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## The NEBLINE, July 2011

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Urban Agriculture

is a Growing Trend

**Gary C. Bergman**  
UNL Extension Educator

University of Nebraska–Lincoln Extension has observed an interesting upswing in gardening, locally-grown foods, and farmers markets. Much might be attributed to the current popularity of television food shows requiring those essential garden-fresh ingredients. Other reasons may be a craving for the great outdoors and physical activity. On a practical basis, some will point to saving money and reducing the carbon footprint of food traveling long distances to the consumer. Whatever the reason, the enthusiasm for urban agriculture appears very real and recent demographic changes suggest the trend will continue.

So, what is urban agriculture? Perhaps the easiest way to describe urban agriculture is simply farming in metropolitan or peri-urban areas. It can range from hand gardening in backyards or vacant lots, to a highly complex aquaponic farm integrating fish and vegetable production to raise food for local consumption.

Urban agriculture can come in many forms and can be organized in many unique ways.

- Vacant properties in a neighborhood may be divided and used as individual gardens for the neighborhood’s enjoyment and benefit.
- Some are large-scale enterprises resembling traditional agriculture, but producing watermelons, tomatoes, and sweet corn for direct sale to grocery stores, roadside stands, or farmers markets.
- Others are intensively planted small farms selling fresh produce to restaurants or to create their own value-added products such as tomatoes grown for salsa, or pumpkins grown for pumpkin puree.
- Local churches with land may use available space as an outdoor learning activity for their children’s day care center.
- To reduce budgets, some municipalities are allowing city-owned land to be gardened by individuals and groups to help minimize their mowing and maintenance expense.
- Community Supported Agriculture (CSA) farms, a business model in which customers purchase a



This will be the fifth year of a garden for residents at the People’s City Mission. UNL Extension staff and Master Gardeners provide expertise and assistance.

weekly share of vegetables in return for providing financial support for the farm’s operating expenses are growing in scope as well.

Urban agriculture is a passion for some. A noticeable growth in farmers markets and grocery stores offering locally-grown food continues to evolve. Immigrant families accustomed to gardening in their homeland, want to continue growing their own food. Lincoln’s Community CROPS (Combining Resources, Opportunities, and People for Sustainability), a local nonprofit group dedicated to teaching and promoting gardening, continues to experience growth. Extension’s own Master Gardener program trains volunteers who have an interest in gardening. They, in turn, share their knowledge and expertise with gardeners through school and community gardens and gardening requests received by UNL Extension in Lancaster County.

Leslie Pillen, farm program manager at Community CROPS, says “We are seeing interest in food and agriculture



Lincoln will have six farmers markets this year. Pictured is Old Cheney Road Farmers Market.

explode across the board. More people want community garden plots or help starting a garden in their yard. People are learning about and joining CSAs for the first time. Entrepreneurs are realizing the market potential and seeking out information on how to start a market farm. People want to know their farmer. This trend has become a movement!”

Billene Nemec, coordinator of Buy Fresh Buy Local Nebraska, says, “Here in Nebraska, the number of farmers markets has grown rapidly over the past ten years, over 90, and they keep growing with each new market season. Towns that never hosted a local farmers market, now have busy weekly markets, offering fresh from the farm food grown in or near their community and encouraging their community to eat healthier and build a vigorous local economy.”

The number of “urban farmers” answering a local demand within the growing and increasingly diverse  
*see URBAN AG on back page*

### Online Resources

<http://food.unl.edu/UrbanAg> — helpful UNL Extension resources on urban agriculture:

- What you need to know to start
- Resources for commercial growers
- Growing fruits and vegetables for sale
- Marketing opportunities
- Community gardens
- Backyard, container, & rooftop gardens
- Food nutrition and preservation
- Food safety at home
- Small animal budgets
- Horticulture budgets
- plus much more!

[www.ourbesttoyou.nebraska.gov](http://www.ourbesttoyou.nebraska.gov) — Nebraska Department of Agriculture Web site promoting Nebraska Farmers’ Markets, roadside stands, and U-pick operations.



Community CROPS’ Community Supported Agriculture (CSA) has 105 families participating this year.

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### IN NEXT ISSUE



SCHEDULE & MAP



# Larger Diameter Bins Can Save Time and Energy When Drying Grain

Tom Dorn  
UNL Extension Educator

The airflow produced by an aeration fan depends on the static pressure the fan must overcome to push the air through the grain mass. Figure 1 shows a typical axial flow fan curve. The greater the static pressure, the lower the volume of air cubic feet per minute (cfm) the fan can produce. Table 1 shows airflow resistance for shelled corn.

More static pressure is required to push a given rate of airflow, cubic feet per minute per bushel (cfm/bu) through grain as the depth of grain increases. Static pressure also must increase to push increasing rates of airflow (cfm/bu) through any given depth of grain.

The time required to dry grain in a bin is a function of the amount of water removed, the air properties, and the rate of airflow through the grain (cfm/bu).

Since drying time is directly related to the rate of airflow, we want airflow rates as high as practical when drying grain. By keeping grain depth as shallow as possible, resulting in higher airflow rates, we can reduce total drying time and reduce energy cost for drying grain.

