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The NEBLINE, August 2013

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8 Tips for Better-Tasting Fruits & Vegetables

Alice Henneman, MS, RD
UNL Extension Educator

Increasing your consumption of fruits and vegetables can make a big difference in your overall health. USDA’s MyPlate guidelines recommend filling half your plate with fruits and vegetables.

USDA lists the following benefits of fruits and vegetables:

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.

Here are 8 preparation and storage tips to enjoy the abundant summer produce at its peak of flavor, appearance and safety!

1. Know Which Fruits Ripen After They’re Picked

Tomatoes are one type of produce that continues to ripen after being picked.

Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they’re picked. The tomato, which is actually a fruit, also continues to ripen after picking.

2. Keep Fruits and Vegetables Separate in the Refrigerator

Store fruits and vegetables in separate refrigerator crispers drawers.

All fruits and vegetables must be stored in the refrigerator once they are cut or peeled. Fruits that don’t ripen after they are picked should be refrigerated to increase their storage life. Except for onions, potatoes and tomatoes (actually a fruit), most vegetables are best kept in the refrigerator.

Store fruits in a refrigerator crisper drawer separate from the one in which you store vegetables. Fruits give off ethylene gas which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality. Avoid overly packing crispers drawers.

3. Refrigerate Produce in Perforated Plastic Bags

This helps maintain moisture yet provides for air flow. Unperforated plastic bags can lead to the growth of mold or bacteria. If you don’t have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag). Another option is to store bags of fruits and vegetables loosely in plastic bags with the top open.

4. Remove Radish Tops Before Storing

Remove the tops from radishes before storing them.

If the leafy radish tops are attached, remove them before storing. Radishes don’t keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator crisper drawer separate from the one in which you store fruits. Wash radishes and trim their roots just before using.

5. Wash Fruits and Vegetables Correctly

The Food and Drug Administration (FDA) recommends the following preparation tips for fresh produce:

- Commercially-packaged produce usually comes in perforated plastic bags (indicated above by circles). This helps maintain moisture yet provide air flow.
- When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water BEFORE and AFTER preparation.
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- Wash all produce thoroughly under running water before eating, cutting or cooking. This includes produce grown conventionally or organically at home, or purchased from a grocery store or farmer’s market. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Even if you plan to peel the produce before eating, it is still important to wash it first so dirt and bacteria aren’t transferred from the knife onto the fruit or vegetable.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

6. Take a Salad for a Spin

Salad dressing slides off damp salad greens and collects in the bottom of the salad bowl. You’ll get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. A tablespoon of an oil and vinegar dressing may be all it takes for two cups of dried salad greens.

The easiest and quickest way to dry salad greens is in a salad spinner.

A salad spinner makes quick work of drying fresh greens. A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs. Your wet greens are placed in a perforated basket that fits in a larger outer bowl. The bowl is covered with a lid that has a geared-operated handle, pull-cord or knob you pump to turn the inner basket and spin the water off into the outer bowl. Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels.

When purchasing a salad spinner, take it for a spin at the store. You want a model that is sturdy, has a well-fitting lid and spins easily. Choose a model large enough so you don’t have to go through several “spin cycles” to dry all your greens.

A salad spinner also may be used to dry washed clusters of grapes. Note: If you are preparing small clusters of grapes for garnishing, cut the clusters with scissors. This helps keep the grapes attached to the stem.

7. Keep Fruits and Vegetables Separate From Certain Foods

“Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood — and from kitchen utensils used for those products,” advises the FDA. FDA gives these additional recommendations:

- Wash cutting boards, dishes, utensils and countertops with hot water and soap between use.

See FRUITS & VEGETABLES on page 12

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Take the “Waste” Out of Acreage Maintenance

Sarah Browning
UNL Extension Educator

Routine lawn and yard maintenance, whether you live in the city or country, is usually on every homeowner’s to-do list. Keeping your property neat and green often becomes a point of personal pride, with all your country neighbors envying and competing for the title of “best-kept homestead.” But there are ways to reduce the money and energy you spend on property maintenance, and minimize landscape waste that goes to the burn pile or landfill.

Plan and Evaluate Your Yard

Reconsidering your routines may require a little time and discipline — as opposed to proceeding as usual. But good, environmentally friendly ideas should emerge. The key is to lessen waste by first rethinking, while still keeping time and fertilizer inputs to a minimum.

Use Organic Mulches

Recycle leaves, wood chips, grass clippings and other yard trimmings as mulch to retain soil moisture, reduce weed growth, moderate daily and seasonal soil temperatures and reduce soil erosion. Consider investing in a wood chipper, either by yourself or with your country neighbors, so woody debris can be chipped and reused.

Manage Lawn Areas Wisely

Recycle nutrients by leaving clippings on the lawn where they belong. Return the clippings for an entire summer results in the application of 1 lb of Nitrogen/1,000 sq. ft. to your lawn. That’s the equivalent of one fertilizer application, and it doesn’t cost you anything!

If you must collect them, reuse the grass clippings as mulch or compost. Proper care keeps lawns growing vigorously, which greatly reduces disease and pesticide use.

Use Leaves as a Resource

Small amounts of leaves, when shredded with a lawn mower and left to filter down into the grass, are an organic nutrient source. Chopping up leaves also reduces the need for raking. Leaves can be reused to mulch perimeter plantings or as an ingredient in compost.

Fertilize Conservatively and Carefully

Test your soil and reduce fertilizer use when possible to avoid excessive plant growth. Excessive plant growth — potential yard waste.

Sweep up and reuse fertilizer that falls on paved surfaces. Otherwise fertilizer runs off your property into nearby lakes and streams, contributing to algae and pollution.

Direct Downspouts into Planting Beds on Lawns

Redirect this precious natural resource to your yard rather than the pavement. Runoff from downspouts directed onto paved surfaces carry pollutants like fertilizer, pesticides and motor oil to lakes and streams. A rain garden is an attractive planting bed designed to catch rainwater, and allow it to filter down through the soil.

Try Natural Landscaping

Naturalize at least a portion of your yard to reduce maintenance, grass clippings, pesticide and fertilizer usage. Consider seeding perimeter grassy areas as a barrier near streams and creeks to prevent runoff of landscape products into the water. Enjoy the attractive alternatives as your property contributes to a richer ecosystem.

Plant Ground Covers

Reduce impractical lawn areas (steep slopes, shady areas, low spots) and keep tree roots moist and cool. Less lawn means fewer grass clippings. It also can reduce your time spent mowing, and the amount of pesticide and fertilizer used.

Try Natural Landscaping

Naturalize at least a portion of your yard to reduce maintenance, grass clippings, pesticide and fertilizer usage. Consider seeding perimeter grassy areas as a barrier near streams and creeks to prevent runoff of landscape products into the water. Enjoy the attractive alternatives as your property contributes to a richer ecosystem.

Create a Compost Pile or Bin

Many different types of structures, both homemade and purchased, can be used for composting. Use a compost pile, bin or pallets,appy for composting. Homeowners often used recycled materials, like wooden pallets, to create a compost bin and using a bin has the added advantage of screening the compost from view.

FOR MORE INFO
UNL Extension NebGuide “Stormwater Management: Installing a Rain Garden in Your Yard,” (G1760) online at www.nmspubs.unl.edu/sendIt/g1760.pdf.

