fences or even hanging baskets. The vine will grow 8–10 feet. It grows in full sun to light shade.

Morning glory is one of the most colorful vines you can plant. Brilliant flowers are available in white and shades of blue, pink, purple, and red. The flowers are four inches across and are borne freely on vines

which may grow to a height of 12–15 feet tall. Morning glories grow best on a well drained soil in a warm sunny location.

Trailing nasturtiums grow four or five feet tall. They bloom profusely and producing fragrant flowers in shades of red and yellow. The plants perform best in well drained soil and full sun.

Scarlet runner bean is an edible ornamental suitable for trellising. Rosy scarlet flowers top long twining vines. The pods are very ornamental. Unfortunately, bean leaf beetles love to eat this plant.

The **sweet pea** has a delicate, colorful flower that has a honey-orange blossom scent. These vines will grow 6–8 feet tall in full sun.

Cardinal climber is a lovely flowering vine. It has dark green, palm-like leaves and bright crimson red flowers. Cypress Vine is similar to Cardinal climber with red

flowers, but the foliage is very fine and feathery. Butterflies are very attracted to these two vines.

Black-eyed Susan vine is a vigorous climbing vine. This vine will do well in full sun locations. The flowers are plentiful in colors of bright orange, yellow, and white.

Gourds have rather inconspicuous flowers, but produce colorful fruit which are ornamental on the vine during late summer. The fruit may be dried for fall and winter arrangements.



Trailing nasturtium



Cardinal climber



Scarlet runner bean



Black-eyed Susan vine



Candy corn vine



Morning glory



Sweet pea



Gourd

Mower Wounds Injure Trees



Mower damage to a tree injures the bark. Often, microorganisms then invade, greatly enlarging the affected area. Compare photos of same tree taken in 2006 and 2012.

Mary Jane Frogge
UNL Extension Associate

In Nebraska, trees have a tough time staying healthy. Drought, insects, disease, and storm damage shorten the life of our beautiful trees. There is one other menace that is easy to prevent, lawn mower damage. Injury and infection started by lawn mower wounds can often be the most serious threat to tree health in the home landscape.

Most tree injuries occur when mower operators attempt to trim close to tree trunks. This can be prevented by removal of turf around trees and adding

mulch or by hand trimming. Care must be used to avoid harming trees with weed whip trimming machines. They can do a great deal of damage to the bark, particularly on young trees. The site of injury is usually the root buttress, since it flares out from the trunk and gets in the path of the mower. However, injury is common on shallow roots and along the trunk area. Although large wounds are more serious, repeated small wounds can add up to trouble.

Wounds from lawn mowers are serious enough by themselves, but the wounded tree must protect itself from pathogens that invade the

wound. These microorganisms can often attack the injured bark and invade healthy tissue, greatly enlarging the affected area. Internal decay can result and then the loss of the tree.

The problem of lawn mower injury is not a tree problem but a people problem. The solution is to educate lawn mower operators about how serious these wounds can become if they are not careful and run their mowers into the tree. A mulched area around the tree trunk can provide protection for your investment, a healthy tree.

Source: Texas A & M Extension

Garden Guide THINGS TO DO THIS MONTH By Mary Jane Frogge, UNL Extension Associate

Mid to late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac, and viburnum.

When you buy container grown nursery stock, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Remove old flower heads from annual bedding plants to keep them blooming.

Spring flowering shrubs such as spirea, viburnum, lilac, and forsythia should be pruned as soon as they are done blooming.

Disbud chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To disbud, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.

Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container's bottom to provide good drainage.

Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage the bulbs.

Watch for and control blackspot and powdery mildew on rose foliage.

Use bark mulch around young trees to protect them from lawn mower damage.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm season crop as soon as the spring vegetables are harvested.

For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens, or fibrous rooted begonias in combination with trailing plants, such as English ivy.

If you do not have much room to landscape, consider using some of the many dwarf varieties available. These are plants that have slow growth and stay small, so there is little pruning maintenance. There are numerous dwarf evergreens, flowering trees and shrubs from which to choose.

In most cases, blossom-end rot on tomatoes, peppers, squash, and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching and watering correctly, planting in well drained soil and not cultivating deeper than one inch within one foot of the plant. Avoid the use of high nitrogen fertilizers.

Continue planting warm season vegetable crops such as beans, squash, and cucumbers.

The best time to harvest most herbs is just before flowering, when the leaves contain the maximum essential oils.

Before pouring gasoline into the fuel tank of your lawn mower, garden tiller, or other garden equipment, be sure to turn off the engine and allow it to cool for at least five minutes.

Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.

Bats can be an effective way to control insects. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.

Leftover vegetable and flower seeds may be stored in a cool dry location to be saved for planting next year.

Wildflowers Celebrated Statewide, June 2–10

“Wildflowers give us a sense of where we are in this great land of ours.... Wherever I go in America, I like it when the land speaks its own language in its own regional accent.”
—Lady Bird Johnson

Inspired by a similar national event, Nebraska Wildflower Week is a celebration of wildflowers and native plants in the wild and in the landscape through events and activities across Nebraska. In 2012, it will be observed June 2–10, when many of Nebraska’s prairies and gardens are at their prime. Nebraska Statewide Arboretum serves as coordinator for Wildflower Week activities, bringing together organizations

and individuals across the state who recognize the value of wildflowers — not only for their beauty but also for what they imply and symbolize. “Where wildflowers are thriving, it is a sign that the environment is healthy,” said Bob Henrickson of the Nebraska Statewide Arboretum, whose nursery production work with the Arboretum concentrates on native and regionally-appropriate plants. Opportunities for wildflower enthusiasts across the state include guided tours, presentations on wildflower plantings, etc. Events, photos, and more information can be found at <http://go.unl.edu/wildflower>.

Local Wildflower Events

- **Wildflower Week plant sale and tour of display gardens at Nebraska Statewide Arboretum greenhouses.** Friday, June 1, 12–5 p.m. and Saturday, June 2, 9 a.m.–Noon at the UNL East Campus. Wildflowers and other native and hardy plants, trees, grasses, and shrubs for sale. For more information, go to <http://arboretum.unl.edu/plantsales.html> or call 402-472-2971.
- **“Designing Sustainable Rain Gardens” workshop** Saturday, June 2, 9 a.m.–Noon at Parks & Recreation Administration, 2740 A St. Sponsored by Finke Gardens and Nursery, Nebraska Statewide Arboretum, Lincoln Watershed Management, and Lincoln Parks & Recreation. Pre-registration of \$10 before May 30. For more information, call Christina Hoyt at 402-472-5049.

- **“Prairie Wildflower Walk” at Spring Creek Prairie Audubon Center,** Sunday, June 3, 3:30–4:30 p.m. at 11700 SW 100th St. near Denton. Tours, discounts on plants, and demonstrations. For more information, go to www.springcreekprairie.org or call 402-797-2301.
- **“Jazz in June” walking tour of Love Garden,** Tuesday, June 5, 6 p.m. UNL campus, meet at east entrance to Sheldon Museum of Art. Sponsored by University of Nebraska-Lincoln Botanical Garden and Arboretum. For more information, go to www.jazzinjune.com or call 402-472-2679.
- **“Gardening with Wildflowers” presentation,** Saturday, June 9, 10 a.m. by Benjamin Vogt (gardener and author of <http://deep-middle.blogspot.com>) at Finke Gardens, 500 N. 66th St. For more information, go to <http://finkegardens.com> or call 402-466-1995.