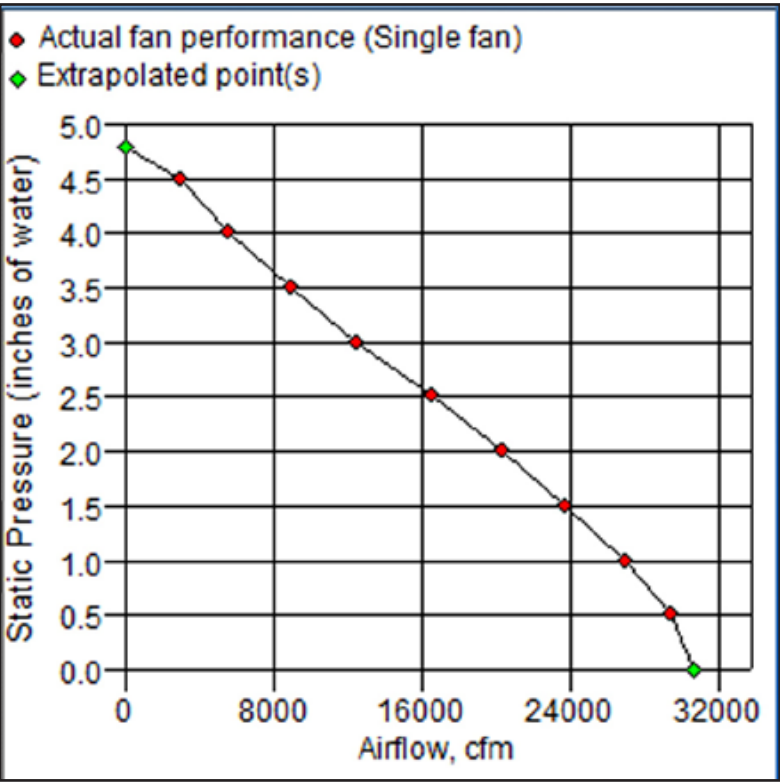
Building larger diameter bins and then partially filling them when drying, keeps static pressure low while not sacrificing the number of bushels dried per batch. Consider the difference in static pressure when a 30-foot-diameter bin and a 36-foot-diameter bin are each used to dry 9,600 bushels. Grain depth in the 30-foot bin would be 17 feet, whereas grain depth in the 36-foot bin would be only 11.8 feet.

Using the FANS computer program from University of Minnesota to compare these scenarios provides some interesting results.

### Less Horsepower — Same Bushels

The time to dry grain in a bin is directly proportional to the airflow (cfm/bu). It would take 3.74 inches of static pressure and an estimated 11.8

FIGURE 1. TYPICAL PERFORMANCE CURVE FOR AN AXIAL FLOW FAN.



Curve generated by University of Minnesota FANS computer program

TABLE 1. AIRFLOW RESISTANCE FOR SHELLED CORN At Various Grain Depths and Airflow Rates

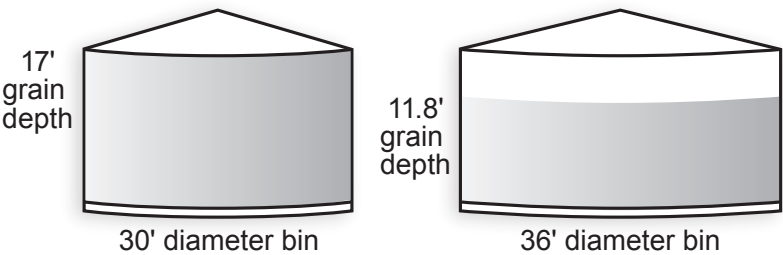
Grain Depth (feet)	Airflow (cfm/bu)						
	0.5	0.75	1.0	1.25	1.5	1.75	2.0
	Expected Static Pressure (inches of water)						
8	0.2	0.3	0.5	0.6	0.8	1.0	1.2
10	0.3	0.5	0.8	1.1	1.4	1.7	2.0
12	0.5	0.8	1.2	1.6	2.1	2.6	3.2
14	0.7	1.2	1.7	2.3	3.0	3.8	4.6
16	0.9	1.6	2.4	3.2	4.2	5.3	6.4
18	1.2	2.1	3.1	4.3	5.6	7.1	8.6
20	1.6	2.7	4.0	5.6	7.3	9.2	11.3
22	5.1	3.4	5.1	7.1	9.3	11.7	14.4
24	6.3	4.2	6.3	8.8	11.5	14.6	18.0
26	7.7	5.1	7.7	10.7	14.1	17.9	22.0
28	9.22	6.1	9.2	12.9	17.0	21.6	26.7
30	11.0	7.2	11.0	15.3	20.3	25.8	31.8

horsepower (hp) to push 1.25 cfm/bu through 9,600 bushels) in the 30-foot-diameter bin. To push the same airflow (1.25 cfm/bu) through 9,600 bushels in the 36-foot-diameter bin would only take 1.55 inches of static pressure and an estimated 4.89 horsepower to achieve the same 1.25 cfm/bu airflow though the same volume of grain.

Actual operating conditions are shown as the interaction between the fan curve and the system curves for various depths of corn in the bin.

In this scenario, it takes 2.4 times as much static pressure to achieve the same airflow (cfm/bu) in the 30-foot-diameter bin because of the greater grain depth required to hold 9,600

Compare two grain bins used to dry 9,600 bushels:  
Bin A = 30-foot-diameter bin with a grain depth of 17'  
Bin B = 36-foot-diameter bin with grain depth of 11.8'



bushels compared to the 36-foot-diameter bin.

The horsepower and electrical energy required for the two bins, demonstrate the relationship between static pressure and energy consumption. To push 1.25 cfm/bu through each of the two bins requires 11.8 horsepower in the 30-foot-diameter bin whereas it only takes 4.89 horsepower to push 1.25 cfm/bu in the 36-foot-diameter bin holding the same amount of corn. Note 11.8 horsepower/4.9 horsepower = 2.4. The smaller bin with greater grain depth requires 11.8/4.89 = 2.4 times as much horsepower to dry the same volume of corn in the same time. This shows the horsepower and electricity consumed for grain drying are directly related to the static pressure required to achieve given airflow.

Assuming the 220 volt single phase aeration fan motor is 80% efficient, each horsepower required to power the fan for an hour requires 0.93 kilowatt-hours of electricity which is 22.32 kilowatt-hour per horsepower every day (24 hours).

Comparing these two bins, and assuming electricity costs \$0.10 per kilowatt-hour, the electricity cost for the 30-foot-diameter bin is \$15.40 more for each 24-hours of fan operation than the 36-foot-diameter bin.

Assuming it takes 17 days to dry 9,600 bushels using natural air in both bins, the electricity cost for the 30-foot-diameter bin would be \$262 more than the 36-foot-diameter bin when both are drying the same amount of corn in the same period of time.

Looking at this scenario from another perspective, how many bushels could be dried in the 36-foot-diameter bin in

the same time and with same electricity consumption as required to dry 9,600 bushels in the 30-foot-diameter bin?

The horsepower required for the aeration fan depends on the volume of air moved and the static pressure the fan must overcome to move the air. As Table 1 shows, the static pressure required for a given airflow (cfm/bu) is a function of grain depth (ft).

