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Nature, Gardening & Science: Come Together in the Butterfly Garden

By Karma Larsen
Nebraska Forest Service
Communications Associate
Sarah Browning
UNL Extension Educator

Creating and maintaining a butterfly garden is an exciting and educational project for any gardener. Involving children in the butterfly garden provides them the opportunity to enjoy the outdoors, study insect lifecycles up close, become familiar with native Nebraska plants, and begin to understand the interconnectedness of plants and insects in the natural environment.

Many species of butterflies are common to Nebraska, and almost any flower garden will attract some butterflies, but by creating a garden specifically with the needs of butterflies in mind you can attract as many different varieties of butterflies, in as many different life stages, for as long as possible during the growing season.

Site
Locate the garden in a sunny area. Butterflies are cold-blooded, relying on the sun to regulate their temperatures. So sunlight is a primary requisite of any butterfly garden. Following the sun as it moves through your yard during the day will give you an idea of where to plant perennials or shrubs as the garden will be seen from the kitchen, or even from below if you want to observe them close at hand.

Use caution with insects in your landscape. In areas where you are trying to attract butterflies, very few or no pesticides/insecticides should be used. Even biological controls, such as Dipel or Bacillus thuringiensis, will kill butterfly larvae. And since aerial sprinklers wash away the pollen and nectar, also try to avoid overhead watering.

Provide shelter from wind. Butterflies prefer areas that are sheltered from the wind, so plantings of trees or shrubs, or even fences or trellises, can keep them from being buffeted about as they flutter about. The site doesn’t need to be entirely enclosed, but it should keep out prevailing winds as much as possible.

Include damp areas or shallow puddles in the garden. Water is another requisite. Wet sand, damp soil or shallow puddles are used by butterflies to drink water and extract salts from the soil. If you have a garden pond, create an area with flat rocks that are not submerged in water, but will periodically get wet since butterflies are unable to drink from open water. Another good way to provide a butterfly water source in a small yard is to fill a bucket or container with sand up to the top inch or so and bury it in a sunny area. Additional rocks on the surface will make it an even more inviting perch. Add water as needed to keep the sand moist.

The most successful butterfly gardens include plants that meet the needs of butterflies during all four stages of their life cycle: egg, caterpillar, chrysalis, and adult. Cabbage can be an attractive ornamental plant and serve as a larval butterfly food source. Many species of butterflies are common to Nebraska, and almost any flower garden will attract some butterflies, but by creating a garden specifically with the needs of butterflies in mind you can attract as many different varieties of butterflies, in as many different life stages, for as long as possible during the growing season.

Plant a selection of flowers that will provide nectar throughout the entire growing season.

Butterflies and Plants
Butterflies depend on plants in many ways. The most successful butterfly gardens include plants that meet the needs of butterflies during all four stages of their life cycle: egg, caterpillar, chrysalis, and adult. After mating, female butterflies search for a specific kind of “host plant” on which to lay eggs. For example, monarchs lay eggs on milkweed, black swallowtails on parsley, and tiger swallowtails on tulip tree or wild cherry. Some butterflies lay eggs on more than one type of plant, while others only use one particular kind of host plant. A few days after the eggs are laid, caterpillars begin to emerge and eat. Caterpillars are selective eaters and only feed on specific kinds of plants. If the desired plants aren’t available, the caterpillars will starve rather than eat another type of vegetation. Usually female butterflies lay eggs on or near the plant their caterpillars most prefer to eat.

After feeding for several weeks, the caterpillars are fully grown. They shed their skin for the final time and change into chrysalises. Inside each chrysalis the body of an adult butterfly is formed. Often chrysalises are attached to plant stems and protected by surrounding vegetation.

After emerging from the chrysalis, the adult butterfly begins to search for nectar-rich flowers on which to feed. Plants are important to butterflies during each stage of their life cycle. A garden designed with this in mind attracts the largest number and greatest variety of butterfly visitors!

Depending on the species, the life cycle of a butterfly (one generation) may take anywhere from about one month to an entire year. Nebraska butterflies may have one, two, or more generations. For lists of “Plants to attract butterflies” and “Commonly attracted butterflies in Nebraska,” see UNL Extension NeBGuide “Butterfly Gardening” (G1183) available at the extension office or online at http://go.unl.edu/ipm.
Soil Fertility — Soybean Inoculation

Tom Dorn
UNL Extension Educator

A soybean crop requires lots of nitrogen (N). Dr. Matt Ruark, Soil Scientist, University of Wisconsin, did a review of 57 studies which showed five pounds of N were removed for each bushel of soybeans produced. This amounts to 300 pounds of N per acre to produce a 60 bushel-per acre soybean yield.

Fortunately, soybeans and other legumes have the potential to “make their own nitrogen” through a symbiotic relationship with certain strains of bacteria in the Rhizobia family. In short, the bacteria invade the root hairs of the soybean plant where they begin forming nodules about a week after planting. The bacteria draw on sugars and other nutrients from the soybean plant as a source of energy. The bacteria, in turn, convert some of the gaseous nitrogen in the air within the nodules into forms the plant is able to take up and utilize.

Dr. Ruark said nitrogen fixation begins at growth stages V2 to V3, with the highest fixation at RS/RSb. He explained soybeans can multiply their historical fuel consumption by the former price per gallon and by current price and compare. Most folks don’t track fuel consumption by field operation and need a research-based, fuel-use estimate to compute the effect a rise in price will have on overall production costs. A good reference that lists fuel-use estimates is the Minnesota Farm Machinery Economic Cost Estimates (see footnote for Web site information).

Using the fuel consumption estimates presented in the Minnesota publication for fuel consumption estimate per hour for power units is presented in Table 2. Note: implements with a wider swath require more horsepower overall, but the horsepower hours per acre, and the fuel consumption per acre, remain unchanged.

Update on Effect of Increasing Energy Prices on Farming Costs

Tom Dorn
UNL Extension Educator

Gasoline and diesel prices have been climbing since the gulf oil spill and now they are higher due to the unrest in the middle east. Farmers need a handle on what effect this has on production costs.

To answer this question, I estimated fuel consumption estimates for farm operations. If you routinely track fuel use for various tractors and combines while performing farming operations, you probably already have the information you need. Simply multiply your historical fuel consumption by the former price per gallon and by current price and compare.