Growing a Prairie Flower Garden

Bob Henrickson
Nebraska Statewide Arboretum

Why would anyone want to landscape with prairie plants? The perception of many is that a 100-acre estate is required; after all, prairies are vast, once reaching from horizon to horizon. But many prairie plants fit into a more modest garden and won’t overtake the planting. They even work well in formal beds. There are many benefits to adopting a more natural landscape look. After all, the prairie existed for millennia without benefit of landscape crews and garden centers. The prairie is not only colorful in the fall; in fact, some of the most beautiful prairie wildflowers bloom in spring and summer. What is native for you? A reasonable approach for home gardeners is simply to use whatever prairie plants can be found, as long as they can survive in the garden without pampering.

Preparing a Planting Bed

Weeds are best eradicated before planting or sowing, because they out compete slow growing prairie seedlings and shade them too. Smothering is a popular technique for small areas of bluegrass, fescue, and weeds. First cut the grass or weeds very short then lay down a layer of black plastic for up to a month to smother and cook them. You can also lay down layers of newspaper (at least 10 sheets) over aggressive weeds. Spread 4–6 inches of a sand/compost mix on top of the paper. Plant plugs and seeds directly into this mixture. You can also use the least toxic, shortest-lived herbicides, as sparingly as possible, as carefully as possible, and only on those perennial weeds unfazed by hand-weeding. If possible enrich the soil for your tall grass prairie garden by incorporating a few inches of compost. Your dry, short-grass prairie garden will benefit from raising the soil with a topsoil/gravelly mix. When planning a border using plants native to dry-land or rocky soils, it is essential to improve the drainage of your site by raising the soil above the original grade. I use one-half topsoil or other organic soil and one-half gritty mix of gravel and sand.

Maintaining Prairie Gardens

It is best to fight only those weeds that can cause tremendous trouble later. It is helpful to know what the prairie plants look like when they first emerge in spring,

but it is far easier to memorize the life cycle of a dozen invasive weeds. Let annual weeds act as a cover crop and worry only about keeping seed from maturing by mowing. Mow whenever weeds get over 10 inches tall using a flail mower or a weed whip. If weeds are minimal, hand-weed only. The best way to handle insects is to do nothing at all and let nature take its course. Water your garden only during periods of drought after it is established, otherwise the plants that survive will be those that require extra water. Those that can live on rainfall alone will not rot because they got too wet.

Designing a Prairie Garden

- Design your prairie style landscape to include 50–75 percent grasses. There are 1–4 species of dominant grasses for each kind of prairie. By competing with the rough, tough wildflowers of the prairie, grasses help keep them from growing too tall or becoming a weed problem. They also frame the flowers, adding a refined texture to what are sometimes coarse plants. Finally, they hide the legs of wildflowers that would rather go dormant than provide season long beauty. There are many ways to incorporate prairie plants into your existing perennial border, or perhaps you want to create your own “postage stamp” prairie garden. You can use the following planting plan to help you achieve the right texture and density of wildflowers and grasses.
- 1) First divide your garden space into a grid of one square yard sections and plant one **dominant grass** per square yard. It is best to plant them in a random pattern so when each species is most eye-catching, nothing will look lined up and artificial.
 - 2) For every dominant grass, plant one **subsidiary grass**.
 - 3) For every ten dominant grasses, plant a **shrubby prairie flower**.
 - 4) Now, choose at least four different species of **cool season forbs** and at least four species of **warm season forbs** for each dominant grass and place them in drifts.
 - 5) Lastly, broadcast seeds of **pioneer forbs** to help cut down on weeds. As soon as the rhizomatous plants start to spread and everything seeds out, this grid should disappear altogether.

FOR MORE INFORMATION

Learn to identify Nebraska’s wildflowers at <http://go.unl.edu/florasearch>.



Switchgrass (top), Little Bluestem (lower left) and Sideoats Grama (lower right)



Pale Purple Coneflower (pink flowers), Lanceleaf Coreopsis (yellow flowers), and White Wild Indigo (white tall flowers)



Upright Prairie Coneflower

DOMINANT TALL GRASSES

Indiangrass - *Sorghastrum nutans*
Big Bluestem - *Andropogon gerardii*
Switchgrass - *Panicum virgatum*

DOMINANT SHORT GRASSES

Little Bluestem - *Schizachyrium scoparium*
Sideoats Grama - *Bouteloua curtipendula*
Blue Grama - *Bouteloua gracilis*
Prairie Dropseed - *Sporobolus heterolepis*

SUBSIDIARY GRASSES

Canada Wildrye - *Elymus canadensis*
Prairie Junegrass - *Koeleria pyramidata*
Prairie sedge - *Carex bicknellii*

SHRUBBY WILDFLOWER

Leadplant - *Amorpha canescens*
New Jersey Tea - *Ceanothus americana*

TALL COOL SEASON WILDFLOWERS

Rattlesnake Master - *Eryngium yuccifolium*
White Wild Indigo - *Baptisia lactea*
Ohio Spiderwort - *Tradescantia ohioensis*
Tube Penstemon - *Penstemon tubaeformis*
Mountain Mint - *Pycnanthemum virginianum*

TALL WARM SEASON WILDFLOWERS

Wild Bergamot - *Monarda fistulosa*
Pitcher’s Sage - *Salvia azurea*
Obedience Plant - *Physostegia virginiana*
Pale Purple Coneflower - *Echinacea pallida*
Prairie Coneflower - *Ratibida pinnata*
Compass Plant - *Silphium laciniatum*
Joe-Pye Plant - *Eupatorium purpureum*
Thickspike Gayfeather - *Liatris pycnostachya*
Showy Goldenrod - *Solidago speciosa*
Sky Blue Aster - *Aster azurea*

SHORT COOL SEASON WILDFLOWERS

Purple Poppy Mallow - *Callirhoe involucrata*
Missouri Primrose - *Oenothera macrocarpa*
Candle Anemone - *Anemone cylindrica*
Prairie Smoke - *Geum triflorum*
Prairie Phlox - *Phlox pilosa*
Pasque Flower - *Pulsatilla patens*

SHORT WARM SEASON WILDFLOWERS

Wild Petunia - *Ruellia humilis*
Prairie Onion - *Allium stellatum*
Purple Prairie Clover - *Dalea purpurea*
Butterfly Milkweed - *Asclepias tuberosa*
Black Sampson - *Echinacea angustifolia*
Plains Coreopsis - *Coreopsis palmata*
Dotted Gayfeather - *Liatris punctata*
Missouri Black-Eyed Susan - *Rudbeckia missouriensis*
Aromatic Aster - *Aster oblongifolius*

PIONEER FORBS

Daisy Fleabane - *Erigeron strigosus*
Black-eyed Susan - *Rudbeckia hirta*
Upright Prairie Coneflower - *Ratibida columnifera*
Shell-leaf Penstemon - *Penstemon grandiflorus*
Prairie Ragwort - *Senecio plattensis*



4-H Enrollment Forms MUST be Returned by June 15!

It is **absolutely necessary** all 4-H enrollment forms are updated and returned to extension by June 15.

This year, we are using a new database computer program and need to be sure each 4-H member is enrolled in our new system!

4-H Special Garden Project: Firecracker Sunflower

4-H families are invited to participate in a special garden project, growing Firecracker Sunflowers. Twenty-five seed packets are available on a first-come, first-served basis. The cost is \$1.25 for one seed packet per family. Please stop by the UNL Extension in Lancaster County office front desk to register, pay for, and pick up your seeds. Office hours are Monday–Friday, 8 a.m.–4:30 p.m. We are unable to take orders over the phone or reserve seeds in advance. The project will give youth the opportunity to learn about growing, harvesting, and exhibiting these pretty sunflowers at county fair.

4-H/FFA Animal ID's Due June 15

All 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle, llamas/alpacas, and rabbits which will be exhibited at county fair, state fair, and/or Ak-Sar-Ben 4-H Stock Show must have Identification/Ownership Affidavits submitted to extension by June 15.