According to the FANS computer program, Bin A with 17 feet of grain depth, requires 11.56 horsepower to push 1.25 cfm/bu through the 9,600 bushels of corn in the 30-foot-diameter bin.

The 36-foot-diameter bin requires the same horsepower (11.55 hp) to push the same airflow (1.25 cfm/bu) through 15.28 feet, (12,443 bushels) of corn.

In this scenario, the 36-foot-diameter bin is able to dry 2,843 more bushels (30% more corn) in the same time and using the same amount of electricity as compared to drying in the 30-foot-diameter bin.

### Conclusion

Keep grain depth shallow when pushing the high airflow rates required for drying grain. Since grain depth affects the static pressure and static pressure directly affects the horsepower required for the fan operation, keeping grain depth shallow will increase airflow and reduce the length of time the fans must run to dry grain. Building larger diameter bins allows the producer to dry the same volume of grain in less time or to dry more bushels in the same time compared to smaller diameter bins.

Source: Dr. Bruce Anderson, UNL Extension Forage Specialist

# Seeding Forages into Wheat Stubble

## Wheat Stubble Can be an Excellent Seedbed to Plant Forages Into Using No-Till

Planting alfalfa, turnips, or summer annual grasses using no-till into wheat stubble, has many advantages. Soil moisture is conserved, erosion is reduced, weed seeds remain buried, and tillage expenses are eliminated. But despite these advantages, many growers still experience spotty stands. To help ensure success when

planting into wheat stubble, take a few extra steps. One big challenge is heavy residue; residue that might limit proper drill operation, seed placement, or even might partly smother new seedlings. Residue can be especially troublesome right behind the combine even when using a good straw chopper. The best way to minimize this

problem is to bale the straw and remove excess residue. Be sure to have a well-functioning drill. Another challenge is weeds, either annual weeds that develop after wheat is combined, or volunteer wheat that sprouts later in the summer. Control weeds prior to planting with herbicides like glyphosate. Be ready with

post-emergent herbicides like Select® or Poast Plus® for latter emerging weeds or volunteer wheat, if permitted. Finally, consider cross- or double-drilling. Plant one-half of the seed while driving one direction, then plant the other half driving in a different direction. This helps fill in gaps, develops canopy improves weed control

earlier, and may help you plant the right amount of seed if you commonly end up running out, or have much seed left over. Wheat stubble makes a good seedbed. Make it even better with a few management adjustments.



# The Dangers of Acreage Noise

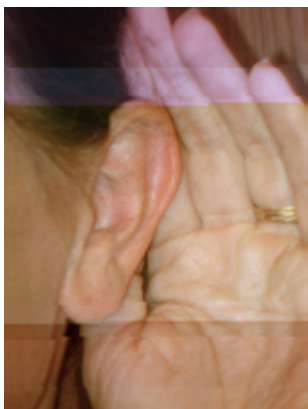
Lindsay Chichester  
UNL Extension Educator

*The Midwest Producer* (Aug. 27, 2010) had a front page story by Shelby Haag I thought is something worth mentioning, as it is something we usually don't think too much about — until it is too late: our HEARING.

The article says farmers and ranchers are frequently exposed to hazardous noise levels that can cause significant hearing loss, but noise-related hearing loss can affect anyone. The key to preventing or lessening hearing damage is early awareness and protective actions. Approximately 10–12 percent of the U.S. population experiences some sort of hearing difficulties. In Nebraska, that number jumps to 78 percent of the agricultural population with a measurably reduced capacity to hear, according to the University of Nebraska–Kearney. This hearing loss does not know any age boundaries — everyone is equally susceptible.

“Hearing is a very valuable asset,” audiologist, Kelly Wacker says, “Hearing loss from exposure to excessive noise is the only type of hearing loss that is 100% preventable. By following the necessary precautions, an individual does not need to experience hearing loss as a result of noise exposure.”

There are two variables which contribute to hearing loss. The first is the



volume of the noise; the second is the duration of the noise. The longer and louder a noise is, the greater the chance of developing hearing loss at a higher rate. When a person is exposed to a noise, they may experience a ringing or muffled sound; which can return to normal in a few hours or days. Repeated noise exposure may cause the destruction of the thousands of hair cells in the inner ear.

According to OSHA, when a sound reaches 85–90 dB (decibels), it is becoming excessive, and hearing protection is recommended. To put this into perspective, an idling tractor has an average decibel level of 80 dB and a riding lawn mower averages 90 dB. ATVs range in sound levels from 91–100 dB, while power tools and woodshop noise averages 100 dB. A gas-power grass trimmer and chainsaw averages 105–110 dB, and a snowmobile averages 120 dB.

The American Speech-Language and Hearing Association says noise and hearing loss can have other negative effects on a person, which may include: stress, increased blood pressure, fatigue, irritability, tension, and difficulty sleeping, just to name a few. A study also indicated farmers who had difficulties hearing normal conversations, were 80% more likely to be involved in a farming accident.

The best advice: wear proper ear protection when you know you will be exposed to loud noises. If you think you

may be experiencing hearing loss, you should make an appointment with an audiologist. They can determine if you have hearing loss or if hearing loss will be something you develop in the future. It is also important to note, just because you have hearing loss now, it does not mean you cannot preserve what hearing is left. Wearing protective devices will help to preserve what hearing is left.

## Tips to Keep Your Hearing on the Acreage

- Make hearing protection convenient. Keep earplugs near your wallet or keys. Hang ear muffs on your tractor steering wheel, ATV, and lawn mower.
- Keep machinery and equipment well lubricated to reduce noise.
- Take breaks from noisy environments throughout the day.
- Limit the duration of elevated noise exposure.
- Doubling the distance between the source of the sound and the listener reduces the sound level heard to one-fourth of what it was at the listener's original position.

## Signs You Might Have Hearing Loss

- Asking for frequent repetition.
- Have more difficulty following a conversation with background noise.
- Thinking others sound like they are mumbling.
- Turning up the volume on the television or radio.
- Watching people when they speak to you.