FOR MORE INFO
UNL Extension Educator “Selecting a Ground Cover,” (G84-698-A) online at http://go.unl.edu/dfhm

FOR MORE INFO
University of Missouri publication “How to Build a Compost Bin,” (G6957) online at http://extension.missouri.edu/p/G6957

Controlling Fall Webworm

Sarah Browning
UNL Extension Educator

Late summer and fall is the season of fall webworm. Small webworm attacks many hosts, over 85 known species of deciduous trees, including elms, crabapple, cherry, chokecherry, poplar, walnut and willow. In fact, almost all fruit, shade, with all ornamental neighbors, except conifers, can be affected by fall webworm.

The most effective way to detect webworms is to spot fall webworms as they enlarge their silken webs in late summer. Adults of this native insect are white moths, sometimes with reddish-orange front legs and a 1¼-inch wingspan. Immature insects are pale yellowish-caterpillars with red heads and reddish-brown spots. An alternate color variation among the larva is yellow-green caterpillars with black heads a broad dark stripe on the back and black spots. There are one to two generations per year in Nebraska.

Adult moths emerge in late spring or early summer and lay eggs in masses on the undersides of leaves. The larvae emerge 10–14 days later and begin feeding in groups within a small webbed mass of leaves at the ends of branches. The webbing provides protection from some predators and the caterpillars feed inside the web until all leaves are devoured, then additional leaves are encased in the web. Webbed areas of leaves grow larger as the caterpillars mature.

The first generation of caterpillars matures in about six weeks. Then they drop to the ground and enter the soil, where they pupate into adults and re-emerge to lay eggs for the second generation. Some larvae may pupate under loose bark, in leaf litter beneath the tree, or within the webbing. Caterpillars of the second generation hatch and feed from approximately early August through late September. Then once again, the mature caterpillars drop to the ground and enter the soil to overwinter. Because the insects overwinter beneath host plants, trees that have been attacked in the past will very likely have insects the following year, too.

Although unsightly, feeding by fall webworms is rarely seriously damaging to large trees; however, several years of defoliation for small ornamental trees can weaken them.

Removal of nests in early summer when only a few leaves are involved is the best method of control. Prune out the branches affected and crush or burn them. Biological insecticides such as Bacillus thuringiensis (Bt) are also effective. Thoroughly cover leaves next to the nest, and as the larvae ingest the insecticide they will be killed.

FOR MORE INFO
G. Keith Douce, University of Georgia, “Fall Webworm Management: Controlling Fall Webworm,” online at http://extension.missouri.edu/p/G6955

Visit the NEBRASKA LINE at http://lancaster.unl.edu
Harvesting and Storing Vine Crops

Sarah Browning
UNL Extension Educator

The proper time to harvest some vegetable crops is fairly easy to determine. Tomatoes turn red when ripe. Onions are harvested when the tops fall over and begin to dry. While some vegetables exhibit clear signs, the proper time to harvest other crops may require a little more knowledge and experience. Below are guidelines for harvesting and storing various vine crops. The maturity of vine crops can also be approximated by counting the days after flowering. It takes approximately 40–50 days for muskmelons and 50–60 days for large-fruited watermelons to mature after pollination. Acorn squash requires 55–60 days, butternut squash 60–70 days and hubbard squash 80–90 days. These figures are based on warm weather. Cool weather will slow growth and delay maturity.

**Watermelon**

Harvest when the underside or “belly” of the melon turns from a greenish white to buttery yellow or cream. This color change is especially pronounced on the dark green skinned varieties. It is often less noticeable on lighter skinned watermelons. In addition, the fruit tends to lose its slick appearance on top and becomes dull when ripe. Thumping or tapping the melon is generally not a good indicator of ripeness. Rapping an immature melon with your knuckles produces a metallic ring. A ripe melon gives off a hollow or dull ring. Most individuals, however, have difficulty differentiating between the sounds.

The browning of the pig’s tail (light green, curly tendril attached to the vine near the melon) is also not reliable. In some varieties, the pig’s tail may turn brown 7–10 days before the melon is ripe. When harvesting watermelons, leave 2” of the stem on the fruit.

Watermelons can be stored at room temperature for about one week. The storage period can be extended to two to three weeks at 40–50°F.

**Honeydew**

A slight softening of the flower end of the fruit is the best indicator of ripeness. Also, there may be subtle changes in the fruit’s color.

**Pumpkins & Winter Squash**

Pumpkins will ripen fully when harvested too young, or if allowed to stay in the field once they are mature and exposed to freezing temperatures. Mature pumpkins should be uniformly colored across the entire fruit — orange, white, gray or blue — depending on the variety you chose to grow. Look for the mature coloration of your variety indicated on the seed packet as a guide to ripeness. Mature pumpkins have hard, shiny shells that can’t be easily punctured by a fingernail. Once your pumpkin reaches this stage, it’s time for curing.

With winter squash, the portion of the fruit resting on the ground will be creamy to orange. Harvest spaghetti squash when the fruit color changes from ivory white to golden yellow. Leave the stem on when cutting from the plants to prevent decay organisms from entering. Pumpkins and winter squash will keep best if they are cured for 10 days at 80–85°F. Store fruits in single layer, or on shelves at 50–55°F. Acorn squash, however, should not be cured but stored at 45°F to prevent stringiness.

**Muskmelon**

The fruit of muskmelon or cantaloupe are mature when the stem pulls (slips) easily from the melon. The melon is not ripe if the stem has to be forcibly separated from the fruit.

Other indicators of maturity are based on touch, appearance and aroma. The flower end (the end opposite the stem) of the melon should be slightly soft. The skin between the netting turns from green to yellow. Finally, a ripe melon produces a strong “muskmelon” aroma.

Muskmelons can be stored in the refrigerator for up to two weeks. Before refrigerating, place the melons in a plastic bag to prevent the muskmelon aroma from favoring other stored foods.
Reducing Energy Costs for Irrigation

Tom Dorn
UNL Extension Educator

Some producers in Nebraska reported pumping double the normal amount of water to grow crops in 2012. It is important irrigation pumping plants operate efficiently to keep costs to a minimum, but it is especially important when energy prices are high and the supposed, supertalented pellets for crop production is expected to be higher than normal, as well.

Most irrigation in Nebraska depends on groundwater as the water source. The University of Nebraska has field tested hundreds of pumping plants over the years. Based on these field tests and on laboratory tests of engine efficiency, UNL developed the Nebraska Pumping Plant Performance Criteria, NPPPC (usually shortened to NPC). This criterion states the amount of useful work (water horsepower) actually done by the pump (NPC) you should reasonably expect to achieve in the field for each unit of energy consumed by a pumping plant.

The performance rating is the performance of the particular pumping plant compared to NPC standard and is expressed as a percentage of NPC. A rating of 100% indicates the pumping plant is operating as expected. A rating below 100% indicates the pumping plant is using more energy for the work it is doing than the criteria calls for. For example, a pumping plant operating at a 95% of NPC is only producing 70% of the useful work it should for the energy it is consuming.

The most recent statewide pumping plant efficiency study conducted by the University of Nebraska tested 180 pumping plants. As one might expect, the efficiency varied considerably. Some pumping plants achieved very good efficiency. In fact, 15% actually exceeded NPC. Performance ratings over 100% of NPC are possible when a highly efficient motor is attached to a well-designed pump that is not worn or misadjusted. The fact that some pumping plants exceed the criteria demonstrates the fact the criterion is a reasonable target for all pumping plants.

The other 85% of pumping plants were found using more energy per unit of work than would be expected by NPC. The average pumping plant in Nebraska was found to operate only 70% of NPC. To put it another way, the average pumping plant in the study was using 130% more energy than if it would it if were operating at NPC (1.0/0.77 = 130%).