Table 1: Diesel fuel cost per hour for various power units

<table>
<thead>
<tr>
<th>Year</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRACTORS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60 HP</td>
<td>$1.89</td>
<td>$2.17</td>
<td>$2.35</td>
<td>$2.33</td>
<td>$1.92</td>
<td>$2.42</td>
</tr>
<tr>
<td>75 HP</td>
<td>$3.42</td>
<td>$3.94</td>
<td>$4.21</td>
<td>$4.06</td>
<td>$3.60</td>
<td>$4.14</td>
</tr>
<tr>
<td>105 HP</td>
<td>$5.60</td>
<td>$6.22</td>
<td>$6.61</td>
<td>$6.42</td>
<td>$5.87</td>
<td>$6.42</td>
</tr>
<tr>
<td>130 HP</td>
<td>$7.89</td>
<td>$8.67</td>
<td>$9.15</td>
<td>$8.85</td>
<td>$8.29</td>
<td>$9.15</td>
</tr>
<tr>
<td>225 HP</td>
<td>$14.41</td>
<td>$15.87</td>
<td>$16.63</td>
<td>$15.78</td>
<td>$14.93</td>
<td>$16.30</td>
</tr>
<tr>
<td>310 HP</td>
<td>$16.67</td>
<td>$18.41</td>
<td>$19.57</td>
<td>$18.53</td>
<td>$17.53</td>
<td>$18.88</td>
</tr>
<tr>
<td>360 HP</td>
<td>$20.98</td>
<td>$22.88</td>
<td>$24.25</td>
<td>$23.29</td>
<td>$22.09</td>
<td>$23.55</td>
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<td>425 HP</td>
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<td></td>
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</tbody>
</table>

Table 2: Diesel fuel cost per acre for field operations

<table>
<thead>
<tr>
<th>Year</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Cultivator</td>
<td>$0.62</td>
<td>$0.71</td>
<td>$0.77</td>
<td>$1.07</td>
</tr>
<tr>
<td>Tandem Disk</td>
<td>$0.10</td>
<td>$0.11</td>
<td>$0.12</td>
<td>$0.15</td>
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<tr>
<td>Tandem Disk (HD)</td>
<td>$0.55</td>
<td>$0.65</td>
<td>$0.72</td>
<td>$0.80</td>
</tr>
<tr>
<td>Row Crop Planter</td>
<td>$0.34</td>
<td>$0.44</td>
<td>$0.54</td>
<td>$0.65</td>
</tr>
<tr>
<td>Minimum Till Planter</td>
<td>$0.53</td>
<td>$0.64</td>
<td>$0.76</td>
<td>$1.07</td>
</tr>
<tr>
<td>Grain Drill</td>
<td>$0.49</td>
<td>$0.59</td>
<td>$0.70</td>
<td>$1.07</td>
</tr>
<tr>
<td>Presswheel Drill</td>
<td>$0.63</td>
<td>$0.74</td>
<td>$0.86</td>
<td>$1.21</td>
</tr>
<tr>
<td>No Till Drill</td>
<td>$0.81</td>
<td>$1.00</td>
<td>$1.20</td>
<td>$1.57</td>
</tr>
<tr>
<td>Cultivator</td>
<td>$0.46</td>
<td>$0.57</td>
<td>$0.70</td>
<td>$1.10</td>
</tr>
<tr>
<td>Rotary Hoe</td>
<td>$0.18</td>
<td>$0.21</td>
<td>$0.26</td>
<td>$0.36</td>
</tr>
<tr>
<td>Boom Sprayer</td>
<td>$0.11</td>
<td>$0.14</td>
<td>$0.20</td>
<td>$0.30</td>
</tr>
<tr>
<td>Anhydrous Applicator</td>
<td>$0.55</td>
<td>$0.69</td>
<td>$0.83</td>
<td>$1.15</td>
</tr>
<tr>
<td>Shale Grader</td>
<td>$0.74</td>
<td>$0.94</td>
<td>$1.17</td>
<td>$1.57</td>
</tr>
<tr>
<td>Mower Conditioner</td>
<td>$0.40</td>
<td>$0.54</td>
<td>$0.70</td>
<td>$1.10</td>
</tr>
<tr>
<td>Hay Swather</td>
<td>$0.35</td>
<td>$0.49</td>
<td>$0.63</td>
<td>$0.85</td>
</tr>
<tr>
<td>Hay Baler PTO (twin)</td>
<td>$0.40</td>
<td>$0.54</td>
<td>$0.70</td>
<td>$1.10</td>
</tr>
<tr>
<td>Round Baler (1500 lb)</td>
<td>$0.77</td>
<td>$1.05</td>
<td>$1.38</td>
<td>$2.24</td>
</tr>
<tr>
<td>Combine (various heads)</td>
<td>$2.00</td>
<td>$2.77</td>
<td>$4.33</td>
<td>$6.46</td>
</tr>
</tbody>
</table>

Notes:
1. Calibration.
2. Do not use chlorinated water.
3. Chlorinated water kills Rhizobia bacteria.
4. Use Gal./Hour

For more information, go to http://lancaster.unl.edu/ag/crops/machine.shtml.
Mites are tiny eight-legged arthropods and are most closely related to ticks. Mites have four basic life stages. Egg → larva → nymph → adult. Like ticks, larval mites have three pairs of legs, but nymphs and adults have four pairs of legs. Mites have exploited a vast array of habitats and largely go unnoticed because of their small size. Many live freely in the soil or water, but there are also a large number of species which live as parasites on plants and animals.

Some of the more commonly-known plant pests include spider mites (family Tetranychidae) and gall mites (family Eriophyidae). Some mites are parasitic on insects. Examples of two important parasitic mites of honeybees are the varroa mite (Varroa destructor), which attaches to the body of the honeybee, and the honeybee tracheal mite, Acarapis woodi, an internal parasite which infests the respiratory system of adult honeybees.

There are two parasitic mite species: Sarcoptes scabiei, the human mange mite and Demodex folliculorum, the hair follicle mite. This article will discuss them and a few other important mite species.

### House dust mite
The house dust mite is a scavenger. It does not feed on people or pets, but feeds on shed skin particles. The mite’s feces and dead bodies become a component of house dust and a very powerful allergen. Allergic reactions are usually hay-fever like (runny nose and eyes, and frequent sneezing), but some people may have life threatening anaphylactic reactions. An allergist can be helpful in determining if a person has a house dust allergy.