# Pasture Poultry Turn Grass into Profits

Jessica Jones  
UNL Extension Educator

Pasture poultry is a niche market that capitalizes on consumer demand for natural, humane, and environmentally-sound production practices. Consumers demanding this type of product are generally willing to pay more since many consider it to be healthier and tastier. Pasture poultry production can be an attractive enterprise to small farmers and acreage owners due to: its low capital investment and labor input, ability to start small and grow, strong demand, and potential extra income.

Being raised primarily on pasture characterizes a pasture or “free-range” poultry production system. In a pasture poultry system, the birds supplement the grain fed by foraging for up to 20 percent of their intake. In this system, the birds are moved frequently to fresh pastures.

Many management alternatives are available to pasture poultry producers, including portable housing and pasture pens. Portable housing would be small coops surrounded by pasture that allow birds to day range and forage on as much grass as they desire. Pasture pens would include keeping birds in “chicken tractors,” low, wide, bottomless cages moved to a new spot of fresh pasture at least once a day.



Portable housing are small coops surrounded by pasture that allow birds to day range.

tors,” low, wide, bottomless cages moved to a new spot of fresh pasture at least once a day. These cages are commonly 10' by 12' by 2' and are moved by sliding along the ground. When grown commercially, each pen houses 75–100, three to four week old meat chickens. At 8–14 weeks, the chickens are processed and sold.

Pasture poultry can be part of an integrated animal production system. This type of system focuses not just on the product produced, but also the services provided by the animals. For example, poultry may provide: fertilization, tillage, insect, and weed control. Commonly, in this type of system, various species of domestic animals are raised together to complement each other. This type

of system benefits animal health by breaking disease cycles that can occur when the same species occupies the same site all of the time.

Before beginning a pasture poultry enterprise, you should consider a number of factors. First, do I have a customer base to sell the product to? Two methods of marketing include farmers markets, and direct sales. Second, do I have the time and dedication? Even at the small scale, the operator is tied down by the need to feed, water, and move cages daily. Finally, do I have the facilities to process the number of birds produced? According to the Nebraska State Department of Agriculture, “Poultry normally is processed under USDA inspection. However, there is an exemption that allows individuals to process poultry they have raised and sell them through commercial channels.” Contact the State Department of Agriculture for further information regarding processing and inspection.

One resource to assist you in getting started is, The National Sustainable Agriculture Information Service on the web at <http://attra.ncat.org>. They have publications addressing all aspects of pasture poultry production.



Pasture pens include “chicken tractors,” low, wide, bottomless cages moved to a new spot of fresh pasture at least once a day.

# Good Fences Make Good Neighbors

Steve Tonn  
UNL Extension Educator

In 1914, poet Robert Frost wrote, “Good fences make good neighbors.” This is still true today in Nebraska, whether we live on an acreage or a large ranch. Keeping livestock out of fields, gardens, and off other's property is just part of being a good neighbor. Keeping fences in good repair can help to build good relationships with neighbors.

For many years, Nebraska has been a fence-in state, in which livestock owners are liable for any damages caused by trespassing livestock. This trespass liability created an obligation on the part of livestock owners to restrain the animals, but not a specific requirement that the animals be fenced in.

The 2010 Unicameral revised Nebraska's division fence statutes by enacting Legislative Bill 667. The primary change is that the cost of a wire division fence is split 50–50 in all cases, except where the neighbors have agreed to a different division of the fence cost.

Under LB667, the costs for constructing and maintaining a division fence are divided 50–50, even if only one landowner owns livestock. If a landowner wants to build a division fence or repair an existing fence, he must give written notice to the neighbor. If the neighbor does not agree, the landowner files a suit in county court. If the parties agree to negotiate the cost and work, the judge may refer the case to mediation. Otherwise, it goes to trial. LB667 does specify a barbed-wire fence is the default division fence unless both landowners agree to a different type of fence.

The likely result of the 2010 division fence statutes is once landowners realize they will have to pay 50 percent of a new division fence, most landowners will pay their share or else build their half of the fence as per the right hand rule.

Hopefully, most landowners also will agree to the right-hand rule approach for fence maintenance, which would simplify fence maintenance disputes. According to the right-hand rule, if the landowners stand at the middle and face each other across the fence, they would each be responsible for the half of the fence to their right.

If a neighbor is not maintaining his half of the fence, the other landowner can notify the neighbor of the need for repair. If the neighbor does not agree, then the two parties may go to court. Maintaining a fence includes keeping trees and shrubs out of the fence line. Each landowner is responsible for removal or trimming trees or shrubs within or encroaching upon the fence line.

Building good fences and maintaining them is just one of the many responsibilities that come with owning livestock and living in the country.





Alice Henneman, MS, RD, UNL Extension Educator

This cooked egg-milk recipe for homemade ice cream, courtesy of the American Egg Board, helps you avoid using raw eggs in your final product. Enjoy!

### Vanilla Frozen Custard Ice Cream

**CUSTARD BASE:**  
6 eggs  
3/4 cup sugar  
2 to 3 tablespoons honey  
1/4 teaspoon salt  
2 cups milk

**ICE CREAM:**  
2 cups whipping cream  
1 tablespoon vanilla  
Crushed ice  
Rock salt

#### Directions

1. CUSTARD BASE: BEAT eggs, sugar, honey, and salt in medium heavy saucepan until blended; stir in milk. COOK over low heat, stirring constantly, until mixture is just thick enough to coat a metal spoon with a thin film and temperature reaches 160°F, about 15 minutes. Do not allow to boil. REMOVE from heat immediately.
2. COOL quickly: Set pan in larger pan of ice water; stir occasionally and gently for a few minutes to hasten cooling. PRESS piece of plastic wrap onto surface of custard. Refrigerate until thoroughly chilled, at least 1 hour.
3. ICE CREAM: POUR chilled custard, whipping cream, and vanilla into 1-gallon ice cream freezer can. FREEZE according to manufacturer's directions, using 6 parts crushed ice to 1 part rock salt. TRANSFER to freezer containers, allowing head space for expansion; freeze until firm.

#### Additional suggestions

- Serve with cut-up fresh fruit or with your favorite ice cream topping.
- This basic custard can be varied with flavorings and stir-ins of your choice. For stir-ins, use pureed fruit, mini chips, and other small pieces.