A plant’s energy prices, identifying a pumping plant that needs adjustment or repair could result in saving thousands of dollars in energy costs per year. (If the producer knows 1) the total fuel used over a period of time, 2) the fuel volume used (from water meter readings, usually stated in acre-inches), 3) the system pressure measured at the discharge head and 4) the meter size (measured by stopwatch time running), the performance rating can be easily calculated using an Excel worksheet found on the UNL Extension in Lancaster County website at http://lancaster.unl.edu/ag/crops/irrigate.shtml (look for “Click here, Temperature Conversion”).

Within the spreadsheet, you can replace the contents of cells with light blue background. Your inputs will appear with dark blue font. Drop down menus allow you to select the energy source and the water meter totalizer units. • Select energy source for pumping the water • Input fuel cost per unit $/gal, $/KWh • Select water meter units • Input the beginning and ending water meter readings • Input the pumping water level • Input water pressure at the discharge head of the pump

Results are provided when all inputs are filled in. Results include the potential fuel savings in energy units and dollars. Depending on the unit of length and interest rate, the worksheet will show the loan amount you can spend to repair or replace the pumping plant and make the annual loan payments using the fuel savings.

Prepare Bins and Equipment Before Harvest

Tom Dorn
UNL Extension Educator

As we approach harvest, grain bin preparation is a timely subject. Remember, grain harvested in Nebraska is essentially insect-free, but can become infected by stored insect pests. Following are some tips on how to prepare bins and equipment to ensure insect problems are minimized.

First, be sure to store sound, clean, dry grain. It may be advisable to screen out broken grains, trash and fines to increase the quality of the final storage product. Also, the elimination of trash will enhance fumigation, should this procedure be recommended later.

Since stored-grain insects can invade new grain from infested harvesting and handling equipment (combines, augers etc.), cleanup is essential. Carefully remove all traces of old grain from combines, truck beds, grain carts, augers and any other equipment used for harvesting, transporting and handling grain. Even small amounts of moldy or insect-infested grain left in equipment can contaminate a bin of new grain. Then clean grain bins thoroughly, disposing of spilled, cracked and broken grain and grain flour, along with the insects feeding on such material. A simple broom and a vacuum cleaner are essential pieces of equipment in cleaning grain bins.

How clean is clean enough? is a question many producers ask. A good rule of thumb to follow when cleaning bins and equipment is as if you can tell what was stored or handled last season by looking into the auger, bin or combine, it is not clean enough to prevent re-contamination of the new crop.

Tips for Grain Bin Preparation

First, be sure to remove old equipment, junk, and clutter to reduce attractiveness to insects and rodents. Make sure the bin is insect and rodent-proofed by plugging holes, seams, bins, caulking and making general repairs. Grain spilled near the bin attracts insects and draws mice and rats. Clean up and dispose of any spilled grain several weeks prior to harvest. If rats have tunneled under foundations, use box traps to reduce or eliminate them.

All weeds can harbor insects and provide cover for rodents. Mow around the bin site to reduce the potential for insect and rodent infestation. If necessary, re-grade the site so water readily drains away from bin foundations. You cannot always wait for the soil to dry before loading or storing grain from bin sites. Landscaping should be maintained away from grain storage facilities. A four-foot-wide strip of bare gravel around the perimeter of storage bins. Make certain travel lanes have enough rock or gravel to bear the weight of heavy trucks and grain carts. If purchasing old crop grain for storage with newly harvested grain, be sure to watch for insects in the incoming grain. If infested grain is purchased for livestock feed, store it away from the new crop, and feed it as soon as possible.

Grain stocks may be rotated, or moved and a grain protestant applied at the time of turning. Electrical system maintenance before harvest can prevent costly downtime. Wiring for fans and other electrical components should be inspected for corrosion and cracked, frayed or broken insulation. Exposed wiring should be run through waterproof, dust-tight conduit. Avoid kinking the conduit, and make sure all connections are secure.

We often nest in control boxes where they are protected from predators. They can strip insulation from wires for new material and their urine some times causes corrosion on relays and other electrical components. If insect damage is suspected, clean and repair or replace damaged wiring, relays and other electrical equipment. Check for knock-outs and other openings that may permit rodent entry, and visually examine wiring and tubes should be checked for corrosion and other damage. Remove any accumulated dust and dirt that may reduce operating efficiency and be sure all connections are tight to prevent air leaks that can reduce operating efficiency.

Residual Chemical Treatments

Once empty bins have been thoroughly cleaned, a residual treatment may be applied to bin surfaces to protect ingoing grain from insect infestation. Follow label instructions carefully. The following products are listed for empty grain bin surface treatments: silicon dioxide (a.k.a. Super earth (many brand names), butylcarbaryl + Pyrethrin (many brand names). Some related chemicals include Bifenthrin (Capture), Pybuthrin (Butadine, Pyrethrin type compound).

For bins with aeration floors (which are practically inaccessible for cleaning), spraying the bin and the floor is recommended. The inside walls and floors should be treated with a residual insecticide after thorough cleaning. The outside walls (up to 15 feet) and outside base of grain storage bins may also be treated. The bin area beneath the perforated, drying floor should also be cleaned and treated with a residual insecticide. Treating empty bins is most effec tive when insect activity is likely (temperatures over 60°F). The level of treatment may vary from a 15 ppm with or without Diazin-C. All treatments should follow label of use and may not be compatible with other product combinations registered. You can also have the “Long Term Fumigant”. The rules regarding fumigation use make it impractical for farm operations to maintain licensed fumigation equipment. It is necessary for legal fumigation work.
Sizzling Summer Sampler a Success

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 10 was a success with nearly 100 FCE members and friends in attendance. The theme was Christmas in July. More photos are online at www.flickr.com/photos/unlextlanco/sets.

Twenty-one baskets were raffled off, raising approximately $400 for the FCE Scholarship Fund. Santa made a surprise appearance to help deliver baskets during the raffle.

Paul Jasa presented “No-Till Education Around the World.”

Sizzling Summer Sampler is over and everyone enjoyed the evening. Thank you for the baskets. The money helps our scholarship fund. It is time for the Lancaster County Super Fair. If you get a chance go out to the Lancaster Event Center and look at all the projects.

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

Summer vacation is almost over. School will be starting soon. Where has the time gone? It has been a busy summer — I hope you took time to enjoy and spend time with your family. Sizzling Summer Sampler is over and everyone enjoyed the evening. Thank you for the baskets. The money helps our scholarship fund.

FCE News & Events

FCE Scholarship Deadline Extended to Aug. 30

A $600 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 2013 or who have completed two quarters of study in a vocational school. The deadline has been extended to Aug. 30. Applications are available at the extension office and online at http://lancaster.unl.edu/home/fce.

Save the Date: Achievement Day, Oct. 21

State FCE Convention will be Monday, Oct. 21, 12:30 p.m. at the Lancaster Extension Education Center with a salad luncheon. All FCE members are encouraged to attend. Bring a salad to share. Call Pam at 402-441-7180 to register.

FCE Scholarship Deadline Extended to Aug. 30

FCE Convention, Sept. 12 – 14

State FCE Convention is Sept. 12–14 in Columbus, Neb. Watch for more information in the FCE Speaks coming out soon.

Tips for Teaching Preschoolers About Money

Definitely not! Young children, even as early as preschool age, can definitely begin to learn the basic concepts of managing money. Materials have been developed to assist preschool-aged children with learning the basics of money management in a program called “Throw by Five.” This website has eight activities (developed in both English and Spanish) parents can do to begin to teach their children about the basics of money management. In addition, there are several fact sheets such as “Tips for Teaching Preschoolers About Money,” “What Young Children Can Learn” and “17 Things a Five-Year-Old Should Know About Money” that can assist you as well. Go to www.extension.org/pages/Throw_by_Five.