House dust mites survive when relative humidity is greater than 50 percent. One simple way of reducing dust mites is to reduce humidity inside the home (or bedroom). Installing an air conditioner, which reduces humidity in addition to lowering temperatures in the summer time, can be very helpful in reducing levels of dust mites.

### Clover mite
Clover mites are dark greenish to brownish colored and have front legs about twice as long as their other legs. As their name suggests, they are plant feeders, feeding on clover and other plants. In Nebraska, clover mites are often associated with well-fertilized fescue lawns. In the fall and spring, clover mites begin moving and accidentally enter homes by the thousands. They do not bite people, but their large numbers are a nuisance. If smashed, the mites can leave a red stain so care must be taken if using a vacuum cleaner (recommended) to eliminate them. They are a temporary problem; invasions typically last only a week or two.

Chiggers. Chiggers are the larvae of the harvest mite, Trombicula alfredewedi. The adult harvest mite is bright red and can be seen crawling on the soil surface when one is spading the garden during the warm days of springtime. In the early spring, adult mites lay eggs which hatch into the larval chigger stage. The adult and nymph stages are predators; only the larval stage is parasitic on rodents, birds, poultry, rabbits, livestock, snakes, toads, and humans. Chiggers do not burrow in the soil, but crawl into a hair follicle and inject an anticoagulant to prevent blood from clotting. The fluid causes tissues to become congested and swollen. Because scabies mites are so contagious, it is often assumed the family or living group should also be treated. At the very least, infested persons should sleep separately from other persons in the household until treatment is over. There are several types of medications effective for scabies treatment. A scabies infestation is best treated under the expert care and experience of a dermatologist.

Although the itching and rash are characteristic of scabies, proper identification is based on finding burrows, mites, eggs, or mite feces. A dermatologist should be consulted to diagnose this medical problem.

### Hair follicle mites (Demodex spp.)
There are two species of human-associated follicle mites. These mites live exclusively in hair follicles or sebaceous (oil) glands. Experts believe these mites are harmless. These mites are commonly found in hair follicles or oil glands on the face, near the nose and eyelashes. These mites are extremely common; one research study showed more than half the people tested, had one or both mite species.

Mites on wild animals and pets. Most wild and domesticated animals have some type of parasitic mite associated with it. When people come into contact with infested animals, mites can cause bites and dermatitis in humans, see MITES on page 10.
Dietary Guidelines for Americans 2010
Test Yourself: Part 2

Alice Henneman, MS, RD
UNL Extension Educator

This is the second of a two-part test-self to acquaint you further with the Dietary Guidelines for Americans 2010 (DGA2010). These questions are based on information found in the DGA2010. For more information visit www.dietaryguidelines.gov.

Regarding fats in the diet, which is more important in influencing the risk of cardiovascular disease?
A. The types of fatty acids consumed
B. The total amount of fat in the diet
C. They are equally important

Answer: A. The types of fatty acids consumed is the most important. A strong body of evidence indicates higher intake of most dietary saturated fatty acids is associated with higher levels of blood total cholesterol and low-density lipoprotein (LDL) cholesterol, both of which are risk factors for heart disease.

To reduce the intake of saturated fatty acids, many Americans should limit their consumption of the major food sources high in saturated fatty acids and replace them with foods rich in monounsaturated and polyunsaturated fatty acids.

Which of the following statements is TRUE?
A. Canola, olive and safflower oils are rich in monounsaturated fatty acids.
B. Soybean, corn, and cottonseed oils are high in saturated fatty acids.
C. Most animal fats, coconut oil, palm kernel oil, and palm oil are high in saturated fatty acids.
D. All of them are true.

Answer: D. Most animal fats tend to have a higher proportion of saturated fatty acids. Saturated fats tend to be solid at room temperature. Fish couldn’t swim if they were high saturated fatty acids and replace them with foods rich in monounsaturated and polyunsaturated fatty acids.

Answers:
A. Trans fatty acids raise LDL cholesterol, which is the type of cholesterol associated with an increased risk of heart disease. Check the Nutrition Facts Label.
B. People should keep their intake of trans fatty acids as low as possible.
C. Consuming fruits and vegetables may help reduce the risk of cardiovascular disease, including heart attack and stroke.

Nutrition Facts
Serving Size 1 cup (225g)
Servings Per Container 2

| Amount Per Serving | Calories 250 | Calories from Fat 11%
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Total Fat 12g</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 1.5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

What is the average proportion of calories Americans consume daily from solid fats and sugars?
A. 20%
B. 25%
C. 30%
D. 35%
E. 40%

Answer: A. Americans consume approximately 35% or nearly 800 calories per day of solid fats and added sugars (often referred to as SOFAS) which do not contribute to the overall nutrient adequacy of the diet.

Foods containing SOFAS are no more likely to contribute to weight gain than any other source of calories in an eating pattern within calorie limits. However, as the amount of SOFAS increases, it becomes more difficult to also eat foods with sufficient dietary fiber and essential vitamins and minerals and stay within calorie limits.

For most people, no more than about 5 to 15 percent of calories from SOFAS can be reasonably included in their dietary pattern.

Approximately how many cups of fruits and vegetables per day are recommended for adults (at the 2,000 calorie level)?
A. 1 cup of fruits, 1-1/2 cups of vegetables
B. 1-1/2 cups of fruits, 2 cups of vegetables
C. 2 cups of fruits, 2-1/2 cups of vegetables
D. 2-1/2 cups of fruits, 3 cups of vegetables

Answer: B. Fruits and vegetables are actually legumes and not nuts. Peanuts have a nutty, yet rich-tasting nut offering health benefits. Any food paste made from ground peanuts, or with or without added oil. Some people have an allergic response to peanuts, as it is possible with other nuts.

For foods with multiple whole grain ingredients, they should appear near the beginning of the ingredients list.

Many foods contain both whole grains and refined grains. If your family isn’t ready to eat foods that are 100% whole grains, consider choosing foods where half or more of the grain is whole-grains. The Whole Grain Stamp (see sidebar below), found on many nutritious foods, will help you choose whole grain products.

www.nutrition-and-you.com/peanuts.html

Almonds — In structure, this nut is similar to a category of fruit called a drupe, because it has a single seed, known as an “almond nut” in a shell. Almonds are rich in dietary fiber, vitamins, minerals, and phyto-chemicals. They are especially rich in vitamin E. Store un-shelled almonds in an airtight container in the refrigerator to keep them fresh. Almond butter, which is made from almond oil has a sweet flavor and is becoming a popular spread (www.nutrition-and-you.com/alphalmond.html).