Forms are available online at <http://lancaster.unl.edu/4h/fair> and the extension office. If you plan on showing market sheep, market hogs, or feeder calves at state fair or Ak-Sar-Ben, you will need to have DNA collected by this deadline also.

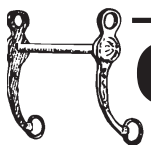
4-H Bicycle Safety Contest, June 23

The 4-H Bicycle Safety Contest will be held Saturday, June 23, 9 a.m. at the Lancaster Extension Education Center. Contest is open to all 4-H'ers ages 8 and up. Participants must provide their own bicycle and must wear a helmet. MUST preregister by June 18 by calling 402-441-7180 (there is no entry form). Late registrations not accepted.

There are two parts of the contest. In the bicycle skills events, 4-H'ers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection reinforces the importance of bicycle maintenance and safety features. See Fair Book p. 11.

Donated Sewing Machine To Go To a 4-H'er

This is the fourth year that Kath Conroy, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. All papers should be sent by Friday, June 29 to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.



HORSE BITS

4th Annual

Lancaster County Horse VIPS 4-H Pre-Districts Format Clinic/Show/Fundraiser

Saturday, June 2, 2012 (Days Before Districts!) • 9 a.m.
Lancaster Event Center • Pavilion 3 • (84th & Havelock, Lincoln)

The Lancaster County Horse VIPS committee is hosting a very special 4-H clinic/show to help everyone prepare for Districts and State!

WALK/TROT CLASSES

Now, newer riders and green horses can practice for district competition. Two all-age classes with any tack have been added, but you may not show in other classes requiring a canter/lope.

PRACTICE FOR DISTRICT SHOWS

This clinic/show will be set up in the district format and all 4-H age groups can participate. Due to time constraints, games and reining will have a senior class and a juniors/elementary combined class. 4-H attire and armbands required, but ID sheets are not needed for this show.

COMBINED CLINIC/SHOW FORMAT

Depending on size of the classes and show, the judge will be able to do some teaching and commenting at the end of the classes. This feedback is designed to help participants learn how to further improve their riding.

CLASS FEES SUPPORT 4-H

There will be a one time office charge of \$5 and a \$3 charge per class (including the Hippology Contest). Proceeds support the Horse 4-H Program in Lancaster County. Thank you for your support!

FACILITY NOTES

Concessions will be available onsite. A limited number of \$15 stalls and \$20 campsites are available plus \$8/bag shavings, all payable to Lancaster Event Center on show day. Horses may be shown from trailers.

THANK YOU TO OUR SPONSORS!

8:00 a.m.
8:50 a.m.
9:00 a.m.

Registration & Warm-up for all entered in English classes
Posting of Colors and National Anthem
Individual class workouts on the rail for English classes
*** Please listen to announcer for instructions. ***

1. English Pleasure/Equitation (seniors)
2. English Pleasure/Equitation (juniors)
3. English Pleasure/Equitation (elementary)
- ~~~ Warm-up for all entered in Walk/Trot classes ~~~
4. Walk/Trot Pleasure (all ages, no other canter/lope classes)
5. Walk/Trot Horsemanship (all ages, no other canter/lope classes)
- ~~~ Warm-up for all entered in Western classes ~~~

Individual class workouts on the rail for Western classes
*** Please listen to announcer for instructions. ***
6. Western Pleasure Ponies (all ages, only if 4+ entries)
7. Western Pleasure/Horsemanship (seniors)
8. Western Pleasure/Horsemanship (juniors)
9. Western Pleasure/Horsemanship (elementary)
*** Stay for special announcements after this class! ***
~~~ Warm-up for all entered in Reining & Games ~~~

10. Reining (seniors)
11. Reining (juniors)
- ~~~ Break, arena worked, and set up for Games ~~~
12. Pole Bending (seniors)
13. Pole Bending (juniors, elementary)
14. Barrel Racing (seniors)
15. Barrel Racing (juniors, elementary)
16. Hippology Contest (seniors)
17. Hippology Contest (juniors)
18. Hippology Contest (elementary)



**SIGN UP FOR HIPPOLOGY & GET FREE PURINA NICKERMAKER HORSE TREATS!**

#### NEW! HIGH POINT AWARDS

Champion and reserve trophies will be awarded in elementary, junior, and senior divisions at the conclusion of the show. Points for each class will be awarded as follows: 6 for champion, 5 for reserve, 4 for purple ribbons, 3 for blue, 2 for red, and 1 for white. Everyone is automatically enrolled.

**Questions? Call Marty Cruickshank @ 402-441-7180** or  
Caren Miille, 402-326-0516, [can222@yahoo.com](mailto:can222@yahoo.com)  
Jennifer Rawlinson, 402-560-3319, [jcrawlinson@windstream.net](mailto:jcrawlinson@windstream.net)  
Carol Wolf, 402-540-3709, [carol\\_wolf@veyance.com](mailto:carol_wolf@veyance.com)

### County Fair 4-H

#### Horse IDs Due June 1

4-H horse identification forms for the Lancaster Country Super Fair are due in the extension office by June 1. Late ID forms WILL NOT be accepted. Take the time to fill forms out completely and thoroughly. Draw your horse's markings on the picture as accurately as you can. Also, be sure to indicate the horse's color on the drawing. Forms are available online at <http://lancaster.unl.edu/4h/fair> and at the extension office.

### State 4-H Hippology and Judging Forms Due June 4

Hippology and judging entry forms for the State 4-H Horse Exposition at Fonner Park are due to the extension office on Monday, June 4. All entry fees will be paid by 4-H Council. Contest entry forms are available at the extension office and at <http://lancaster.unl.edu/4h/horsenews.shtml> under resources. For more information and contest rules, go to <http://go.unl.edu/swe>.

### Stall, Shaving, and Camping Reservations Due June 4 for Horse Districts in Lincoln

Lancaster County 4-H will host a district horse show on Thursday, June 14, 9 a.m. at the Lancaster Event Center in Plains Equipment Group Pavilion–Amy Countryman Arena. Stall, shaving, and camper hookup reservations are highly recommended and due by June 4. For more information, go to <http://lancaster.unl.edu/4h/horsenews.shtml> or contact Marty at [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu) or 402-441-7180.

### 4-H Riding Skills Level Testing on June 18, June 26, and July 3

A 4-H riding skills level testing will be held on Monday, June 18, 5:30 p.m. at the Lancaster Event Center – Amy Countryman Arena. Anyone wishing to be tested must be signed up by June 11 by contacting Marty at 402-441-7180 or [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu). Testings will also be held on June 26 and July 3 at the Lancaster Event Center, Great Plains Equipment Group Pavilion–Amy Countryman Arena. July 5 will be the last date to test in order to ride in the Lancaster County Super Fair. All of the horsemanship requirements must be passed and paperwork, including the sign-off sheet, submitted to the 4-H office on July 3. All Lancaster County riding skills level tests must be done in group testings. Individual tests done by leaders are no longer accepted.

### 4-H Horse Tack Swap, June 2

Buyers and sellers of horse tack, books, attire, and anything horse-y are welcome to the second 4-H Tack Swap which will be held Saturday June 2, 8 a.m.–3:30 p.m. at the Lancaster Event Center, Pavilion 3 in conjunction with the Lancaster County Horse VIPS Committee pre-district show/clinic/fundraiser. Items will be accepted the day of, so dust off unused items in your closets, garages, and barns for a good cause and some extra cash! It's free to list items or to shop the swap! Ten percent of all sales will be donated to Horse VIPS. Unsold items can be donated to 4-H or picked up at 3:30 p.m.