Why do I need to talk to my kids about money?

Are you even teaching this in school?

While some schools offer or even require a course in personal finance, parents should not assume it is being taught. Even if it is not taught, children are learning about money, credit, good habits and bad habits every day. Children learn through observing the behavior of others, especially their parents. If you use your credit card a lot but pay it off regularly, they should know it. Otherwise, they will only see you use credit a lot.

Thus, it is important to talk to your kids about money and help them make decisions about their own spending. Ask for their input on “what they want to spend money on.” Talk to them about the importance of saving for the future, and show them how to do this, even if it begins with a piggy bank.

Source: eXtension.org

Single-Load Liquid Laundry Packet Safety

The American Cleaning Institute (ACI), representing producers of household cleaning products, has launched the KEY Pledge consumer safety education campaign in tandem with National Safety Month. Single-load liquid laundry packets have become widely available over the past couple of years — millions of consumers have found these packets to be an easy and convenient way to get their laundry done efficiently and effectively. However, it’s important to remember these powerful packets contain highly concentrated detergent and require the same discipline as common household cleaning products when it comes to safely using, handling and storing.

According to the American Association of Poison Control Centers (AAPCC), in 2012, poison centers received reports of 9,229 unintended exposures to highly-concentrated packets of laundry detergent by children 5 and younger.

It is vital for parents and caregivers to keep single-load liquid laundry packets away from children to help prevent the risk of serious injury from ingestion or exposure to eyes. Education and awareness can help prevent these injuries, especially when it comes to properly using the packets and securing them safely and securely.

Keep the following safety reminders top of mind:

✓ Do not let children handle laundry packets.
✓ Do not leave out or pull packets apart.
✓ Store out of child’s sight and reach.
✓ Keep the packet’s package closed and in a dry place.

✓ Packets quickly dissolve upon contact with water, wet hands, or saliva so it is necessary to keep them dry.

Education is the KEY to injury prevention. The ACI is asking the public to take the KEY Pledge to a safe laundry room and routine:

✓ Keep single-load liquid laundry packets out of the reach of children.

✓ Educate your family and friends about the safe use and storage of these new laundry products.

✓ You serve a key role in laundry safety.

✓ To find out more information about the KEY campaign and to make a personal pledge to be the KEY to a safe laundry room and routine, visit www.keypledge.com.
Antlions: Amazingly Adapted Predators

Barb Ogg
UNL Extension Educator

Antlion larva (above: magnified) (right: approximate size). When feeding, the antlion pierces the prey with its large, hollow jaws injecting venom. The antlion then sucks out the prey’s juices.

The antlion family name, Myrmeleontidae, literally means ant lion family (myrme = ant) + (leon = lion) + (idea = family). Antlions belong to the insect order Neuroptera. Most neuropterans are predators.

The antlion larva is a ferocious-looking insect (see photo) with a plump, spiny body and a square, flattened head with long, hollow, sickle-shaped mandibles. Like other insects, they have three pairs of legs, although you may only notice two pairs of legs from above.

Antlion larvae are sometimes called doodlebugs. They get their nickname because, in the process of finding a suitable place to dig a pit, the larvae leave a narrow, irregular, twisted trail in the soil that looks like doodling. Another oddity is these larvae crawl backwards instead of forward. They will be found in locations where the soil is composed of small, dry, loose particles.

The shape of the larva’s abdomen, with its relatively blunt anterior end gradually tapering toward the posterior helps the larva to slide backward easily through the sand. The hairs on the antlion’s body curve forward to help it move backward.

An antlion larva excavates its pit by using its flat head as a shovel, flicking sand upward. It circles backward deeper in the sand, repeatedly flicking sand until a symmetrical pit is formed. If a larva encounters a small pebble or other object, it will try to flick the object out of its pit. If the object is too large to flick but large enough to move, the antlion larva will push it up and out of the pit. When the pit is finished, the larva will conceal itself at the bottom, remaining motionless.

When an ant or other small insect accidentally steps inside the rim of the pit, it slips on the soft sand particles and falls to the bottom of the pit. The larva impales the ant with its sickle-shaped mandibles. But, if the ant is able to climb up the pit, the larva will toss sand upward, causing an avalanche of loose sand to send the ant tumbling down to the bottom of the pit.

Once the prey has been captured, the antlion larva pulls the victim deeper into the sand and uses its hollow mandibles to suck out its body fluids. The larva then disposes of the carcass by throwing it out of the pit.

As antlion larvae get larger, their pit gets larger and deeper. When several larvae live near each other, they adjust the spacing between the pits so they don’t interfere with each other.

When the larva grows to its maximum size, it pupates by digging deeper in the soil. It pupates inside a spherical cocoon comprised of sand particles stuck together with silk. After about a month, it emerges as an adult. The adult does not resemble the larvae at all, but looks similar to a small damselfly (see photo above) with a slender body and delicate outstretched wings.

Antlions are harmless and cause no damage to flowers, people, or structures. You can have antlions around your house without causing problems. They only feed on ants and other insects that fall into their traps. It is best to leave them alone. They are harmless to you and your pets.

Bird Mites Are Almost Always Associated With Nesting Birds

Barb Ogg
UNL Extension Educator

Bird mites parasitize many domestic and wild birds, including poultry, pigeons, starlings, sparrows, and robins. Under specific situations, bird mites can become a temporary nuisance and invade homes. These eight-legged arthropods are very small but are still visible to the unaided eye (see photo).

There are several species of bird mites. Most common species include the northern fowl mite (Oribatulodes quadratus) and the chicken mite (Dermanyssus gallinae). When wild birds are nesting, the mite population grows rapidly. After the baby birds fledge and the nest is abandoned, mites search for other hosts. Because bird mites are wingless, they are generally only a problem when nests are inside or attached to the exterior of the house.

These mites may come indoors through tiny cracks around windows, doors, and vents, sometimes in huge numbers. Bird mites have been known to cause dermatitis and itching, but cannot develop on humans, cats or dogs. They cannot live in roosts, chairs or carpets and don’t live inside wall voids, unless birds are living there, too. Without a bird host, these mites will die indoors, usually within a few weeks.

Removing a bird nest after baby birds have fledged is a simple way to eliminate a lot of bird mites quickly. You can dispose of infested nests when handling infested nests and work quickly... these mites crawl very rapidly. Seal the nest in a plastic bag and put it in the trash. An insecticide can be used in the area where the nest was removed. It is safe for your home and indoors. There is no reason to remove bird nests in trees unless branches are touching the house.

Because most bird species are protected by federal or state law, it is illegal to disturb most birds’ nests containing eggs or babies, regardless of where the nest is located. If nests are built in inconvenient locations, homeowners should be patient... it takes about a month for baby birds to fledge and leave the nest. For example, robins incubate their eggs for 10–14 days; after hatching, the babies feed for about two weeks before they fledge. In Nebraska, only three bird species are not protected by state or federal law. These three species are the house or English sparrow, the European starling and pigeon.

Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections. SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinners, stripper, stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT) and items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT BRING latex paint, fertilizers, medicines, pharmaceuticals, electronics/TVs, propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021.

Saturday, Aug. 24 • 9 a.m.—1 p.m.
Veyance Tech, 4021 N. 56th St.

Saturday, Sept. 21 • 9 a.m.—1 p.m.
Lincoln Industries, 600 W. E St.