Pecans — It is said pecans have the most versatile, rich-tasting nut offering health benefits hard to beat. Pecans are a good source of oleic acid, the same type of fatty acid found in olive oil. Some studies also suggest eating healthy nuts, such as pecans can help with weight see SEEDS & NUTS on next page
Children do not grow up on their own; they need adults to teach them. They need to know the rules — what is okay and what is not okay. As a child care provider, your knowledge about how children learn and grow will help you guide children in ways they can understand at each age level. For example, two-year-olds have limited understanding and need adult direction, but five-year-olds can learn to be good problem solvers.

Here are some basic tips for guiding children’s behavior. Remember different strategies work best at different ages.

Keep rules simple and easy to understand. Discuss rules with children and write them down. Repeat suggestions for rules. Repeat the rules often. A few rules that work well with children include:

• We help each other.
• We take care of our toys.
• We say please and thank you.
• We keep our shoes on.

Say what you mean. Use dos instead of don’ts. Choose your words carefully, especially when you are guiding children’s behavior. Keep sentences short and simple. Don’t ask a child to do something that you would not do yourself.

• Try saying: Slow down and walk. Instead of: Stop running.
• Try saying: Come hold my hand. Instead of: Don’t touch anything.
• Try saying: Keep your feet on the floor. Instead of: Don’t climb on the couch.
• Try saying: Use your quiet voice inside. Instead of: Stop screaming and shouting.
• Talk with children — not “at” them. Children often don’t hear you when you are talking (or shouting) “at” them. You will be much more effective if you get down on their level. Look them in the eyes, touch them on the shoulder, and talk with them.

Set a good example. Children watch you all the time. They see how you talk to other children and adults. They see how you cope with anger or frustration. If you watch how they deal with sadness and joy, they listen to how you say “I’m sorry.” The way you handle the ups and downs of life teaches children a lot about how to behave and get along with others.

Encourage children to set good examples for each other. Children learn a great deal from one another. Encourage appropriate ways to share, play, and be kind to each other.

Give children choices. Toddlers can choose between a red cup and a green cup. Preschoolers can choose between playing “airplane” and “zoookeeper.” Give children a choice only when there is a choice. For example, saying “It is nap time, do you want to lie down now?” is not really an option if your rule is everyone will rest at the same time.

Show respect for children. Talk to misbehaving children in private, remind them of rules and reasons for rules, and discuss what they can do differently. For example, “You did a very good job setting the table, you might say, “You did your best and I’m proud of you. If a child sets the table, you might say, what you’re doing right, uses praise as a teaching tool, and yet you still feel it is not right or is proud of you. If a child sets the table, you might say, “You did such a great job setting the table.” You put the spoons and forks in the right place and remembered the name of the child you are serving. I think you might say, “This painting just blows with color. You used blue, green, red, yellow, and orange. Tell me how you did this!”

Share the good news. Remember to share children’s good behavior with others. When children have done something good, mention it to other children and to parents. Use play activities to teach children social skills. Use children’s books that show how children resolve problems. Play “what if” games. Become a character in children’s pretend play and show children how to use good manners and be kind to the baby doll. Teach children how to resolve conflict and problem solve. Help them recognize and identify the problem, come up with ideas for solving the problem, and try possible solutions.

Teach children how to apologize. Learning how to apologize is a skill. Young children have a hard time understanding another child’s feelings, but by the time they are 4 years old they should begin to recognize a good way to make up for hurting someone else. Teach preschoolers and school age children the four basic steps of apologizing:

• Look at the other child.
• Say the child’s name.
• Say I’m sorry.
• Say why.

Keep it simple; e.g., “Lucas, I’m sorry. With time and practice, children will not have to be prompted, and their apology will be more genuine.

Teach children how to correct their misbehavior. In discipline it’s better to keep children on the floor and not be too harsh. Help children to correct their misbehavior. Encourage them to say “I’m sorry.” If a child marks on the wall, give him/her a wet cloth to clean it off. 

FCE News & Events

FCE Scholarship Applications Due May 1
A $400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior, or senior year of college in the fall of 2011, or who have completed two quarters of study in a vocational school. Applications are available at the Extension Office and online at http://lancaster.unl.edu/home/fce. Deadline is May 1.

Heritage Arts Contest
Contest areas for 2011 are quilting; ceramics; original heritage skills; and glass. Being articles for judging to the June Lancaster FCE Council meeting.

Baskets Needed
Clubs and individuals are reminded, baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler. 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 Sizzling Summer Sampler.

Sizzling Summer Sampler
Mark your calendar for our annual Sizzling Summer Sampler Thursday, July 6 p.m. for the Lancaster Extension Education Center. This year’s theme is “Summer of Simple.” The program will be:
• Sarah Browning “Great Plains for Nebraska”
• Dorothy Applebee “From Beethoven To Rap”

Details of the evening will be announced in the next NHHE. This evening is open to everyone not just FCE members.

Seeds and Nuts from preceding page
A person feels full or satisfied after eating a fairly small amount of pecans, yet they contain a healthy form of protein and fat. http://dorudenpecan.com

Hazelnuts — The history of the hazelnuts goes back to about 800 BC in China. The name filbert is the correct name for the tree and the nut that produces the hazelnut. It was introduced in Oregon by the French and renamed the “Hazelnut” in 1981. Hazelnuts contain mostly unsaturated fat, which makes them heart healthy. They are also an excellent source of vitamin E and have a mild yet unique flavor. (http://oregonhazelnuts.org)

Pistachios
Pistachios are packed with antioxidants, vitamins, minerals, proteins, and other nutrients. At only 170 calories in one ounce (49 kernels), they are full of healthy benefits. This fairly small crunchy nut also provides about 3 grams of dietary fiber, equal to the same amount as oatmeal. The unique flavor of pistachios is used in many food items. (http://pistachiohealth.com)

Walnuts — Have been revered since ancient times as a symbol of intellect because of their interesting shape. The walnut kernel consists of two unequal, partly attached lobes resembling the appearance of the brain. There are over 30 varieties but the most popular are the English and black walnuts and are great for eating and for cooking. (www.nutrition-and-you.com/walnuts.html)

Pine Nuts — Pine nuts are a real delicacy in the U.S. but have been used in European cooking for centur- es. Europe is still a leading exporter along with China. Pine nuts can be eaten out of the hand, either toasted or raw, but they are much more likely to be used for cooking, blended with meats, fish, or potatoes, and made into sauces. (http://nutonline.com/nuts/pinenuts)

Seeds and nuts are among the most nutrient-rich, yet flavorful foods we have available. Consider making them part of your heart-healthy diet!
Fragrance in the Garden

As a gardener you know there are hundreds of garden plants to choose from when you are designing a landscape. Fragrant plants are an added bonus to your garden site. Consider adding these fragrant plants to your outdoor living area.