### Life Challenge Contests

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

- **County-level Senior Life Challenge** (for ages 12 and up) is scheduled for Saturday, June 2, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 31 by calling 402-441-7180 (there is no entry form). Contest questions will be based on family and consumer science and healthy lifestyles 4-H curriculum areas. This is a Lancaster County Super Fair 4-H Contest.
- **Statewide FCS Life Challenge** (for ages 12 and up) will be held Monday, June 25 and Tuesday, June 26 on UNL East Campus. To participate, must contact Tracy at 402-441-7180 by June 4. Information is online at <http://pase.unl.edu>.
- **County-level Junior Life Challenge** (for ages 8–11) will be held Saturday, July 7, 9 a.m. at the Lancaster Extension Education Center. Preregister by July 5 by calling 402-441-7180 (there is no entry form). Contact Tracy for study packet after June 1. This is a Lancaster County Super Fair 4-H Contest.

### Premier Animal Science Events (PASE), June 25–26

The statewide Premier Animal Science Events (PASE) will be held June 25–26 on UNL East Campus. Open to 4-H'ers ages 12 and up, PASE consists of a variety of different contests including: livestock, meats and poultry judging, livestock skillathon, and livestock quiz bowl. For more information, go to <http://pase.unl.edu>. To participate, contact Cole at 402-441-7180 by June 4.

### 4-H/FFA Quality Assurance Certification Now Online

4-H/FFA youth exhibiting market beef, sheep, swine, dairy cattle, and goats must complete Quality Assurance certification in order to show. There is a new format for certification — it is now offered online rather than in person. This format will make it more user friendly and accommodating to your busy schedules. Detailed information has been mailed to 4-H/FFA members on how to log on and complete the activities. If you have questions, contact Cole at 402-441-7180.

### Junior, Senior Pygmy Goat Showmanship

There was a class not listed in the Fair Book. For 4-H pygmy goat showmanship at the Lancaster County Super Fair there are now two classes, Junior and Senior. In the past there was only one class of pygmy goat showmanship. Please spread the word and let others know there are now two classes.

### New 4-H Clover Kids Curriculum

A new 4-H Clover Kids (ages 5–7) home environment curriculum is now available. “A Space for Me! Helper’s Guide” is used in conjunction with the “A Space for Me!” member’s manual. Sections include: 1) Hang It, Fold It, Keep Your Space Neat; 2) Save It, Recycle It, Reuse It; and 3) Color It, Paint It, Create It. Copies are available at the extension office.

### 4-H Spotlight Newsletter for Volunteers

Nebraska’s “Spotlight on 4-H Newsletter” for 4-H volunteers is mailed to club organizational leaders. It is also posted online at <http://lancaster.unl.edu/4h/Spotlight.shtml>. May topics include: Understanding Competition in 4-H, Baking for People with Food Allergies, Child Development Strategies, Gear-Tech 21, and The Art of Felting.



## Clover College

### Tue., June 12–Fri., June 15

Lancaster Extension Education Center, 444 Cherrycreek Road  
Open to youth ages 6 & up

Four days of “hands-on” workshops full of fun and learning! Youth may attend as many workshops as they wish. Youth attending workshops that overlap the lunch period should bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description). If you have questions, contact Tracy at 402-441-7180.

### WORKSHOPS WITH OPENINGS AS OF MAY 15

#### 3–Day Workshop

**#3 Clover Chess Tourney**  
Play in a unique chess tournament. Children play 2 rounds per day all three days, alternating colors. Time controls Game/20, Swiss system. Boards, sets, and clocks provided. WED-FRI, JUNE 13–15; 10:15AM–12:15PM AGES 8–12 • FEE \$10 INSTRUCTOR: James Walla, 4-H Volunteer

#### 1-Day Workshops

**#5 Basketball Basics**  
Learn the basic skills needed to be a successful basketball player. Basketball included to take home. TUE, JUNE 12; 8–10AM AGES 8 & up • FEE \$10 INSTRUCTOR: Evan Kucera, College Basketball Player

**#6 Hooded Towels**  
Create a hooded towel for a baby or toddler. Fee includes towel and thread. Bring scissors, sewing pins, ruler, and sewing machine. TUE, JUNE 12; 8–10AM AGES 11 & up • FEE \$10 INSTRUCTOR: Maureen Burson, Extension Educator

**15 Terrific Table Setting**  
Create an awesome centerpiece and learn all you need to know to participate in the 4-H Table Setting Contest. TUE, JUNE 12; 12:45–2:45PM AGES 8 & up • FEE \$4 INSTRUCTOR: Rachel Pickrel, Extension Intern

**16 Rabbits, Rabbits!**  
Rabbits will be present to help you learn how to care for them and learn about rabbit showmanship. TUE, JUNE 12; 12:45–2:45PM AGES 8 & up • FEE \$3 INSTRUCTORS: Cindy & Alyssa Zimmer, 4-H Volunteers

**17 Nail Art**  
Have fun learning how to create different designs on your nails using decals, rhinestones, and beautiful nail paints. Come with clean finger and toe nails. TUE, JUNE 12; 3–5PM AGES 9 & up • FEE \$10 INSTRUCTOR: Jhoni Kucera, 4-H Volunteer

**20 Pizza Farm**  
What’s a Pizza Farm and what does agriculture have to do with it? Come and find out! TUE, JUNE 12; 3–5PM AGES 8 & up • FEE \$4 INSTRUCTOR: Shayna Truax, Extension Intern

**21 Recycled Treasures**  
One person’s trash is another one’s treasure. Make creative new items that once had a different purpose. TUE, JUNE 12; 3–5PM AGES 8 & up • FEE \$5 INSTRUCTOR: Nicole Effle, 4-H Volunteer

**23 Go Go Osmosis!**  
Cook up some fun and learn the WHY behind cooking techniques as well as the scientific explanation. WED, JUNE 13; 8–10AM AGES 8 & up • FEE \$5 INSTRUCTORS: Jennifer Smith and Paige Roach, 4-H Volunteers

**27 Destination: Moon**  
Solve mysteries about the moon’s origins, revolution, and rotation. WED, JUNE 13; 12:45–2:45PM AGES 8 & up • FEE \$7 INSTRUCTOR: Stephanie Wachter, 4-H Volunteer

**31 Jeans Apron**  
Sew a cute apron using an old pair of jeans. Bring your sewing machine, scissors, matching thread and 1 yd. cotton fabric for the ruffle. Jeans will be provided. WED, JUNE 13; 3–5PM AGES 10 & up • FEE \$2 INSTRUCTOR: Janet Anderson, 4-H Volunteer

**39 Babysitting Basics**  
Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys. THU, JUNE 14; 12:45–2:45PM AGES 11 & up • FEE \$5 INSTRUCTOR: Lorene Bartos, Extension Educator

**40 Simply Scarves**  
Design and create your yarn scarf to wear and enter in the fair. THU, JUNE 14; 12:45–2:45PM AGES 8 & up • FEE \$6 INSTRUCTOR: Kylee Plager and Sheridan Swotek, 4-H Volunteers

**44 Cool Quick Quilt**  
Design a quick and fun pieced quilt. Bring sewing machine, basic sewing supplies, six 26” square fleece blocks of contrasting/complimentary colors and/or patterns and matching thread. THU, JUNE 14; 3–5PM AGES 10 & up • FEE \$3 INSTRUCTOR: TBA

**45 Eco-Wonders**  
Create an eco-system and discover the wonders of it. Learn how the sun, air, water, and soil interact. FRI, JUNE 15; 8–10AM AGES 10 & up • FEE \$5 INSTRUCTOR: Cathy Plager, 4-H Volunteer