Saturday, Oct. 19 • 9 a.m.—1 p.m.
Woods Park (31st & 83 Streets)

Friday, Nov. 15 • 9 a.m.—1 p.m.
Appointment Only — Call 402-441-8021

Do not take latex paint to Household Hazardous Waste Collections. Instead, take usable latex paint to EcoStores Nebraska at 530 W. P St. Call 402-477-3606 for details.
**Daily Attractions**

**A to Z Exotic Animal Petting Zoo & Pony Rides**
- $5 admission in the Plains Equipment Group Pavilion
- Children can even hold a baby alligator safely and have their picture taken by the expert handler, Jeff Quattrocchi. Three shows daily with an educational question/answer session with a baby alligator.

**Swampmaster Gator Show**
- Watch as the Swampmaster catches an 8 foot, 200 lb Alligator with his bare hands! Thrills, laughter, as well as valuable information for all ages! Your children can even hold a baby alligator safely and have their picture taken by the expert handler, Jeff Quattrocchi. Three shows daily with an educational question/answer session with a baby alligator.

**The Future of Magic Show**
- A light and illusion production stage show that will magically appear throughout the grounds. \( \text{LUXUSMAGYSKY} \) at its very best! Three show per day.

**The Procrastinators**
- Watch these outregeous drummers turn five-gallon water bottles, barstools and pots & pans into legitmate musical instruments while jumping, sliding, twirling and potting their way through fast and furious rhythmic fun.

**The Procrastinators (Aug. 7 - 10 only)**
- Watch these outregeous drummers turn five-gallon water bottles, barstools and pots & pans into legitmate musical instruments while jumping, sliding, twirling and potting their way through fast and furious rhythmic fun.

**A & T tractor Lanes**
- Antique tractors and farm equipment display.

**Bingo by Lincoln Dominators Baseball Club**

**Commercial Vendors**
- Fair Food Favorites in the Food Court
- Flea Market (Thursdays, Fridays and Saturdays only)
- Lincoln Area Railway Historical Society Display
- Larsen Tractor Test & Power Museum Antique Tractor Display
- Nebraska Beekeepers Association Display
- Paintball Shooting Gallery
- Super Fair Information and Souvenir Booth

**Special Attractions**

**Aug. 1** — Celebrity Swine Show: 3pm
- Figure 8 Races: 7pm (sponsored by Muhlbach Enterprises)

**Aug. 2** — Cowboy Up! Band (top 40 country)
- Draft Horse Pull: 7pm (presented by Missouri Draft Horse Pullers)

**Aug. 3** — SwitchBak (country/rock)
- SwitchBak (country/rock)

**Aug. 4** — The Lads (kids/families)
- Special all-you-can-ride wristband sessions: 1–5pm / 6–11pm.

**Aug. 5** — Galaxy of Stars Spectacular
- Watch as the Swampmaster catches an 8 foot, 200 lb Alligator with his bare hands! Thrills, laughter, as well as valuable information for all ages! Your children can even hold a baby alligator safely and have their picture taken by the expert handler, Jeff Quattrocchi. Three shows daily with an educational question/answer session with a baby alligator.

**Aug. 6** — Spare Change (pop covers)
- Spare Change (pop covers)

**Aug. 7** — The Crowd Goes Wild
- The Crowd Goes Wild

**Aug. 8** — MWA Professional Wrestling
- MWA Professional Wrestling

**Aug. 9** — Soul Dawg (funk/rock)

**Aug. 10** — JB and The Moonshine Band
- JB and The Moonshine Band

For detailed information about the Super Fair, go to superfair.org
MONDAY, AUGUST 5

Open Livestock Exhibits: 10:00am - 8:00pm
Open Classic Static Exhibits: 10:00am - 10:00pm
Commercial Vendors: 11:00am - 8:00pm
Heart of America Shows Carnival: 5:00pm - Midnight

Pavilions 1, 2, 3, 4

SATURDAY, AUGUST 10

Open Livestock & Horse Exhibits: 10:00am - 10:00pm
Open Classic Static Exhibits: 10:00am - 10:00pm
Commercial Vendors: 11:00am - 8:00pm
Heart of America Shows Carnival: 5:00pm - Midnight

Pavilions 1, 2, 3, 4

THURSDAY, AUGUST 8

Open Livestock Exhibits: 10:00am - 10:00pm
Open Classic Static Exhibits: 10:00am - 10:00pm
Commercial Vendors: 11:00am - 8:00pm
Heart of America Shows Carnival: 5:00pm - Midnight

Pavilions 1, 2, 3, 4

FRIDAY, AUGUST 9

Open Livestock & Horse Exhibits: 10:00am - 10:00pm
Open Classic Static Exhibits: 10:00am - 10:00pm
Commercial Vendors: 11:00am - 8:00pm
Heart of America Shows Carnival: 5:00pm - Midnight

Pavilions 1, 2, 3, 4

SUNDAY, AUGUST 11

Open Livestock & Horse Exhibits: 10:00am - 10:00pm
Open Classic Static Exhibits: 10:00am - 10:00pm
Commercial Vendors: 11:00am - 8:00pm
Heart of America Shows Carnival: 5:00pm - Midnight

Pavilions 1, 2, 3, 4

TUESDAY, AUGUST 6

Open Livestock Exhibits: 10:00am - 10:00pm
Open Classic Static Exhibits: 10:00am - 10:00pm
Commercial Vendors: 11:00am - 8:00pm
Heart of America Shows Carnival: 5:00pm - Midnight

Pavilions 1, 2, 3, 4

WEDNESDAY, AUGUST 7

Open Livestock & Horse Exhibits: 10:00am - 10:00pm
Open Classic Static Exhibits: 10:00am - 10:00pm
Commercial Vendors: 11:00am - 8:00pm
Heart of America Shows Carnival: 5:00pm - Midnight

Pavilions 1, 2, 3, 4
Tips for Selecting Summer Produce

Alice Henneman, MS, RD
UNL Extension Educator

An abundance of fresh fruits and vegetables grow in Nebraska. The Nebraska Department of Agriculture cites the following produce as typically in season during the summer. Read on and learn tips for making the best choices for your money. Selection tips are from the UNL Nutrition Education Program.

APPLES — Choose apples that are firm, shiny, smooth-skinned and free of bruises and dents. Do not buy apples that feel soft and spongy or smell musty.

CABBAGE — Choose cabbage with solid, heavy heads. Avoid cabbage that has discolored veins or worn damage.

CUCUMBERS — Choose firm, well-shaped cucumbers with a dark green color. Avoid cucumbers that bulge in the middle or have soft spots.

EGGPLANT — Choose eggplant that is heavy for its size. Avoid buying eggplant with wrinkled skin, cracks or bruises.

GREEN BEANS — Choose green beans that are evenly colored and snap easily when bent. Choose tender beans without scars.

LETTUCE — Choose lettuce heads that have fresh, crisp outer leaves and compact inner leaves. Choose lettuce leaves that are closely bunched, fresh-looking and crisp. Avoid leaves with brown edges.

CANTALOupe — Choose cantaloupe that has veins across the rind, is heavy for its size, and has a fresh cantaloupe smell. Press on the end opposite the stem end. It should give slightly with pressure. Avoid melons with lumps, soft spots or visible bruises.

CARROTS — Choose carrots that are smooth, firm and have a deep color with fresh, green tops. Avoid soft, wilted or split carrots.

PEAS — Choose pea pods that are firm, bright green and medium-sized. Choose pea pods with no signs of decay or wilting.