—Mary Jane Frogge, UNL Extension Associate

### Annuals

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Fragrance</th>
<th>Height</th>
<th>Type</th>
<th>Location</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil, Sweet</td>
<td>Ocimum basilicum</td>
<td>Flowers</td>
<td>12–18 inches</td>
<td>Annual</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Chamomile, German</td>
<td>Matricaria recutita</td>
<td>Flowers</td>
<td>12–18 inches</td>
<td>Annual</td>
<td>Full sun</td>
<td></td>
</tr>
</tbody>
</table>

### Perennials

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Fragrance</th>
<th>Height</th>
<th>Type</th>
<th>Location</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iris, Bearded</td>
<td>Iris germanica</td>
<td>Flowers</td>
<td>8–36 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Many colors</td>
</tr>
<tr>
<td>Lemon Balm</td>
<td>Melissa officinalis</td>
<td>Flowers</td>
<td>24–36 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Lavender, English</td>
<td>Lavandula angustifolia</td>
<td>Flowers &amp; Foliage</td>
<td>12–16 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Lily-of-the-Valley</td>
<td>Convallaria majalis</td>
<td>Flowers</td>
<td>8–12 inches</td>
<td>Perennial</td>
<td>Part shade</td>
<td>Spreads easily</td>
</tr>
<tr>
<td>Oregano</td>
<td>Oreganum vulgare</td>
<td>Foliage</td>
<td>12–18 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Peony</td>
<td>Paeonia lactiflora</td>
<td>Flower</td>
<td>24–48 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Rose</td>
<td>Rosa sp.</td>
<td>Flower</td>
<td>18–48 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td>Many colors</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Rosmarinus officinalis</td>
<td>Foliage</td>
<td>24–36 inches</td>
<td>Tender</td>
<td>Perennial</td>
<td>Not hardy</td>
</tr>
<tr>
<td>Sage, Common</td>
<td>Salvia officinalis</td>
<td>Foliage</td>
<td>18–36 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Scented Geraniums</td>
<td>Pelargonium sp.</td>
<td>Foliage</td>
<td>12–36 inches</td>
<td>Tender</td>
<td>Perennial</td>
<td>Not hardy, Many scents</td>
</tr>
<tr>
<td>Spearmint</td>
<td>Mentha spicata</td>
<td>Foliage</td>
<td>12–24 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Thyme, Common</td>
<td>Thymus vulgaris</td>
<td>Foliage</td>
<td>8–12 inches</td>
<td>Perennial</td>
<td>Full sun</td>
<td></td>
</tr>
</tbody>
</table>

### Shrubs

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Fragrance</th>
<th>Height</th>
<th>Type</th>
<th>Location</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lilac</td>
<td>Syringa species</td>
<td>Flower</td>
<td>8–12 feet</td>
<td>Shrub</td>
<td>Full sun</td>
<td>many colors</td>
</tr>
<tr>
<td>Mock Orange</td>
<td>Philadelphus species</td>
<td>Flower</td>
<td>4–12 feet</td>
<td>Shrub</td>
<td>Full sun</td>
<td></td>
</tr>
<tr>
<td>Korean Spice Viburnum</td>
<td>Viburnum carlesii</td>
<td>Flower</td>
<td>4–10 feet</td>
<td>Shrub</td>
<td>Full sun to light shade</td>
<td></td>
</tr>
</tbody>
</table>

**Pesticide Poison Prevention**

Pesticides include some products you might not consider pesticides including chlorine bleach, disinfectants, rat poisons, flea and tick products, swimming pool chemicals, weed killers and insect repellants. Too often pesticides are stored or used carelessly, which can lead to accidents.

Tips on preventing pesticide poisoning:

- **Store pesticides in locked cabinets, out of the reach of children and pets.** An EPA survey showed that almost half (45%) of households, with young children and 75% of homes without young children had pesticides stored in unlocked cabinets within reach of children.
- **Keep children and pets away from areas being treated with pesticides.** Make sure the products are safely out of reach while they are being applied.
- **Close pesticide containers immediately after their use to avoid accidental spills.** Never mix or store pesticides in food or drink containers.

**Source**: National Pesticide Information Center

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**Garden Guide**

**THINGS TO DO THIS MONTH**

By Mary Jane Frogge, UNL Extension Associate

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

Cabbage loopers and imported cabbage worms are green worms. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with Bt (Bacillus thuringiensis), a natural, non-toxic preparation available by various trade names.

Grow your own dried flowers. Raise statice, globe amaranth, straw flowers, and other everlasting to provide flowers for this year’s arrangements.

Plant gladiolus bulbs in late May.

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Set out marigold, petunia, ageratum, and fibrous begonia transplants. All are good border plants.

To grow annuals in containers on the patio, use a lightweight soil mixture. Keep the plants well watered, because the soil dries out fast. Apply a water soluble fertilizer according to package directions every two weeks.

Lawns maintained at the correct height are less likely to have disease and weed infestation. Kentucky bluegrass and tall fescue should be mowed at approximately three inches in height. Mow frequently, removing no more than one third of the blade at each cutting.

Make successive plantings of beans and sweet corn to extend the harvest season.

Watering roses with soaker hoses or drip irrigation will reduce the spread of black spot disease.

Plant ground covers under shade trees that do not allow enough sunlight to grow grass. Vinca minor or English ivy are ground cover plants that grow well in shade.

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**Mary Jane Frogge**

**UNL Extension Associate**

As the gardening season gets started, there are several safety resources for the home gardener. Whether you are planning to dig or apply pesticides, there are organizations that can help. They are just a call or click away.