**46 Decoupage Details**  
Decorate your own storage box by recycling magazines. Bring old magazines and your imagination! FRI, JUNE 15; 8–10AM AGES 8 & up • FEE \$5 INSTRUCTOR: Shayna Truax, Extension Intern

**49 Wild About Wallets**  
Make a wallet for yourself and a friend or family member. Must have completed Clothing Level 1. Bring sewing machine, scissors, thread, etc. and two coordinating fat quarters for each wallet for a total of four fat quarters to make two wallets. FRI, JUNE 15; 12:45–2:45PM AGES 10 & up • FEE \$5 INSTRUCTOR: Kylie Plager, 4-H Volunteer

**50 Physics in Agriculture?**  
Sure! See how physics and agriculture work together. FRI, JUNE 15; 12:45–2:45PM AGES 8 & up • FEE \$7 INSTRUCTOR: Stephanie Wachter, 4-H Volunteer

### June

## Cindy Zimmer

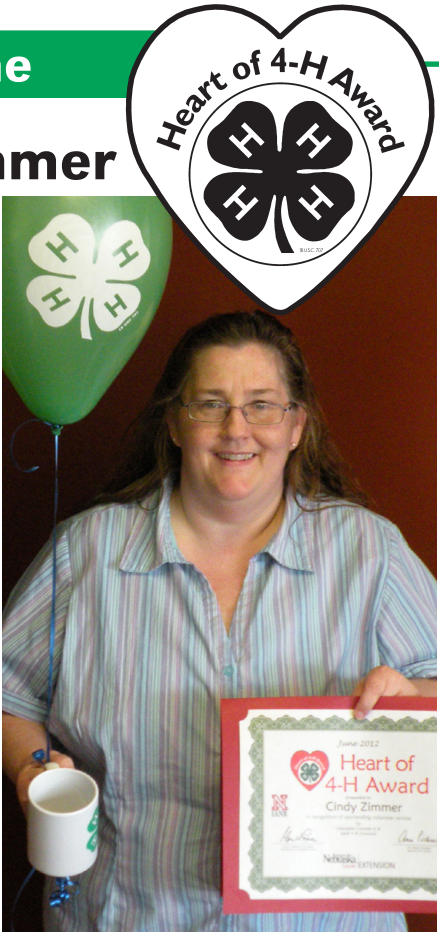
Lancaster County 4-H is proud to announce Cindy Zimmer as winner of June’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

A 4-H volunteer for six years, Cindy has helped with Coddington Clovers and South Prairie Wranglers 4-H clubs. She is secretary of the Rabbits Volunteers in Program Service (VIPS) committee and superintendent of the Lancaster County Super Fair 4-H Rabbit Pet Class. She has been a Clover College instructor and crochet workshop helper. She has also volunteered at Kick Off, 4-H food booth at the Super Fair, and many club community service projects.

“I like being a 4-H volunteer because 4-H’ers are learning and growing,” Cindy says. “Being involved helps keeps kids safe and out of trouble. Their confidence soars when they do a good job. I enjoy watching youth finish their projects and feeling the pride of accomplishment — the look on their face when their rabbit wins a purple ribbon, they catch their first fish, or locate hidden treasure with their GPS.”

Cindy also volunteers with other organizations, including YWCA En Pointe Dance booster club, Sunday school co-superintendent, and is a board member of the National Federation of the Blind’s Krafters Korner.

Lancaster County 4-H thanks Cindy for donating her time and talents. Volunteers like her are indeed the heart of 4-H!



## Be a Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College! No experience needed! Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy at [tanderson14@unl.edu](mailto:tanderson14@unl.edu) or 402-441-7180.

For register form and current class availability, go to <http://lancaster.unl.edu/4h/programs/clovercollege>



# Keep Your Family Safe in Rural Areas

**Sharry Nielsen**  
UNL Extension Educator

Summer is a time when many children visit family and friends who live in the country. You may be hosting young guests at your acreage or farm during the next few months. According to injury surveillance data, the greatest number of farm accidents occur during the summer. July has the highest accident rate. Over one-third of children injured in farm accidents, don't live on farms. Take a few extra minutes to teach your children about safety. ATVs, tractors, and ponds are among the causes of injuries and fatalities. Here are some ways in which you can keep your guests and family safe as you create positive summer memories.



## ATV — Make Every Ride Safe

Since 2004, ATVs have been the leading cause of agricultural fatalities in Nebraska, averaging over five deaths each year. Children 15 and under account for 25 percent of the fatalities. A Consumer Product Safety Commission (CPSC) report released in February 2008 indicates in the U.S., ATV accidents killed 111 children under the age of 16 and injured over 39,000 seriously enough to be taken to the emergency room. Parents can help stop this trend by following and teaching the ATV riders in their families some basic safety techniques.

**ATVs are not toys.** They are not appropriate for children under six years of age. For children between 6 and 12 years only small (50 cc) machines are suitable. Not only do young

children lack the physical size and strength to operate a motorized vehicle safely, their ability to think through situations, their motor skills, and their perception are not fully developed. ATVs are difficult to ride and require constant attention to avoid accidents.

Between the ages of 12 and 15, youth should learn on and operate, only mid-size ATVs. Again, look for manufacturers' Minimum Age Recommendation label. Adult-sized machines should be reserved for teens over 16 who have reached their full physical size.

**Arrange for a training course.** A training course offers youth the opportunity to receive experience operating an ATV under the supervision of a certified instructor. Practicing basic maneuvers on safe terrain gives teens confidence in handling the vehicle under your guidance.

**Helmets save lives — insist on them!** With your children, select helmets that fit them and their style. It is estimated helmets could have saved the lives of about 25 percent of those who died from head injuries in ATV accidents. The risk of head injury without helmet protection is twice as high as when an injured operator wore a helmet. Don't let helmets be an option; make them part of using the ATV.

**Absolutely no passengers!** Most ATVs are designed for one operator. Their unique handling characteristics require focus and maneuverability from the driver. A second person seriously impairs the driver's ability to shift weight, steer, and control the vehicle. And, distracted driving applies to ATVs just as it applies to cars, pick-ups and other vehicles.

No paved roads. In Nebraska, the only time an ATV can legally be on a paved road is to cross it directly. ATVs are meant to be used on terrain. They react awkwardly and are difficult to control on pavement. While all-terrain vehicles have been a work-saver for farmers and ranchers, families need to take the time and effort to teach

youth how to operate them safely. The biggest risk factors leading to injuries are driver misuse and inappropriate driving behavior, such as excessive speed and allowing passengers to ride. If you have an ATV, sit down with your children this week and review rules for the use of the ATV. You will also need to decide the consequences if the rules are not followed (loss of ATV privileges might be a good one). Make an appointment for a rider course from your local ATV dealer or contact your local UNL extension office for a rider course in your area. If your children visit homes where there is an ATV, you should also discuss your expectations and how your children should handle situations where there are few or no rules — such as no use of helmets or the allowing of passengers on the ATV.

## Tractor Safety is Everyone's Business

"Higher, Grandpa, higher!" Gleefully shouted 4-year-old Mikey Dobberpuhl to his grandfather, Harlow. His grandfather was feeding cattle with a front-end loader on a brisk March day in South Dakota. Mikey loved shadowing his grandfather's every move at chore time, even on a snow-packed winter day like this one. As he had done many times before, Mikey jumped in the scoop of the tractor-loader.