CORN — Choose corn ears with green husks, fresh silks and tight rows of kernels. Kernels that are too large will be chewy and pasty. Avoid ears with rows of missing kernels.

LETTUCE — Choose lettuce heads that have fresh, crisp outer leaves and compact inner leaves. Choose lettuce leaves that are closely bunched, fresh-looking and crisp. Avoid leaves with brown edges.

TOMATOES — Choose tomatoes with bright, shiny skins and firm flesh. Avoid tomatoes that are soft or bruised.

WATERMELON — Choose a firm watermelon that has dried stems, a dull (not shiny) skin, rounded ends, a cream-colored belly and is heavy for its size. Avoid watermelons that have a flat side.

Resources:
- Nebraska Produce Availability Chart, Nebraska Department of Agriculture
- Nebraska Extension Fruit and Vegetable Buying Guides at http://lancaster.unl.edu/health/healthy-living/produce_guide.html
- UNL Nutrition Education Program Fruit and Vegetable Buying Guides at http://nef.unl.edu/materials

$stretch Your Food Dollar With $mart $nack Choices

Peanut Butter Bites
(Makes 8 to 10 bites)

1 cup oatmeal
1 cup dry milk
1/2 cup honey
1/2 cup peanut butter
1/2 cup raisins (optional)

In a small bowl, mix peanut butter, dry milk and honey. Add the oatmeal and raisins. Form into balls. Store in an airtight container in the refrigerator.

Hummus
(4 servings)

2 (15 oz.) cans chickpeas, drained and rinsed
1 tablespoon fresh garlic, minced
4 tablespoons tahini (sesame butter) or peanut butter
1/2 cup lemon juice
1/4 cup water
1 teaspoon salt
1 teaspoon paprika (optional)
1/4 cup chopped fresh parsley (optional for garnish)

In a blender, put chickpeas, garlic, tahini, lemon juice, water and salt. Blend until the mixture is very smooth. Scrape the hummus onto the center of a plate. Sprinkle the paprika and parsley over the hummus, if desired. Serve with pita bread, crackers, or fresh vegetables.
4-H’ers Test Family and Consumer Science and Entrepreneurship Skills at Life Challenge

Congratulations to the Lancaster County participants who competed in the Livestock Judging contest during the 4-H Premiere Animal Science Events (PASE) held at UNL East Campus on July 1-2.

The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats, and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking the animals. A big thank you to the 4-H volunteers for their hard work and dedication.

Lancaster County participants at state 4-H Life Challenge.

Mike & Tracie Lloyd

Lancaster County 4-H is proud to announce Mike & Tracie Lloyd as co-winners of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service. The Lloyds have volunteered with 4-H for nine years. They are members of the Equi Riders 4-H club, and leaders of the Horse Volunteers in Program Service (VIPS) and superintendents of the 4-H Horse Trail Show at the Lancaster County Super Fair.

“We enjoy watching 4-H’ers learn new things and apply what they have learned,” say the Lloyds. “We see 4-H’ers build the life skills of responsibility, communication, problem solving and determination. Attitude is a tremendous part of how we all deal with success and failure. Every 4-H’er has different goals and aspirations. Sometimes a white ribbon means as much as a trophy. Our favorite experience as 4-H volunteers is watching the kids grow in confidence through the years. We believe that involvement in 4-H teaches skills that 4-H’ers will use all their lives. We are examples as former 4-H’ers. That’s why we are proud to be 4-H volunteers.”

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

Nominate your favorite 4-H volunteer by submitting the form available online at http://lancaster.unl.edu/4h or at the Extension office. Nominations of co-volunteers are welcome.

District Horse Results

Many Lancaster County 4-H’ers competed in district competitions held in Beatrice, Lexington and West Point. All blue and purple ribbon winners qualify for the state competition which will be held in Grand Island the week of July 14. Congratulations to all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at http://animalscience.unl.edu/web/anisci/anscdistrictstate4-hshowresults.

For a fifth year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The Challenge will be held Thursday, July 25, 9-11 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (8–11) junior (12–14) and senior (15–19). Premiums and ribbons will be awarded. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Tuesday, Oct. 1.

All Lancaster County 4-H’ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2012-2013 email Horse Course. The testing will include identification stations and a written test. Pizza will be served at the end of the contest at a charge of $1 a slice.

The 4-H Life Challenge contests focus on Family and Consumer Science project areas. Youth answer written questions and give an oral presentation applying what they have learned in their 4-H projects to a real-life situation.

The county junior and senior Life Challenge contest was held June 1. Sheridan Swotek was awarded the Senior Champion rosette and Abigail Babcock was awarded the Senior Reserve Champion rosette. Ellie Babcock and Lily Noel were awarded Junior Champion rosettes and Sarah Cunningham was awarded the Junior Reserve rosette.

The state Life Challenge contest for seniors was held at UNL East Campus on July 1-2. Mary Dowd, Maddie Gabel, Anne Greff and Jaime Stephenson won “Best Moral of the Story” in the Child Development Challenge. Mary Dowd, Valerie Gabel, Anne Greff and Peter Greff received 4th place for Best Overall Business and Marketing Concepts in the Entrepreneurship Challenge. Other participants were Ceitra Austin, Abigail Babcock, Grace Dowd and Emma Noel.

4-H’ers Test Animal Science Skills at PASE

Congratulations to the Lancaster County 4-H’ers that competed in the Animal Science Skills at PASE. Many Lancaster County 4-H’ers participated in distric contests held in Beatrice, Lexington and West Point. All blue and purple ribbon winners qualify for the state competition which will be held in Grand Island the week of July 14. Congratulations to all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at http://animalscience.unl.edu/web/anisci/anscdistrictstate4-hshowresults.

JUNIOR WESTERN HORSEMANSHIP
Ashley Bradbury, Audrey Heusinger, Hailee Lynn, Nicole McConnell, Emma Wilson

JUNIOR REINING
Bailey Vogler (Reserve Champion, Lexington), Ashley Bradbury

SENIOR REINING
Jadin Vogler (Reserve Champion, Lexington), Ashley Bradbury

SENIOR BARREL RACING
Nicole Finker (Reserve Champion, Beatrice), McKenzie Beach, Anna Heusinger, Bailey Vogler

JUNIOR BARREL RACING
Audrey Heusinger, Hailey Hula

SENIOR POLE BENDING
McKenzie Beach, Nicole Finker, Anna Heusinger, Brianna Sander

JUNIOR POLE BENDING
Audrey Heusinger (Champion, Beatrice), Hailey Hula
**August 1–10, 2013**

**4-H & FFA Exhibits & Events August 1–4**

**Lancaster Event Center**

4-H & FFA Fair Books have complete information about entering 4-H FFA exhibits and contests. Fair Books are available at the extension office and at [http://lancaster.unl.edu/4h/Fair](http://lancaster.unl.edu/4h/Fair).

**Static Exhibit Check-In**

Tuesday, July 30, 4–8 p.m.

4-H & FFA static exhibits do not preregister, but must be physically checked in during Static Exhibit Check-in on Tuesday, July 30 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult—such as a club leader or parent(s)—should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

In the Lincoln Room, exhibits are grouped into the following areas designated by signage: Clover Kids; General Areas; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology. A registration table is set up for each of the above areas—please take project(s) to the appropriate area(s).

All static exhibits will be released on Monday, July 8 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

**Interview Judging, July 31**

Interview judging is Wednesday, July 31 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area. Refer to page 15 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can call the extension office at 402-441-7180 to sign up members for a five-minute time slot—preregister between July 8 and 26. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 30, 4–8 p.m.