Spring is a great time to plant new trees or update your landscape with new features. However, one item commonly overlooked is the location of underground utilities. No matter how much digging is involved for your project, phone the Diggies Hotline and have your underground utilities marked. Call 811 or 1-800-331-5666 and your utilities will be marked in about 48 hours. For more information, see the Web site at www.ne-diggers.com.

Please take care to follow all pesticide label safety recommendations. However, the reality is that accidents happen. Therefore, all Nebraskans have 24/7 access to the Nebraska Poison Control Center by calling 1-800-222-1222. Additional information is available on their Web site at www.nebraskapoison.com.

Gardening is one of the most popular hobbies in the United States. Please help keep kids, pets, and yourself safe to ensure enjoyment for years to come.

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The larvae blend in well with the color of pine needles. A evergreen needles with a saw-like apparatus and insert eggs. A common pest found on evergreen trees this time of year is the sawfly and they can seriously damage conifer trees through defoliation. Several species of sawflies are present in Nebraska, including the European pine sawfly, yellow-headed spruce sawfly, and larch sawfly. Most commonly damage is seen on Scotch, Austrian, Ponderosa, Jack, and Mugo pine, along with spruce and larch. White pine is rarely damaged.

These insects overwinter as pupae in the soil beneath host trees. In spring the adult insects emerge, resembling small non-stinging, wasp-like insects or flying ants. Females cut slits in host trees. In spring the adult moths). Lepidoptera family (butterflies & moths). When disturbed, larvae rear back defoliation has already occurred. Not noticed until considerable the needles, the insects are often mature, they begin consuming the entire needles. Due to the central needle vein, which dies and turns brown. As the insects mature, they begin consuming entire needles. Due to the coloration of the insects, which blends in well with the color of the needles, the insects are often not noticed until considerable defoliation has already occurred. When disturbed, larvae rear back into a defensive “S” position. If you’re working with a small tree, or only a few larvae are present, then simply knock them off the tree either by hand or with a garden hose. They seldom find their way back up onto the tree and are very susceptible to predators such as birds, rodents, and predatory insects.

Larval Food Sources

Include larval host plants in your garden design. The fragrance of some host plants may actually elicit egg-laying in the female butterfly. Monarchs lay their eggs only on members of the milkweed family. Swallowtails lay their eggs on members of the parsley family — dill, fennel, Queen-Anne’s lace, etc. The caterpillar of the viceroy butterfly feeds on willow. A common pest found on evergreen trees this time of year is the sawfly and they can seriously damage conifer trees through defoliation. Several species of sawflies are present in Nebraska, including the European pine sawfly, yellow-headed spruce sawfly, and larch sawfly. Most commonly damage is seen on Scotch, Austrian, Ponderosa, Jack, and Mugo pine, along with spruce and larch. White pine is rarely damaged.

Small populations should be treated as soon as possible. Several chemical controls can be used, such as insecticidal soaps, horticultural oils, permethrin, bifenthrin, malathion, or acephate (acetate), but all controls are most effective when the larvae are small. Dipel, or Bacillus thuringiensis, is NOT effective against sawflies because they are in the Hymenoptera family (ants & wasps), not the Lepidoptera family (butterflies & moths).

Adult Food Sources

Use large splashes of color in your landscape. Even from miles away, butterflies can identify their favourite food plants. It’s best to plant these flowers in masses rather than singly, to both attract butterflies to your garden initially and to get them to stay, as they will tend to select the most prevalent nectar source available in one area and remain there. Butterflies have highly refined senses of sight, smell, and taste. Unlike humans, they can see ultraviolet light, so they can differentiate between blossoms that would be identical to the human eye. Bob Henrickson, with the Nebraska Statewide Arboretum, says “There are no universal rules about what flowers work best in a butterfly garden, but lavender, purple, and pink appeal to many butterflies. Swallowtails are more likely to visit red flowers, including beebalm and zinnias.” They also tend to prefer some of the more fragrant plants — lilacs, lavender, sweet alyssum, and fragrant viburnums. For fragrance, Henrickson says, “Stick to old-fashioned varieties more than the faint-scented modern forms of the same flower (garden phlox for example).” As far as taste, another butterfly gardener writes that “Monarchs respond to sugar solutions of 3000%, a taste sensitivity 1408 times greater than that of humans.”

Select single flowers rather than double flowers. The nectar of single flowers is more easily accessible and easier for butterflies to extract than the nectar of double flowers, which have more petals per flower. The size of the flower’s “perching platform” is also important, as it will determine the size of butterfly that will be attracted to it. Butterflies tend to prefer plants whose flowers occur in clusters so they don’t have to fly from one flower to another to collect more pollen. They rarely visit flowers hanging downward from a stem or vine.

Add some native or ornamental grasses to your butterfly garden. Grasses provide resting and hiding places, along with larval and adult food sources. Plant height can vary from a few inches to several feet. • Big bluestem, Schizachyrium scoparium • Prairie dropseed, Sporobolus heterolepis • Sideoats grama, Bouteloua curtipendula • Switchgrass, Panicum virgatum • Indian grass, Sorghastrum nutans Lea a weedy patch in part of your garden. This is a real no-no. The best location is perhaps the simplest to follow. Thistles, nettles, clover, violets, fleabanes, and other weeds are preferred host and nectar sources for some butterflies. If you have fruit trees, they’ll also be attracted to the rotting fruit. Even pet droppings are a food source for some butterflies.

New Urban Agriculture Web Site

Resources for Growers and Consumers

Urban agriculture is the practice of producing food within or surrounding an urban area, including farms (large & small), community gardens, or backyard gardens. It benefits a community through income production, creating small business opportunities, and sustainable communities. The result is the consumption of more fruits and vegetables, and a healthier diet for residents.

University of Nebraska–Lincoln Extension has a new Urban Agriculture Web Site with information on:

• What you need to know before you start
• Resources for commercial growers
• Growing fruits and vegetables for sale
• Marketing opportunities
• Community gardens
• Backyard, container, and rooftop gardens
• Food nutrition & preservation
• Food safety at home

Whether you’re involved in urban agriculture as a consumer or grower, discover the resources on this Web site!

http://food.unl.edu/UrbanAg
Jill Greff
Lancaster County 4-H is proud to announce Jill Greff as winner of May’s “Heart of 4-H” award. Jill is recognized in outstanding volunteer service.

A volunteer for about six years, Jill is project leader of the Happy Hearts 4-H Club, assistant leader of the Sunbeam 4-H Club, and Superintendent of the Lancaster County Super Fair 4-H Bicycle Safety Contest. She has also taught several workshops at the annual 4-H Clover College.