With Mikey in tow, his grandfather drove toward the haystack. Once there, Harlow briefly glanced backward. Horrified, he saw Mikey's body lying in the snow. "I was hoping the soft snow would have cushioned him, but it wasn't enough," his grandfather said. Today, the Mikey D. Chapter (of Farm Safety 4 Just Kids) of Conde, S.D. works feverishly to educate local children, youth, and farm families about not only tractor safety, but all aspects of farm safety. (*Reprinted with permission from the Dakota Farmer*)

Annually, in the United States, over 350 fatalities are related to tractor incidents. Thirty percent of farm machinery related deaths are

among children under the age of five. Tractors are essential to modern agriculture, but unfortunately, in the U.S., are identified as the largest hazard on the farm. Roll-over protective structure (ROPS) and seat belts, when worn, are the two most important safety devices to protect operators from death during tractor overturns. As parents, it is important to both teach and model safe behavior when operating a tractor. When teaching and supervising teens, practice these tips:

- Securely fasten your seat belt in tractors with ROPS or cabs.
- Reduce speed when turning, crossing slopes, and on rough, muddy or slick terrain.
- Avoid slopes that are too steep for safe operation.
- No riders. Riders are allowed only for teaching or supervising purposes.
- Be sure everyone is clear before moving.
- Set brakes and use park locks, if available.
- Remove keys when leaving the tractor.

Young children should never be allowed to ride along on a tractor. Remember: No extra riders, no injured riders. It can't get any simpler.



## Safety Around Ponds

Drowning ranks second only to motor vehicle mishaps as the most common cause of accidental death for children. Children under age 4 are especially high risk. Even adults are at risk in water muddied by silt, plants, and fish. It takes only a few moments and an inch of water for a child to drown. Small children have been known to drown in 5-gallon buckets. Most drowning, however, occurs when a child is left alone or

accidentally falls into a pool or pond. Farm ponds can look inviting, but many times they are deep with a sudden drop-off. A person can go from knee deep water to water 50 feet deep in seconds. Additionally, weeds growing from the bottom can entangle a person, making it difficult or impossible to return to the surface. If you live close to a pond or irrigation source, take steps this spring to keep your family safe. Begin with these:

- Provide children over 3 years with swimming lessons.
- Fence off ponds and other water areas as feasible.
- Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
- Adopt a "swimming buddy" policy for children. Where swimming is allowed, be sure children always swim with a friend or adult.
- Insist children use personal flotation devices, such as buoyant vests, cushions, or rings.
- Keep rescue equipment near water areas. Purchase a flotation device or make one from a gallon plastic jug and attach a rope. Install a safety post near the pond. Tie the loose end of the rope to the post. Add a laminated poster with instructions on how to use and other water safety tips near the top of the post.
- Teach older children and teens "Reach, Throw, and Wade," so they do not risk their lives to help a drowning victim.
- Be sure all swimmers know how to get help quickly. Older teens and adults should learn CPR.
- Never swim during storms or lightning. Drowning rates are three times higher in rural areas than in urban areas and often occur in water like farm ponds and irrigation canals.

Summer and water go together, so help keep your family safe with adult supervision of young children and teaching water safety measures to all family members.

These tips also apply to rivers and creeks, many of which are experiencing high water levels this spring.

## ATV Safety Training Free Online

<http://southeast.unl.edu/atvsafety>

Getting smart about riding All Terrain Vehicles (ATV) safely just got a whole lot easier. University of Nebraska–Lincoln Extension is working in collaboration with the ATV Safety Institute to offer three age-specific e-learning courses to address basic ATV safety principles.

Adults, teens, and children will learn how to apply the "golden rules" of ATV riding in an interactive setting. The free e-course includes videos, pictures, and interactive games to make the course fun and an effective learning experience.



Nebraska 4-H has found the training to be very helpful with area youth, as well as adults and parents.

Currently, more than 16 million people ride ATVs. In Nebraska, many people enjoy the recreational aspect of ATV riding, but they also use ATVs as utility vehicles in the agriculture industry.

Some youth start at an early age helping out agriculturally. Knowing the rules of safety will help promote a lifetime of safe, fun-filled ATV riding.

For more information about the e-course, go to <http://southeast.unl.edu/atvsafety> or contact Robert Meduna at 402-624-8064.

## Upcoming Tractor Safety Courses for Youth 14–15

University of Nebraska–Lincoln Extension Tractor Safety/Hazardous Occupations Courses will be offered at seven locations in Nebraska during May and June.

Federal law prohibits youth under 16 years of age from working on a farm other than their parents'. Certification through the course grants an exemption to the law allowing 14 and 15 year-olds to drive a tractor and to do field work with mechanized equipment.

Classes consist of two days of instruction plus homework assignments. Classes are 8 a.m.–5 p.m. each day. Dates and locations include:

- **June 14–15, Beatrice, Fairgrounds**
- **June 18–19, Grand Island, College Park**

Pre-registration is strongly encouraged at least one week before a location's start date. Cost is \$60, which includes educational materials, testing, supplies, lunches, and breaks. For more information, go to <http://go.unl.edu/u2c> or contact Sharry Nielsen at 308-832-0645.



# EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## June

- 1 4-H County Fair Horse ID's Due to Extension**  
**2 4-H Life Challenge Contest – County-Level Senior Division .....9 a.m.**  
**2 4-H Horse VIPS Pre-Districts Format Clinic/Show/Fundraiser,**  
*Lancaster Event Center, Pavilion 3 .....9 a.m.*  
**2 4-H Horse Tack Swap, Lancaster Event Center, Pavilion 3 .8 a.m.–3:30 p.m.**  
**5 4-H Council Meeting..... 7 p.m.**  
**8 Extension Board Meeting.....8 a.m.**  
**9 Composting Demonstration, Pioneers Park Nature Center's Backyard**  
*Composting Demonstration Area ..... 10 a.m.*  
**12–15 4-H Clover College**  
**14 4-H Horse District Show, Lancaster Event Center, Great Plains Equipment**  
*Group Pavilion–Amy Countryman Arena*  
**15 4-H Club Enrollment Forms Due to Extension – Must List Project**  
**Area(s) Each Member Plans to Enter at County Fair**  
**15 4-H/FFA Sheep/Goats/Swine/Breeding Beef/ Bucket Calves/Dairy**  
**Cattle/Llamas & Alpacas/Rabbits Identification Forms Due to**  
**Extension**  
**18 4-H Horse Level Testing, Lancaster Event Center, Great Plains Equipment**  
*Group Pavilion–Amy Countryman Arena ..... 5:30 p.m.*  
**19 Guardian/Conservator Training .....5:30–8:30 p.m.**  
**21 Co-Parenting for Successful Kids ..... 9 a.m.–12:30 p.m. / 5:30–9 p.m.**  
**22 Pesticide Container Recycling Collection, Farmers Cooperative east**  
*elevator on 148th St., Waverly ..... 9 a.m.–Noon*  
**23 4-H Bicycle Safety Contest .....9 a.m.**  
**25 Family & Community Education (FCE) Council Meeting ..... 1 p.m.**  
**25–26 4-H Premiere Animal Science Events (PASE)/FCS Life Challenge,**  
*UNL East Campus*  
**26 4-H Horse Level Testing, Lancaster Event Center, Great Plains Equipment**  
*Group Pavilion–Amy Countryman Arena ..... 5:30 p.m.*

## 4-H'ers Qualify for Regional Speech & PSA Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held April 22. More than 34 Lancaster County 4-H youth competed in this year's communication events. Top PSA's will be posted online soon at

<http://lancaster.unl.edu/4h/Contest/speech.shtml>.

The top winners will represent our county at the regional Speech & PSA contest on Thursday, May 24 at University of Nebraska-Lincoln's East Campus. Here are the Lancaster County 4-H'ers who qualified for regional.