**Clover Kids Show & Tell, Aug. 4**

All Clover Kids, youth age 5–7 by January 1, 2013, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 4, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or sing at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between July 8 and July 26, or sign up at the static exhibit area Tuesday, July 30, 4–8 p.m.

**Livestock Information**

**Beef, Sheep & Swine Clinic, Aug. 2**

ADM Alliance Nutrition will present a free 4-H/FFA Beef, Sheep and Swine Clinic on Friday, Aug. 2, 3–5 p.m. in Pavilion 1, East Arena. Topics will include nutrition, showmanship and fitting techniques. Anyone who is interested is welcome to attend.

**Livestock Reminders**

- Market beef and breeding heifers check-in separately. Market beef are 10–11 a.m., breeding beef are 11 a.m.–12 noon on Thursday, Aug. 1.
- All registered breeding heifers must have current registration papers and tattoo present at check-in. If registration papers are not shown at check-in, heifer will be shown as a commercial breeding heifer.
- No swine will be allowed in the wash racks for one hour after paint branding, the paint needs time to dry. All hogs must be washed and dry at time of reaching the check-in area.
- Meat Goat breeding classes have been added.
- New Elite Showmanship Contest — Champion sent by showman from Sheep, Beef, Swine and Dairy Cattle are eligible.

**Livestock Judging Contest, Aug. 4**

Now in its second year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 4, 12 noon–2 p.m. in Pavilion 1 – West Arena. Pre-register by Thursday, Aug. 1, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions. Adults involved in judging will answer questions for those who have never judged before. Youth may judge as individuals or teams. Teams will consist of four youth and one adult. Several classes shall consist of both two sheep, two swine and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contestants will have 12 minutes to judge each class. No reasons will be given, however questions will be asked on three classes.

**Support 4-H by Supporting 4-H Corner Stop**

The 4-H Corner Stop food booth will be open Thursday, Aug. 1 through Sunday, Aug. 4, 10 a.m.–9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room or Multipurpose Arena. The 4-H Corner Stop features a variety of snacks, beverages and of course, the popular Walking Taco!

**Chicken Dinner 4-H Council Fundraiser, Aug. 2**

Lancaster County 4-H Council will present a Chicken Dinner on Friday, Aug. 2, 5 p.m. at the Exhibit Hall – Room 2 (at the same time as the 4-H Table Setting Contest). Dinner features Raising Cane’s chicken fingers. Tickets can be purchased ahead of time at the 4-H Corner Stop during the Super Fair.

**Food Booth Training, July 25**

All volunteers are strongly encouraged to attend the food booth training on Thursday, July 25, 6–7 p.m. at the Lancaster Event Center.

**State Fair 4-H & FFA Animal Entries Due Aug. 10**

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. New this year, 4-H/FFA youth and their families will be responsible for making their own livestock, companion animal and dog entries online for the Nebraska State Fair. This means Lancaster County Extension staff will not be collecting State Fair entries or entry fees during county fair. More information about how to register online will be available soon. Entries will be due by Aug. 10. This change only applies to livestock — static entries will still be taken care of by Extension staff. For more information, contact Cole Meador at 402-441-7180.

**Volunteers Needed**

Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair. Help is especially needed in the following areas:

- **4-H Corner Stop food booth** from Wednesday, July 31 through Sunday, Aug. 4, sign up online at [http://go.unl.edu/fairfoodboothsignup](http://go.unl.edu/fairfoodboothsignup)
- **Static exhibit set-up** on Thursday, July 25 at 6:30 p.m. (please visit Extension office for volunteers) and Saturday, July 27 at 8 a.m. in the Lincoln Room.
- **Interview judging of static exhibits** on Wednesday, July 31.
- **Teen tour guides** are needed for Fair Fun Day for child care groups on Friday, Aug. 2 at 9:30 a.m. and 1 p.m.
  - If you, someone from your club, or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

Get ready for fun at the 2013 Nebraska State Fair, Friday, Aug. 23 through Monday, Sept. 2 at Fonner Park in Grand Island! For a schedule of 4-H at the state fair and more, go to [http://4h.unl.edu/nebraskastatefair](http://4h.unl.edu/nebraskastatefair).

**State Fair 4-H & FFA Animal Entries Due Aug. 10**

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 26–29 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market hogs, meat goats, market lamb, market swine, rabbit and dairy steer. Stock Show exhibitors must be at least 10 years of age by Jan. 1.

The Ak-Sar-Ben 4-H Horse Show will be held Sept. 21–22 at the Lancaster Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1.

All Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due to extension staff no later than Sunday, Aug. 4. Forms will be available online, at the Extension office or for pick up in the livestock and horse offices at the fair. Registration fees must be included with the entries.

For more information, entry forms and tentative schedule, go to [www.rivercityrodeo.com](http://www.rivercityrodeo.com).
Super Fair Seeking Exhibits for “4-H Through the Decades”

Again this year, the Lancaster County Super Fair is putting together a display of “4-H Through the Decades” to be on exhibit while 4-H static exhibits are on display Aug. 1–4. Seeking 4-H static exhibits from the ’50s, ’60s, ’70s, ’80s, and even older (can be from any county fair or state fair). Also seeking photos of food and animal projects. Exhibits and photos will be in protective glass cases during the Super Fair. Number of exhibits and photos on display may be limited due to space, depending on submissions. Please attach to each exhibit your name, phone number, project name, title of exhibit (if any), decade entered in fair, and which county fair or state fair. Static exhibits and photos can be dropped off before July 26 at the Extension office (444 Cherry creek Road) or during 4-H static exhibit check-in on Tuesday, July 30, 4–8 p.m. at the Lancaster Event Center (84th & Havelock), Lincoln Room.

Exhibits and photos can be picked up after Aug. 12 at the Extension office or during 4-H static exhibit release on Monday, Aug. 5, 7–11 a.m. at the Lancaster Event Center, Lincoln Room. For more information, contact Lorene Bartos at 402-441-7180.

Governor Dave Heineman

Summer is a great time to visit fairs and festivals held across our state. Nebraska’s county fairs offer a wonderful opportunity to showcase the best of our state and highlight the agricultural heritage, achievements and talents of Nebraska producers, youth and hobbyists. Nebraska is home to over 90 county fairs and festivals that offer a variety of experiences and traditions for families that feature livestock show competitions, demolition derbies and championship rodeo competitions. No matter what your age, there is something for everyone at the county fair, which includes the diverse culture that makes Nebraska unique.

As Governor, I have the opportunity to personally visit many county fairs and the things that stand out the most about the county fairs I have attended is the participation from our 4-H and FFA youth. Each year, 4-H provides our young people the opportunity to gain important life skills that help them become productive, capable, responsible and compassionate individuals. In Nebraska, one in three age-eligible youth in all 93 counties participate in 4-H programs — that is over 140,000 young people. By participating in 4-H, our young people gain skills in science, explore career choices, learn about healthy behaviors and understand the importance of agriculture in our state.

Our FFA youth are no different. There are over 6,600 FFA members participating in 148 FFA chapters across the state. Through their involvement in FFA, these young people are truly following the FFA motto of learning to do, doing to learn, earning to live and living to serve.

I continue to be impressed with the citizens of our state. For those participating in county fair events, their determination, dedication and drive learned through fair projects is superb. Young people work on and share projects in a wide range of interests, from rocketry, technology, wildlife, photography, woodworking and more. Thousands of others invest significant time and energy in learning to care for livestock.