“I like being a 4-H volunteer because I have the opportunity to learn new things alongside the members,” Jill says. “Last year during our club project on gardening we tried drying herbs in the microwave and it worked! I probably wouldn’t have tried it, but because I’m a 4-H leader I thought we should experiment a little. My favorite experience as a 4-H volunteer was helping to lead our club project Youth in Motion three years ago. The members were so enthusiastic about trying their hand at new sports, it was inspiring and just plain fun!”

Congratulations to Jill. Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at http://lancaster.unl.edu/4h or at the extension office.

Lancaster County Horse VIPS Pre-District Show/ Clinic/Fundraiser, June 4
To help everyone prepare for districts and state, the Lancaster County 4-H Horse VIPs Committee is hosting a special pre-districts show/clinic/fundraiser on Saturday, June 4 beginning at 9 a.m. at the Lancaster Event Center – Pavilion 3. All are welcome.

The show will follow the district format and all age groups — elementary, junior, and senior — can participate in the English Pleasure and Equitation, the Western Pleasure, and Horsemanship. All age groups can compete for prizes in a Hippology Contest. This will be an excellent opportunity for all 4-H riders to practice for districts and for elementary age riders to experience the district format even if they aren’t yet old enough for state. Depending on size of the classes and shows, there will be time, the judge will be able to do a little teaching/comments at the end of each class. Reining, poles, and barrels are also included in the show, but are available to junior and seniors only.

Horses may be shown off the trailer. Limited stalls are also available. If you would like to reserve a stall ahead of time and or wish to camp overnight at the Lancaster Event Center please mail checks made out to Lancaster Event Center for stalls ($15 each) and for electricity and water ($25 per night) to Marty Cruickshank, UNL Extension in Lancaster County, 444 Cherry Creek Road, Ste A, Lincoln, NE 68528 by Monday, May 9. No late entries will be accepted! Anyone planning on going to state must have all horsemanship level requirements passed and submitted to the extension office by Monday, May 9. Entry forms, entry guidelines, entry procedures and the 2 and 3 year old western pleasure affidavits are available at http://go.unl.edu/4h and the extension office.

County Fair 4-H Horse IDs Due June 1
4-H horse identification forms for the Lancaster County Super Fair are online 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 possible. Also, be sure to indicate the horse’s color on the drawing.

Please, if possible, do not use the online horse identification form — use the carbon copy form available at the extension office. If you do use the online ID form, be sure to make a copy for yourself before sending it to the extension office.

Lancaster County Horse Auction Meeting, May 12
We invite all 4-H and FFA livestock families to attend the Lancaster County Super Fair Livestock Auction meeting which will be held on Thursday, May 12, 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. At this meeting the committee will be looking for new ideas and generating a new donor list. Your input is needed to ensure the success of this year’s auction. We hope to see you there!

Wildlife Habitat Evaluation Program
The Wildilfe Habitat Evaluation Program is a fun and challenging outdoor adventure where 4-H and FFA members learn about wildlife, conservation, and management. The statewide contest will be held June 19–21 at Niobrara State Park by Niobrara, Neb. Junior (age 12–13) and senior (age 14–18) divisions (individual participation possible) can compete in the contest. The novice group (ages 8–11) does not compete, but learns about wildlife through fun educational activities and games. Please indicate intention to participate by May 21, 4 days is the last day to register by mail. Cost is $47.50 per person. For more information, go to http://4h.unl.edu/whep or contact (402) 441-7180.

Livestock Quality Assurance Training
All 4-H/FFA exhibitors showing market animals at the county fair or state fair must be quality meat assurance certified. Lancaster County 4-H members who have a training soon (the May 19 training has been canceled). Look in upcoming Neblines for details.

Pre-Fair 4-H Leader Training, May 26
New leaders, experienced leaders, 4-H members, and parents are invited to a leader training meeting by June 26, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherry Creek Road. Bring questions and ideas. Learn about fair planning and the importance of current county fair information. Get opportunity to connect with other parents and leaders. MUST preregister by May 24 by calling (402) 441-7180.

Life Challenge Contests
County-Level Senior, June 4
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 members, and must be administrated through 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 4, 9 a.m. at the Lancaster Extension Education Center. Pre-register by June 2 by calling (402) 441-7180 (there is no entry form). Contest questions will be based on the following 4-H curriculum areas: food and nutrition, child development, and design. This is a Lancaster County Super Fair 4-H Contest.

• Statewide FCS Life Challenge (for ages 12 and up) will be held Monday, June 27 and Tuesday, June 28 on UNL East Campus. To participate in this contest you must pre-register by June 9 by calling (402) 441-7180 by June 9. Information is online at http://pase.unl.edu.

• County-level Junior Life Challenge (for ages 8–11) will be held Saturday, July 9 at 9 a.m. at the Lancaster Extension Education Center. Pre-register by July 7 by calling (402) 441-7180 (there is no entry form). Contact Tracy for study packet. This is a Lancaster County Super Fair 4-H Contest.

4-H/FFA Animal ID’s and DNA Due June 15
All identifications for 4-H/FFA sheep, swine, breeding beef, bucket calves, feeder calves, dairy cattle, and rabbits which will be shown at Lancaster County Fair are due to extension office by June 15. Animal ID forms are available online at http://lancaster.unl.edu/4h Fair and the extension office.

Horses may be shown on 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.
Animals infested by cheyletiellid mites have parasites which infest wild animals. These mites are highly contagious, and their presence indicates a potential for severe problems.

Be Prepared
The first thing a family can do to prevent harm is buy a weather radio. A weather radio costs roughly the same as a radio and a weather forecast service. That radio will immediately alert you to severe weather, and the forecast will warn you of its dangers.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at (402) 472-6810 or email sgderse2@unl.edu. More information is located at http://lead.unl.edu

FROM RECIPE TO REALITY SEMINAR, JUNE 3
The University of Nebraska–Lincoln Food Processing Center’s “From Recipe to Reality” seminar is the first step in developing a food business. It is specifically designed to provide entrepreneurs with an understanding of the issues they will need to consider when starting a food-based business. Participants include individuals interested in marketing a family recipe, individuals with a product idea or concept, producers considering adding value to an agricultural product, restaurateurs exploring the manufacturing of a house specialty, and those interested in developing the production of a private label product.