### Speech contest:

- Junior (10–11 years): Lily Noel, Claire Strong, Addison Wanser
- Intermediate (12–13 years): Emma Noel, Peter Greff
- Senior (14–19 years): Anne Greff, Elli Dearmont, Holly Hillebran

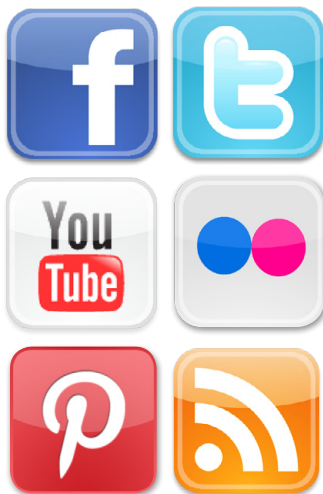
### Public Service Announcement contest:

- Junior (10–11 years): Addison Wanser, Nathan Becker, Colter Tiejen
- Intermediate (12–13 years): Emma Lanik, Taylor Nielsen
- Senior (14–19 years): Paige Roach, Elli Dearmont, Sheridan Swotek

**Congratulations to all participants!**

*Connect,  
Learn, and  
Share!*

## UNL Extension in Lancaster County



<http://go.unl.edu/media>

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# EXTENSION

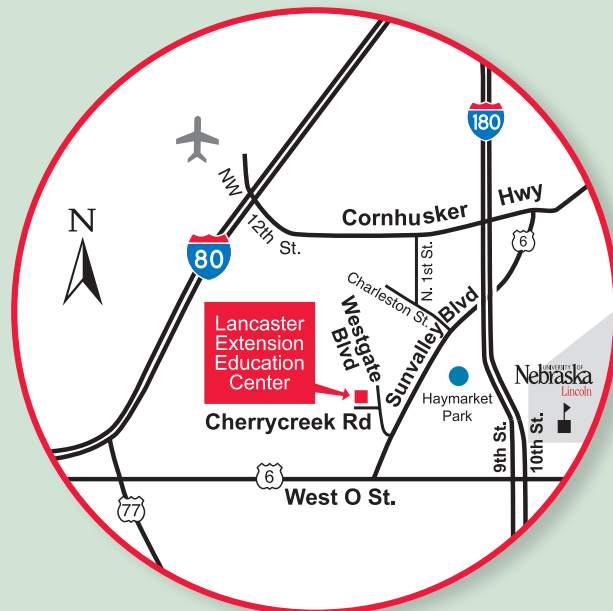
**University of Nebraska–Lincoln Extension  
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**444 Cherrycreek Road, Ste. A, Lincoln, NE 68528**  
**402-441-7180**

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Pinterest at <http://lancaster.unl.edu/media>**

**Lancaster Extension Education Center Conference Facilities**  
**444 Cherrycreek Road, Lincoln**



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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 402-441-7180.

### EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

### EXTENSION EDUCATORS

Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Barb Ogg, Karen Wobig

### EXTENSION ASSOCIATES

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### EXTENSION TECHNOLOGIST

David Smith

### EXTENSION ASSISTANTS

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## THE NEBLINE

THE NEBLINE is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at <http://lancaster.unl.edu/nebline>.

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## Email Notifications

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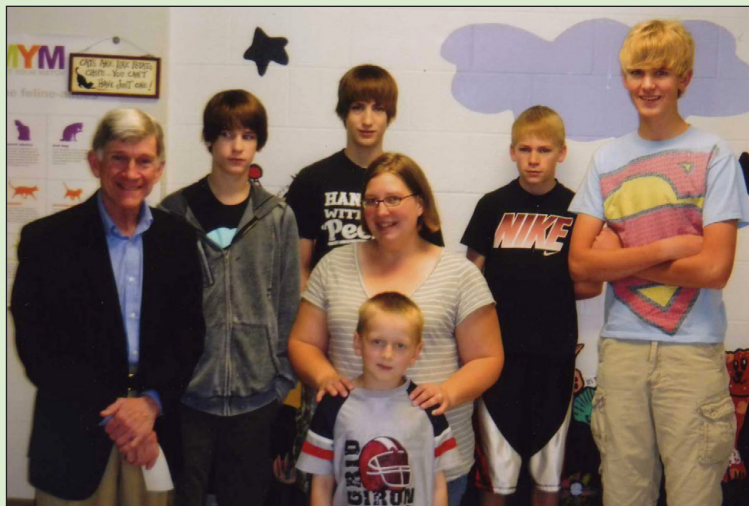
**Mail to: UNL Extension in Lancaster County**  
**444 Cherrycreek Road, Suite A • Lincoln, NE 68528**

## SPOTLIGHT ON A 4-H CLUB

### Rabbits Я Us Club Donates \$300 to Humane Society

Rabbits Я Us 4-H club recently presented the Capital Humane Society of Lincoln a check for \$300 to go towards the new adoption center under construction at 70th and Highway 2. The club raises funds from a dunking tank at the Lancaster County Super Fair.

Other community service projects the club has done includes bringing rabbits to nursing homes and Kiwanis Karnival, and helping at the Lincoln Children's Zoo annual cleanup. Rabbits Я Us club currently has approximately 30 members ages 6–18.



Members of the Rabbits Я Us club presented Capital Humane Society Executive Director Robert Downey a \$300 check.

Lancaster County 4-H Clubs are encouraged to submit their club happenings to THE NEBLINE. Send to [vjedlicka@unl.edu](mailto:vjedlicka@unl.edu) or mail Attn: Vicki, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528.





Nebraska Outdoor U! will guide you on the path to camping, fishing, hunting, and shooting sports. Whether you are new to these outdoor sports, looking to improve your skills, or just want to pass on your passion and knowledge, this is the place for you!

Nebraska Outdoor U! is geared for all ages. It is an education program that combines online and hands-on field experiences to equip participants with the skills, knowledge, and competence in outdoor skills. Enrolling in the program online at [www.OutdoorU.org](http://www.OutdoorU.org) is free, but participants may need to purchase equipment and pay for activities as they progress.

A joint project of the Nebraska Game and Parks Commission and the University of Nebraska–Lincoln Extension, Nebraska Outdoor U! provides step-by-step guidance for anyone interested in taking up or sharing an outdoor activity.

Majors at Nebraska Outdoor U! are called pathways, of which four currently are available to explore: hunting, camping, fishing and shooting sports. More pathways

such as hiking and water sports are envisioned for the future.

Each pathway includes six levels of achievement with incentives: Pathfinder, Explorer, Trailblazer, Pioneer, Mentor, and Legacy. You can tailor this program around your schedule and there is no time limit to finish a level.

The program can be done individually or in a group. Time spent outdoors with family and friends is a great way to bond. Each person in a group will want to create their own login so they can keep track of their own progress and receive incentives.

Nebraska Outdoor U! is intended to help an increasingly urban population enjoy the outdoors. “We’re losing hunters, anglers, and outdoor sports people,” said Scott Stuhr, Nebraska Outdoor U! coordinator. “This program helps bring them back. I’ve talked to so many people that would love to get outdoors but don’t have anyone to guide them through the process.”

For more information or to enroll, go to [www.OutdoorU.org](http://www.OutdoorU.org) or call Scott Stuhr at 402-472-2037.

## Want to Do Something AGciting This Summer?

New this year, the South Central 4-H center will be hosting two summer camps focused on Nebraska’s largest industry — agriculture! **AGciting Adventures Camp** will focus on answering the challenging question of where our food comes from and why agriculture in Nebraska is so important. **Animal Science 101: A Walk on the Wild Side Camp** will explore the science of animals by thinking like a veterinarian to learn how animals’ bodies work.

Of course there will be plenty of time for camp activities such as campfires, canoeing, and fishing!