County fairs offer our young people the opportunity to showcase their achievements of the past year, while also offering fairgoers an opportunity to experience family friendly entertainment — from tractor pulls, to pie-baking contests, concerts and musical performances.

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

The more than one million people who attend Nebraska’s fairs and festivals each year can attest to the quality of life Nebraska has to offer. Our county fairs and festivals are an opportunity to experience the traditions and culture that make Nebraska a great place to live, work and raise a family.

Tips for a Fun and Educational Day at the Fair

Toward the end of the summer, parents, grandparents and child care professionals appreciate no or low cost opportunities for fun and learning. The Lancaster County Super Fair, Aug. 1–10 at the Lancaster Event Center in Lincoln, will offer many free activities — see the special section in this Nebraskan for the schedule and map.

The Nebraska State Fair will be Aug. 23–Sept. 2 at Fonner Park in Grand Island. For more information, go to http://statefair.org.

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

General Safety
• Wear closed toe shoes (no flip flops). It makes the environment safer for you and your children.
• Bring strollers and/or wagons as a way to keep infants and toddlers in constant sight.
• Before arriving, apply sun block and insect repellent.
• Drink lots of water.
• Identify a meeting spot in case you get separated.

Precautions Visitors Should Take with Animals
• Animals have the right of way.
• Do not approach animals from behind. They can kick.
• Fast moving livestock and herd movement and loud noises may scare the animals.
• Do not feed the animals.
• Do not touch or pet animals, except at designated petting exhibits.

Many 4-H/FFA members are happy to talk to the public about their animals. Always ask for permission before touching their animals.

• Wash your hands with water and soap after any direct contact with animals.
• Supervise children younger than 5 years during hand washing and petting to make sure they don’t put their hands or other objects into their mouth or the animal’s mouth.
• Avoid eating food and drinking beverages in animal exhibit areas.


Educational Experiences
• Before the fair, check out books and videos about animals and plants from the library.
• Review the fair schedule prior to the fair and plan your trip during events which are of interest to your children. For example, if you have a pet cat, watching part of the cat show will be fun and educational for your children.

• Create your own scavenger hunt at “camp in a day” games where children identify various animals and plants. Adapt it to the ages of the children. For example, younger children may identify the color of a cow and an older child may be able to identify different breeds.
• When exploring the garden produce, talk about which are fruits and which are vegetables. Talk about how you prepare the food.
• Identify five different flowers which are exhibited at the county fair. Explain the difference between annuals (planted each year) and perennials (come up year after year).
• Provide a little bit of spending money to teach your children how to budget their food and entertainment dollars. Help them count change.

Creating Memories
• Take pictures along the way.
• Several short visits may work better than one extended visit.
Buckles & Bling Selected as Nebraska 4-H Club of the Month

Congratulations to the Buckles & Bling 4-H Club from Lancaster County for being selected as the June 2013 Nebraska 4-H Club of the Month! The Nebraska 4-H Foundation and Nebraska 4-H Ambassadors provide the 4-H Club of the Month program to all Nebraska 4-H clubs throughout the state. A different club is chosen each month and is awarded with a certificate and $50 cash card.

The Buckles & Bling 4-H club’s six members are proud Equestrians. They always find plenty of TLC time with their horses even with busy schedules. Even with band trips, boy scouts, church camp and many other activities, all the members care for their horses with love and diligence. Some of their horses have had serious injuries of life-threatening events. The members of Buckles & Bling have trained themselves and their horses, and rehabilitated after injuries to become better riders and help their horses to become better alongside them. One lucky time was when a family was in a car accident with their horse trailer. Luckily, no horses were in the trailer at the time and all the people were also safe. Through hardships and tight schedules, the members of Buckles & Bling have come together to help each other and their horses. Clubs can nominate themselves for Nebraska 4-H Club of the Month by telling why their club should be chosen. For more information and nomination form, go to the Nebraska 4-H Foundation website at http://ne4hfoundation.org/recognition.

Make It With Wool Deadline Nov. 1

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Contestants must select, construct and model their own garments. All entries must be made with 100 percent wool or wool blend (minimum 60 percent wool or specialty wool fiber) for each fashion fabric or yarn used. Personal creations in sewing, knitting, crocheting, spinning, and weaving of wool fabric and yarn is encouraged. Categories are: Preteen, Junior, Senior, Adult and Made for Others. There will be no district competition, only a state contest held Saturday, Nov. 23 at the Lancaster Extension Education Center in Lincoln. Entry deadline is Nov. 1. For more information, call Tracy at 402-441-7180.

The Nebraska Library Commission's Talking Book and Braille Service records for assistance contact UNL Extension in Lancaster County at 402-441-7180.

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coach Roger Bell, who spent countless hours working with the Lancaster County teams.

Senior team consisting of Michaela Clowser, Ashtyn Cooper, Renae Steck and Taylon Lienemann earned 5th place overall, 4th place in reasons, 9th overall in sheep and goats, 5th overall in swine, 3rd overall in reasons, 9th overall in sheep and goats, and 2nd overall in beef cattle.

Individual senior results include:
- High individual overall: Michellea Clowser placed 1st and Rachel Johnson placed 4th
- Swine overall: Michaela Clowser placed 2nd and Rachel Johnson placed 3rd
- Sheep and goats overall: Rachel Johnson
- Reasons: Rachel Johnson placed 3rd and Michaela Clowser placed 6th

Intermediate contest included: Katherine Cooper, Haley Hula, Colter Tietjen. Haley Hula was 9th Individual.
**FRUITS & VEGETABLES**

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the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.

- For added protection, kitchen sanitizers can be used on cutting boards and countertops periodically. Try a solution of one teaspoon of chlorine bleach to one quart of water.
- If you use plastic or other nonporous cutting boards, run them through the dishwasher.

In “Creative Community Service,” youth learned about giving back while they prepared “Bundle of Books” for donation.

Youth had “Fishing Fun” at Bowling Lake and caught bluegill and largemouth bass (which they then released).

Youth had fun learning the science behind several crazy experiments in “Wild Science Experiments.”

Lincoln Rose Society Members taught youth how to plant, care, grow and show roses in the “America’s Rose” workshop.

Keep fruits and vegetables eaten raw separate from other foods such as raw meat, poultry or seafood and utensils that have touched these foods.

In “Engineering Experiments,” Extension Assistant Teri Hlava led youth in basic engineering experiments such as “Tumbling Tower.”

In “Agriculture & Pizza” workshop, Extension Assistant Cole Meador taught youth how food goes from farm to plate.

Extension Intern Erica Peterson taught youth how to take great photos in “Ready, Set, Click.”

In “Engineering Experiments,” Extension Assistant Teri Hlava led youth in basic engineering experiments such as “Tumbling Tower.”

Some cut fruits, such as peaches, can turn brown.

Keep fruits, mixing them with in the acidic fruit(s) as you prepare them.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

Sources:
- [www.fda.gov/food/resourcesforyou/consumers/ucm114299.htm](http://www.fda.gov/food/resourcesforyou/consumers/ucm114299.htm)
- [www.fda.gov/food/nutritionforpreschools/consumers/full/14299.htm](http://www.fda.gov/food/nutritionforpreschools/consumers/full/14299.htm)

4-H Clover College is Hands-On Learning and Fun

Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by University of Nebraska–Lincoln Extension in Lancaster County. Emphasis is on science, ag literacy, healthy lifestyles, career development and citizenship/leadership. This year’s Clover College, held June 18–21, featured 55 workshops and 905 total class registrations! A special thank you to the nearly 70 instructors and assistants! More photos are online at www.flickr.com/photos/unlextlanco/collections.