Many myths surround spring weather, but knowing all the facts about safety and prevention can save lives. The first thing a family can do to prevent harm is buy a weather radio. A weather radio costs roughly the same as a radio and a weather forecast service. That radio will immediately alert you to severe weather, and the forecast will warn you of its dangers.

In fact, lightning is more dangerous than tornadoes. Lightning is the number one severe weather killer.

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Lightening
Many myths surround lightning from severe thunderstorms. Many people believe no phones are safe during an electrical storm. However, cell phones are a safe haven from lightning. Get inside immediately after hearing thunder during a storm. A bolt of lightning is well-enclosed in a safe area. Picnic areas in parks are good options. If caught outside, crouch to the ground, don’t lie on it. Lying on the ground puts the heart closer to the ground, which increases the chance of an electrical charge reaching the heart and stopping it.

A watch or phone placed on the ground and a charge can run through them. If a person’s hair begins to stand up, static electricity is in the air and he or she should find cover immediately. However, don’t run. Running in a storm increases static electricity that attracts lightning.

Two other huge myths are visibly seeing the sun or being outside rain means lightning won’t strike close. Lightning can strike more than 15 miles away from the storm. A “bolt in the blue” occurs when lightning strikes out the side of a storm system. These are some of the most common lightning fatalities.

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A watch or phone placed on the ground and a charge can run through them. If a person’s hair begins to stand up, static electricity is in the air and he or she should find cover immediately. However, don’t run. Running in a storm increases static electricity that attracts lightning.

Two other huge myths are visibly seeing the sun or being outside rain means lightning won’t strike close. Lightning can strike more than 15 miles away from the storm. A “bolt in the blue” occurs when lightning strikes out the side of a storm system. These are some of the most common lightning fatalities.
Lancaster County 4-H’er Earns President’s Volunteer Service Award

Lancaster County 4-H’er Erika Warner has been honored for her exemplary volunteer service with a President’s Volunteer Service Award. The award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was presented by The Prudential Spirit of Community Awards program on behalf of President Barack Obama.

Warner has volunteered more than 940 total hours in over four years doing community service for:
- Lincoln Children’s Zoo in the Critter Encounter and Ponies areas.
- Meadowlance Private Pool.

Erika Warner’s (at right) volunteer service includes helping her 4-H club South Prairie Wranglers with a petting zoo at Haven Manor. Helping with yearly clean up and 4th of July Pool Party.

4-H activities, including helping at horse shows — through her club South Prairie Wranglers she has volunteered at Haven Manor Assisted Living in Hickman and with Kiwanis Karnival at Elliott Elementary School.

Sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), The Prudential Spirit of Community Awards program recognizes youth people across America for outstanding community service activities.

See PAGE 9 FOR CLOVER COLLEGE WORKSHOP INFORMATION

For current class availability, go to http://lancaster.unl.edu/4h/programs/clovercollege

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension).

Registrations must be received by June 10. Registrations are handled on a first come basis and will only be accepted upon receipt of fees. No telephone or online registration. All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy this form if needed.

Assume your registration is confirmed unless we contact you about filled classes.

Robert Slemp, Extension Coordinator

CLOVER COLLEGE REGISTRATION FORM

Mail or bring registration form and payment to:

UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507

EARLY REGISTRATION NOT ACCEPTED!
3,000 5th Graders Attend 17th Annual earth wellness festival

This year, the 17th annual *earth wellness festival* (ewf) had record numbers with 3,006 Lancaster County fifth graders from 45 schools attending on March 28 and 29 at Southeast Community College. Students discovered and explored the relationshipships and interdependency of land, water, air, and living resources through hands-on activities. Classrooms attending the festival received pre-festival learning kits in October.

More than 200 volunteers, area educators, environmentalists, and government representatives make this educational experience possible. The festival is organized by 10 local agencies, including University of Nebraska-Lincoln Extension in Lancaster County. More photos and a video of “The Raptors” presentation are online at http://lancaster.unl.edu/ewf.

In the “Scoop on Poop” session, fifth graders learned they are recycling every time they flush in Lincoln.

Can You Guess It?

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

The answer was: Using chicken wire to protect spring flowers from rabbits.

4-H’ers Offered Incentives to Complete President’s Active Lifestyle Award Challenge

4-H is taking on the 4-H President’s Active Lifestyle Award challenge in a big way. On April 1, 4-H launched efforts to have 100,000 4-H’ers complete the challenge by September 2011.

Healthy living has been at the core of 4-H and remains one foundation of our pledge (I pledge...my health to better living...). 4-H strives to equip youth with healthy living knowledge and skills that will prepare them physically, emotionally, and socially to meet the challenges of the 21st century. National 4-H Council and Kraft are offering incentives. Are you a 4-H’er? You can join the effort and compete for our incentives by:

1) Going to http://www.presidentschallenge.org/account/register.php
2) Filling out the registration form.
3) When you arrive at your personal dashboard page, click on the “Go to Groups” radio button, push “submit,” and then click on the groups tab at the top of the page and insert the following information:
   • Your Group ID Number: 96548
   • Your Group Name: National 4-H Program
4) After registering, start logging your activities. As you log activities you’ll be able to track your progress toward winning a President’s Challenge Award or Medal.

For questions or if you want to get more involved, contact Suzanne LeMenestrel, slemenestrel@nifa.usda.gov or Lindsey Jewell, ljewell@nifa.usda.gov.

It’s Easy to Earn the Presidents Active Lifestyle Award

All it takes is a nearly daily commitment to physical activity for 6 out of 8 weeks. Stick with the program and you’ll earn an award in less than two months.

Kids and teens (anyone between 6 and 17 years): You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls’ goal: 11,000; boys’ goal: 13,000).

Ag Awareness Festival Teaches 4th Graders About Agriculture

Nearby 530 fourth graders from Lincoln area schools attended the Ag Awareness Festival held on April 6 and 7 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students rotated between the following 10 interactive stations: Nebraska Ag Production Across the State, Grain Products, Farming Technology, Swine, Horse, Dairy Production, Ruminant Nutrition, Dairy Calves, Beef Production, and Hay & Forages.

The Ag Awareness Coalition, led by University of Nebraska–Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations, and food industry companies. This is the 11th year the festival has been held in Lincoln.

Fourth graders got a close up look at a horse (above) and dairy calf (at right). Students learned about farm equipment and the importance of safety (below).