Both camps will be held June 13–15 at South Central 4-H Center located on the shores of the Harlan County Reservoir. Camps are open to all youth grades 3–5 and cost is \$160 per camper. Please register by June 1.

For more information, contact Jessie Bauman at [jbauman4@unl.edu](mailto:jbauman4@unl.edu) and 402-472-2854.

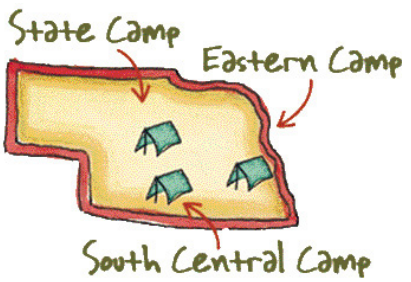
## Discover, Learn, and Grow at 4-H Summer Camps

4-H Summer Camps & Trips are a great place to discover, learn, and grow! Specializing in leadership development, team building, and natural resource education, 4-H camp professionals are prepared to give your child opportunities to experience responsibility, teamwork, and leadership. Camps are open to all youth ages 5–19 — need not be in 4-H.

With three unique Nebraska locations at Halsey, Gretna, and Alma, there are over 45 camps ranging from half day to seven days/six nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins.

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association.

2012 4-H Summer Camp brochures have complete information and registration forms — available online at <http://4h.unl.edu/camp> or at the extension office.



| Dates                        | Camp Session Title                           | Days | Nights | Ages  | Standard |
|------------------------------|----------------------------------------------|------|--------|-------|----------|
| 2012 STATE 4-H CAMP SCHEDULE |                                              |      |        |       |          |
| July 14                      | Barnyard Palooza**                           | 1    | 0      | 5–8   | \$40     |
| July 27–29                   | Rough’n It Family Camp                       | 3    | 2      | 8–15  | \$195    |
| June 4–6                     | Explorer–Summer Fun I                        | 3    | 2      | 8–11  | \$175    |
| July 2–5                     | Explorer–Challenge Camp                      | 4    | 3      | 8–11  | \$220    |
| July 16–18                   | Explorer–Tank & Tube the Loup                | 3    | 2      | 8–11  | \$175    |
| July 25–27                   | Discovery–Treasure Hunter                    | 3    | 2      | 8–11  | \$175    |
| June 3–7                     | Discovery–Anything Goes                      | 5    | 4      | 11–15 | \$295    |
| June 11–15                   | Discovery–Outdoor Skills                     | 5    | 4      | 11–15 | \$310    |
| June 18–22                   | Discovery–Sandhillz Sampler                  | 5    | 4      | 11–15 | \$310    |
| June 25–29                   | Discovery–Outback Halsey                     | 5    | 4      | 11–15 | \$310    |
| July 3–6                     | Discovery–Niobrara Kayak & Tubing            | 4    | 3      | 11–15 | \$255    |
| July 22–25                   | Discovery–Ultimate Girls Rock                | 4    | 3      | 11–15 | \$235    |
| July 24–27                   | Discovery–Extreme Robotics/GPS/GIS-Year 1.0  | 4    | 3      | 11–15 | \$110    |
| July 24–27                   | Discovery–Advanced Robotics/GPS/GIS-Year 2.0 | 4    | 3      | 11–15 | \$110    |
| July 30–Aug 3                | Discovery–Construction 101                   | 5    | 4      | 11–15 | \$300    |

|                                           |                                              |   |   |       |       |
|-------------------------------------------|----------------------------------------------|---|---|-------|-------|
| 2012 EASTERN NEBRASKA 4-H CENTER SCHEDULE |                                              |   |   |       |       |
| June 9                                    | Wet N' Wild Day Camp I**                     | 1 | 0 | 5–8   | \$40  |
| Aug 2                                     | Wet N' Wild Day Camp II**                    | 1 | 0 | 5–8   | \$40  |
| Aug 3                                     | Wet N' Wild Day Camp III**                   | 1 | 0 | 5–8   | \$40  |
| June 10–13                                | Explorer–Sky's The Limit I                   | 4 | 3 | 8–11  | \$225 |
| June 14–16                                | Explorer–Zoo Bound I                         | 3 | 2 | 8–11  | \$230 |
| June 17–20                                | Explorer–Summer Fun I                        | 4 | 3 | 8–11  | \$215 |
| July 2–4                                  | Explorer–Zoo Bound II                        | 3 | 2 | 8–11  | \$230 |
| July 5–7                                  | Explorer–Outpost Camp I                      | 3 | 2 | 8–11  | \$215 |
| July 22–25                                | Explorer–Aquatic Blast Mini                  | 4 | 3 | 8–11  | \$225 |
| July 22–28                                | Explorer–Aquatic Blast I                     | 7 | 6 | 8–11  | \$455 |
| July 26–28                                | Explorer–Zoo Bound III                       | 3 | 2 | 8–11  | \$230 |
| July 29–Aug 1                             | Explorer–Summer Fun II                       | 4 | 3 | 8–11  | \$215 |
| Aug 5–9                                   | Explorer–Summer Fun III                      | 5 | 4 | 8–11  | \$285 |
| Aug 5–9                                   | Explorer–Aquatic Blast II                    | 5 | 4 | 8–11  | \$305 |
| June 10–15                                | Discovery–Sky's The Limit II                 | 6 | 5 | 11–15 | \$315 |
| June 18–22                                | Discovery–Boldly Bound                       | 5 | 4 | 11–15 | \$365 |
| July 1–5                                  | Discovery–Extreme Robotics/GPS/GIS-Year 1.0  | 5 | 4 | 11–15 | \$110 |
| July 1–5                                  | Discovery–Advanced Robotics/GPS/GIS-Year 2.0 | 5 | 4 | 11–15 | \$110 |
| July 8–13                                 | Discovery–Outdoor Skills                     | 6 | 5 | 11–15 | \$370 |
| July 22–28                                | Discovery–Aquatic Blast I                    | 7 | 6 | 11–15 | \$455 |
| July 29–Aug 1                             | Discovery–Summer Fun II                      | 4 | 3 | 11–15 | \$215 |
| Aug 1–4                                   | Discovery–Outpost Camp II                    | 4 | 3 | 11–15 | \$215 |
| Aug 5–9                                   | Discovery–Summer Fun III                     | 5 | 4 | 11–15 | \$285 |
| Aug 5–9                                   | Discovery–Aquatic Blast II                   | 5 | 4 | 11–15 | \$305 |

|                                        |                               |   |   |       |       |
|----------------------------------------|-------------------------------|---|---|-------|-------|
| 2012 SOUTH CENTRAL 4-H CENTER SCHEDULE |                               |   |   |       |       |
| June 18–20                             | Explorer–Summer Fun I         | 3 | 2 | 8–11  | \$175 |
| June 18–20                             | Discovery–Summer Fun I        | 3 | 2 | 11–15 | \$185 |
| June 18–22                             | Discovery–Summer Fun Extended | 5 | 4 | 11–15 | \$330 |
| June 25–29                             | Discovery–Shooting Skills     | 5 | 4 | 11–15 | \$330 |

|                                  |                                      |   |   |       |       |
|----------------------------------|--------------------------------------|---|---|-------|-------|
| 2012 EXPERIENCE CAMP SCHEDULE*** |                                      |   |   |       |       |
| June 25–28                       | Experience–Aquatic Skills            | 4 | 3 | 14–18 | \$360 |
| July 16–20                       | Experience–Tube & Kayak the Niobrara | 5 | 4 | 14–18 | \$385 |

\*\* Day camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.  
\*\*\* Those attending Experience Camps will need to register through Eastern 4-H Center.

## Can You Guess It?



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

Did you guess it from the May NEBLINE?  
The answer was: Cardinal nest with eggs