*NUTRITION INFORMATION PER SERVING*  
*Good Source: protein, vitamin A, vitamin D, and choline*  
*Calories: 257; total fat: 18g; saturated fat: 10g; polyunsaturated fat: 1g; monounsaturated fat: 5g; cholesterol: 164mg; sodium: 116mg; carbohydrates: 19g; dietary fiber: 0g; protein: 5g; vitamin A: 786.6 IU; vitamin D: 47.0 IU; folate: 15.4mcg; calcium: 87.3mg; iron: .5mg; choline: 76.2mg*



Chris Campbell, www.flickr.com

# Food Questions? Find Answers at *food.unl.edu*

Alice Henneman, MS, RD  
UNL Extension Educator

- Can I safely refreeze raw meat and poultry that has thawed?
  - How can I make homemade ice cream without using raw eggs?
  - I'd like to sell a food product I make — how do I get started?
- These are just a few of the questions for which you can find answers at <http://food.unl.edu>.

University of Nebraska–Lincoln Extension developed the <http://food.unl.edu> Web site to connect you to information, resources, and food experts about food from farm to factory to fork.

A collaboration of people working in various areas related to food at the University provides the content for food.unl.edu. Find information on:

- Food, Nutrition & Health
- Food Safety
- Food Allergies
- Local Foods / Urban Agriculture
- Meat Products
- Home Food Preservation (canning, freezing, drying)
- Food Processing / Business Development
- Youth / 4-H food projects (food projects, activities and resources)
- Nebraska Food-related Research
- Graduate & Undergraduate Programs related to food

Here are the answers to the three questions at the beginning of the article. Use the navigation bars or the search feature to find information on additional topics.

#### Can I safely refreeze raw meat and poultry that has thawed?

The U.S. Department of Agriculture (USDA) advises, "Once food is thawed in the refrigerator, it is safe to refreeze it without cooking, although



there may be a loss of quality due to the moisture lost through thawing. After cooking raw foods, which were previously frozen, it is safe to freeze the cooked foods. If previously cooked foods are thawed in the refrigerator, you may refreeze the unused portion. Freeze leftovers within 3–4 days. Do not refreeze any foods left outside the refrigerator longer than 2 hours; 1 hour in temperatures above 90°F.

If you purchase previously frozen meat, poultry or fish at a retail store, you can refreeze if it has been handled properly."

DO NOT thaw meat at room temperature, such as on the kitchen counter.

Safety will depend on whether the raw product was handled properly before it was frozen, refrozen shortly after it was thawed, cooked to a safe temperature when it is eaten and handled safely if there are any leftovers.

#### How can I make homemade ice cream without using raw eggs?

Protect yourself from the danger of possible Salmonella infection by avoiding the use of raw eggs in homemade ice cream.

To play it safe when making homemade ice cream, <http://foodsafety.gov> advises you are safe if you do one of the following:

- Use a cooked egg-milk mixture. Heat it gently and use a food thermometer to ensure it reaches 160°F.
- Use pasteurized eggs or egg products.

Check the recipe in our Healthy Eating section for a recipe made with a cooked egg-milk mixture.

#### I'd like to sell a food product I make — how do I get started?

Check out the services the UNL Food Processing Center offers to people wishing to start see [FOOD.UNL.EDU](http://FOOD.UNL.EDU) next page

## Most Americans Should Decrease Sodium



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

Lisa Connot  
UNL Extension Assistant  
Kayte Tranel  
UNL Dietetic Intern

Did you know sodium is an essential nutrient to the body? It is a mineral that helps the body regulate fluid balance. However, it is needed only in relatively small quantities. In fact, most Americans consume too much sodium. Too much sodium in the diet may increase your blood pressure and raise your risk for heart disease, stroke, and kidney disease.

The 2010 Dietary Guidelines for Americans recommend we decrease sodium intake to less than 2300 milligrams per day or 1500 milligrams per day depending on age and other individual characteristics.

African Americans, individuals ages 51 and older, and those with hypertension, diabetes, or kidney disease should aim for 1500 milligrams or less of sodium daily.

Sodium is primarily consumed in the form of salt. Most of the sodium consumed by Americans comes from salt added during food processing. With the convenience of ready-to-eat meals, many Americans rely heavily on these processed foods to feed their families amidst a hectic schedule. Following the sodium recommendations from the 2010 Dietary Guidelines proves difficult for many with limited time and a limited budget.

Use the following tips to help maintain a salt-savvy nutritional and monetary budget:

- **Read nutrition fact labels.** Processed foods often do not taste salty, but many are. Check the food label for information on the sodium content of foods. Look for lower sodium versions of your favorite foods or foods with no added salt. Foods with less than 140 milligrams of sodium can be labeled as low sodium foods.
- **Plan ahead.** Make a weekly meal plan and try to purchase and prepare foods ahead of time to avoid purchasing convenience foods. Consuming fewer convenience foods can help reduce sodium consumption.
- **Consume more fresh foods such as fruits and vegetables.** Fruits and veggies are naturally low in

sodium but are rich in flavor, vitamins, minerals, and countless other nutrients. They can be perfect on-the-go snacks and meal sidekicks.

- **Use flavorings other than salt.** Replace salt with herbs and spices, citrus juices

and zest, or flavored vinegars in your favorite recipes to enhance the flavor of your food.

Try this nutritious recipe at your next meal which uses flavorings such as herbs and spice without adding salt.

### Baked Meatballs

(16 servings, 3 meatballs each)

**2 lbs. lean ground beef**  
**2 eggs, beaten**  
**1 tablespoon dried parsley**  
**1 cup regular oatmeal**  
**1 cup low-fat milk**  
**1/4 teaspoon ground nutmeg**  
**1/2 teaspoon pepper**  
**2 teaspoons onion powder**

Preheat oven to 350°F. Spray two baking sheets with non-stick cooking spray. Set aside. In a large bowl, mix all ingredients well. Shape into 1-1/2 inch balls. You will have about 48 meatballs. Arrange meatballs on the two prepared baking sheets. Bake for 30 minutes.



FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Irene's Items

**Irene Colborn**  
*FCE Council Chair*

I'm afraid the nice cool spring weather is passing on to "summer-time." As I drive around Lincoln, I am enjoying what people are doing in their yards with plantings and flowers. I have a small



strawberry patch and have had to cover it to keep the birds from harvesting the berries before I do. July brings the 4th of July holiday and the "Sizzling Summer Sampler." I hope you are making plans to attend. Those of us that are members of



FCE Clubs are bringing baskets to raffle for the scholarship fund. "Happiness keeps you sweet, trials keep you strong, sorrows keep you human, failures keep you humble, success keeps you glowing, but...God, family and friends keep you going."

FCE News & Events

Baskets Needed

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

Save the Date: Join the FCE Galaxy of Stars

What: State FCE Leadership Conference  
When: Thursday, Sept. 22 - Saturday, Sept. 24, 2011  
Where: Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln  
Who: FCE members

Lancaster County Association for Family and Community Education presents

Summertime Fun!



# SIZZLING SUMMER SAMPLER

Guests welcome!

Thursday, July 7 • 6 to 9 p.m.

Light Supper at 6 p.m.  
Lancaster Extension Education Center  
444 Cherrycreek Rd, Lincoln

Program  
GREAT PLANTS FOR NEBRASKA  
*presented by UNL Extension Educator Sarah Browning*

FROM BEETHOVEN TO RAP  
*presented by Dorothy Applebee*



*Heptacodium miconioides, seven-son flower*

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



Lorene Bartos, UNL Extension Educator

To Keep a BBQ Grill Clean and Gunk-Free

Leave the grill on until you've burned off any cooked-food residue. Let the grill cool slightly. While it's still warm, use a small wire brush to clean off any food particles that remain on the cooking grates. If the grates are removable, take them out and soak them in warm, soapy water. Remove them from the water and brush clean with a wire brush. If other parts of the grill require cleaning (for example, around the burner or on the inside surfaces), check the manual for your grill. When you've finished cleaning, reassemble the grill and let it air-dry. The next time you use it, preheat it for an extra five minutes to be sure you burn off any cleaning residue.

Fireworks Safety

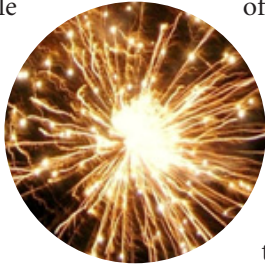
Lorene Bartos  
UNL Extension Educator

Summertime is a time for family outings and celebrations. Safety is important all times of year but especially during 4th of July celebrations. Keeping the home and family safe can be easily accomplished by taking the time to check over the home before leaving. Being safe when doing fireworks keeps the family free from injury. Careless or unsupervised people are not the only ones who can be injured by fireworks. When it come to fireworks, no one is safe. "Prevent Blindness" estimates nearly 40 percent of fireworks injuries are to bystanders.

The following tips can help a family have a fun and safe holiday:

- Always supervise children around fireworks.
- Read and follow the label instructions.
- Children should not be allowed to light or play with fireworks.
- Use age appropriate fireworks with children.
- Use only legal fireworks.
- Fireworks should only be use

- outdoors.
- Have a bucket of water and/or hose handy.
- Use special caution with children when using sparklers. Sparklers reach very high temperature and children can be easily burned if they touch the lit portion of the sparkler.
- Always light one item at a time.
- Hard surfaces work best for fireworks.
- Stay clear of fireworks.
- Fireworks should be stored in a cool, dry place. Keep out of the reach of small children.
- Make sure all fireworks are out before putting them in the trash. Soaking them in water is a good idea. Dispose of them properly.
- Never re-light a firework that didn't go off completely.
- Handle fireworks carefully.
- Fireworks should not be carried in pockets.
- Smoking should not be allowed around fireworks.
- Alcohol and fireworks do not go together.



It is important to know and follow the laws and rules of your community when shooting off fireworks. Review all safety rules and guidelines with your family so you can have a safe and fun holiday.

Research, Resources Provide Insight into Child Development

Social and emotional skills are a necessity in early childhood development, especially in regard to school success. Research in early childhood development has shown a link between a child's social and emotional health and his or her readiness for school. This is important because 20 percent of kindergarten teachers report children entering school don't have those necessary skills to succeed. In Nebraska, one goal is for all young children to have access to services, resources and informed caregivers that can effectively meet their social and emotional needs.

Some of these needs include home and classroom environments that allow children to explore their world freely while intentionally modeling and teaching positive social behaviors. Often times, when children bite, yell, or hit it's because they don't have more appropriate behaviors or skills to communicate or accomplish a particular goal. UNL Extension educators and members of the Learning Child Team strive to provide strategies for teaching those skills instead of focusing on ways parents and teachers can help children stop using those

challenging behaviors. The Learning Team has developed several NebGuide publications that are available to families, educators, and healthcare providers which provide specific strategies on ways to promote healthy social and emotional growth and development. For more information and resources, visit [www.extension.unl.edu/child-youth](http://www.extension.unl.edu/child-youth). Extension educators are available to provide support, answer questions, and address situations parents or caregivers may have. Source: Tonia Durden, Ph.D., UNL Extension Early Childhood Specialist

**food.unl.edu**  
from preceding page  
a food business at <http://food.unl.edu/fpc>.

What ingredients do you need to succeed in the food industry? Product development assistance? International sales penetration? Pilot plant facilities? Marketing and promotional strategies? Testing and analytical services? Distribution analysis? Educational programs? Strategic Planning Assistance? The Food Processing Center offers them all. When you're looking for innovative solutions, you can bring your list to them for

one-stop shopping. Established in 1983, the Food Processing Center is a multi-disciplinary resource, which offers both technical and business development services under one roof. This combination is rare in the food industry, and enables them to meet the needs of diverse clients including manufacturers, entrepreneurs, suppliers, distributors, associations, retailers, and food service providers. They work with products in every major food group, including grains and oilseeds, fruits, vegetables, dairy products, meat, and poultry.



# 4th of July Container Garden



Mary Jane Frogge, UNL Extension in Lancaster County

Geraniums, petunias, and lobelia are featured in this 4th of July container garden.

Decorate your landscape for Independence Day with containers filled with red, white, and blue annual flowers.

Fill your large, clean containers or urns with fresh potting soil. Select bedding plants with healthy foliage and bushy, compact growth. To get your 4th of July garden blooming sooner, select bedding plants grown in four- or six-inch pots, if possible. In container gardens, it is fine to put the plants closer together. Just remember to water more often, especially in hot weather.

Red flowers: geraniums, zinnias, celosia, snapdragons, impatiens, salvia, petunias, or verbena

White flowers: petunias, Euphorbia ‘Diamond Frost’, impatiens, vinca, geraniums, lobelia, or verbena

Blue flowers: lobelia, ageratum, bachelor buttons, petunias, verbena, or salvia

This patriotic display will last the rest of the growing season if you keep it well watered and trim out the spent flowers.

—Mary Jane Frogge, UNL Extension Associate

# Proper Landscape Plant Maintenance

After plants are established in the landscape, maintenance needs can be minimized by following correct maintenance procedures on a timely basis. Following are some suggestions to reduce the time and amount of maintenance necessary in established landscapes.

## 1. Practice Preventive Maintenance

Be observant of your plants. Watch for disease and insect outbreaks regularly. Pests are much easier to control if they are affecting only a few leaves or one branch. By the time they spread to several plants or an entire shrub border, they will be more difficult to control.

## 2. Use the Right Tool

Power tools can make short work of many maintenance operations. However, make certain they are the right tools for the job. For example, weed whips or string trimmers quickly mow down weeds and grass around buildings and fences, but should be used with caution

around trees. The force of the trimmer line can cause injury to the bark, leading to girdling, unless the tree is protected from direct contact with the trimmer.

## 3. Irrigate Various Plant Zones Separately

Some plants are better adapted to hot, dry conditions than others. If plants of similar growth requirements are grouped together in the landscape, they can be watered as a group. Use the appropriate type of irrigation system for the planting. Overhead sprinklers or pop-up heads on an underground irrigation system may be most appropriate for turf. For shrubs and flower beds, drip irrigation may be the most efficient system.

## 4. Fertilize in Moderation

Base your fertilization programs on soil test results. Recycle as many nutrients as possible on site by leaving

clippings on the lawn and applying leaf mulch compost to planting beds. Over-fertilization leads to excessive growth that needs frequent pruning. Excessive fertilization may also force growth that will be more susceptible to insect and disease attack.

## 5. Prune When Appropriate

Take care of pruning needs when the problem first develops. Cut out weak, narrow crotches on branches, crossing branches or competing branches while they are still small in diameter. These problems will not correct themselves and the pruning job becomes more major with each season the task is delayed. Avoid planting trees and shrubs where they will outgrow their designated space without frequent pruning.

Several hours of planning and thought before planting can prevent maintenance headaches for years to come.

Source: Christopher Starbuck, University of Missouri

# There is Still Time to Control Bagworms in Early July

Mary Jane Frogge  
UNL Extension Associate

Bagworm larvae hatched in early June and have been feeding on plant material for nearly a month. They are about half of their mature size and may be hard to see in leafy plant material. Take a walk through your landscape and check all your landscape plants, especially spruce and junipers.

If you find an outbreak of bagworms, chemical control may be needed. *Bacillus thuringiensis* is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion,



Vicki Jedlicka, UNL Extension in Lancaster County

Young larva early July (shown approximate size).

and permethrin. Affected plants must be thoroughly covered with the insecticide so the insects ingest it as they are feeding. Be sure to read and follow all label directions.

If you have a large infestation in your evergreen trees or shrubs, do not delay in controlling the bagworms. Feeding by mature caterpillars slows in August before pupation into adults, so chemical control

in late summer and fall is not effective. By that time your valuable landscape plants are already severely damaged by the maturing bagworms.

## FOR MORE INFORMATION

A YouTube video is online at <http://lanaster.unl.edu/hort/bagworms.shtml> and a color brochure is available on the web site and at the extension office.

# Morning with Herbs

Saturday, July 16 • 9:30 a.m.–12 Noon  
Pioneers Park Nature Center - Prairie Building  
Fee: \$10/person • Register by July 12  
For more information and to register: (402) 441-7895

Enjoy the tastes and smells of herbs and join us for two exciting workshops.

9:30 a.m. workshop: **Herbs, Beeswax and Candles by Janet Salvati** — Learn how to hand-dip a beeswax taper. Then, using fresh herbs, decorate a small pillar candle to take home.

10:45 a.m. workshop: **Cold Herbal Soups by Becky Seth** — Demonstrations recipes and sampling of some refreshing summer treats. We'll also discuss horseradish, the herb of the year.

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

- A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shred grass rather than cut it.
- A garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.
- For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.
- Many plants are easily propagated by layering. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.
- Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.
- Cut back and fertilize delphinium and phlox to encourage a second flowering.
- Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.
- Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.
- Control mosquitoes by eliminating all sources of stagnant water.
- Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches.
- Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.
- Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.
- Continue attracting insect eating birds to the garden area by providing them with a fresh water source.
- Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist ties to secure.
- Snapdragons should be pinched back after blooming to promote a second flush of growth.



# Carpenter Bees on Increase in Southern Nebraska

**Barb Ogg**  
UNL Extension Educator

Carpenter bees are large bees seen in the springtime hovering around the eaves of a house or the underside of a deck or porch rail. These bees are more common in states to the east and south of Nebraska, but the last few years, we have received an increasing number of callers reporting these carpenter bees in Lancaster and counties in the southern part of Nebraska.

Most people mistake carpenter bees for bumble bees because they are robust, black, and yellow. They differ from bumble bees in having a black, shiny abdomen.

Carpenter bees get their name because they excavate tunnels in wood to lay eggs in. The perfectly round, 1/2-inch diameter entrance holes are usually found on the underside of a board, beam, bench, or tree limb. Coarse sawdust is often found beneath the hole. Wooden decks, overhangs, and other exposed wood on houses are prime targets. Carpenter bees do not attack painted and treated wood as often, but painted surfaces are not immune to attack.

Unpainted or unstained cedar, cypress, and redwood shingles and siding are also attacked because carpenter bees do not consume the wood as food, but excavate tunnels for nesting sites.

Carpenter bees overwinter as adults in old burrows and emerge in April and May. Males are usually the first to appear. The males do not have a stinger, but they are territorial

and seem to harass people who venture near their protected areas. Females do have a stinger and can sting, but they are not aggressive.

After feeding on plant nectar for a few weeks, the mated females begin constructing tunnels. The entrance holes start inward for about one-half inch or more, then turn and follow the grain of the wood. The gallery is usually six- to seven-inches long, but may be longer. The female

bee collects pollen and packs it into a pollen ball inside the gallery; this pollen ball will feed her offspring. After depositing an egg near the pollen ball, she seals off each section of tunnel with a partition made of chewed wood. She constructs additional cells in this manner until her tunnel is completely filled.

Adult bees die after a few weeks. The eggs hatch after a few days and the offspring complete their development in five to seven weeks. Adults begin to emerge in late summer. They do not construct new tunnels, but may be seen cleaning out old tunnels which they will use as overwintering sites when the weather turns cold.

Typically, carpenter bees do not cause serious structural damage to wood unless large numbers of bees are allowed to drill many tunnels over successive years. Woodpeckers may damage infested wood in search

of bee larvae in the tunnels. In the case of thin wood, such as siding, this damage can be severe. Holes on exposed surfaces may lead to damage by wood-decaying fungi or attack by other insects, such as carpenter ants.

## Control

Preventing carpenter bee damage with liquid chemical treatments is nearly impossible. Insecticide sprays applied to wood surfaces are effective for only short periods, even when repeated every few weeks. And, it is impractical and unsafe to try applying a pesticide to all possible sites where the bees might tunnel. Trying to spray bees seen hovering about is not a sensible (or particularly safe) use of pesticides either. Swatting hovering bees will often prove to be just as effective.

Dust formulations provide residual effects and are effective due to the nature of carpenter bee gallery construction. Inject the dust directly and deeply into each nest entrance hole. Wait for a few days before plugging entrance holes to let female bees distribute the insecticide within the galleries. Later in the summer, newly emerged bees also will contact the dust when attempting to leave their gallery.

A completely non-insecticidal approach is to deny carpenter bees access to their galleries by sealing each entrance hole you find later in the summer. Thoroughly plug the hole with caulk, wood putty, or a wooden dowel affixed with wood glue. If possible, also fill the entire gallery system with an expandible sealant. Carpenter bee galleries are a critical resource, since the bees require these protective conditions to survive the winter. This barrier approach will reduce future carpenter bee infestations.



Carpenter bee shown approximate size. Note black, shiny abdomen.

Jim Kalisch, UNL Department of Entomology



Carpenter bee nests have perfectly round, 1/2-inch diameter entrance holes.



Wood cut to show nest gallery (tunnel) and egg chambers.

# Ah, Wildlife...

**Q. Some animal is crawling on my front porch each night because I find droppings on it every morning. I've put mouse traps out and nothing gets caught. I have to sweep the droppings off the porch each morning and it is driving me crazy. What kind of animal is doing this and what can I do to stop it?**



Droppings shown approximate size.

**A.** The porch-pooing animal is a bat. At night, bats fly and feed on night-flying insects, like moths, beetles, and mosquitoes. Sometime in the middle of the night, the bat takes a well-deserved break and finds a covered, secluded place to sleep and digest its food. Hence the droppings. To see the culprit for yourself, set an alarm clock for about 2–3 a.m. and look above where you find the droppings. You should find a bat hanging there.

For its night-time roost, the bat will select a very secluded location which is often right next to the door or an inside corner of a covered porch or patio. It is usually a brick house because the rough brick facing allows the bat to hang onto the side of the house with its claws.

Preventing a bat from visiting its established night-time roost is difficult. There are no repellent sprays or devices that will effectively repel the bat. Some people have tried turning on a porch light, but have found it doesn't work either.

A bat is a creature of habit and will keep returning to the same porch unless it is somehow made inaccessible or it cannot hang onto the side of the house. One possibility is to hang bird netting or other fabric around the porch. This will prevent the bat from accessing the porch to roost. This only needs to be done for a couple weeks, until the bat finds another suitable nighttime roost.

Just because a bat uses a porch for a night roost doesn't mean there is a bat colony living in the attic. But, it's a good idea to check out the attic during the daytime just to make sure. For people unable or unwilling to do this, you can hire a pest control company to do an inspection for you.

—Barb Ogg, UNL Extension Educator

# Follow Law When Relocating Wildlife

Most people don't realize there are laws in Nebraska limiting how wild animals can be moved and/or released into the wild. These regulations help protect Nebraska wildlife populations.

Without authorization from the Nebraska Game & Parks Commission, reptiles, amphibians, and most fur-bearing mammals cannot be moved more than 100 yards from their original location. Mammals held in captivity more than 48 hours cannot be released without proper authorization.

Before deciding to trap or move any wild animal, be sure you are following the law. The following are Nebraska Game & Parks Commission regulations passed and enacted by the Nebraska State Unicameral:

- **The Amphibian & Reptile Regulation** - enacted 2002 — Title 163: Chapter 4:010.04 states:  
010.03A5 Pertaining to the species identified as amphibian or reptile, the Commission may permit any act otherwise prohibited by these regulations by issuing a scientific collectors permit for scientific purposes or to enhance the propagation and survival of the affected species.  
010.04 Release of Reptiles and Amphibians - It shall be unlawful to release into the wild any live reptile or amphibian after such animal has been transported from one location to another over a distance exceeding 100 yards without the authorization of the Commission.
- **The Fur-bearing Mammals Regulation** was enacted in 2007 — Title 163: Chapter 4:008.08C3 states:  
008.08C3 Without the authorization of the Commission, it shall be unlawful to release into the wild any wildlife other than fish, mollusks, and crustaceans and those listed in 008.08C2 which has been transported from one location to another over a distance exceeding 100 yards or after such wildlife has been in captivity for a time period exceeding 48 hours.

—Soni Cochran, UNL Extension Associate





## COUNTY FAIR 4-H/FFA NEWS



The Lancaster County 4-H & FFA Fair Book has complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and online at <http://lancaster.unl.edu/4h/Fair>.

### LOOK FOR "HELPFUL RESOURCES"

The Fair Book lets you know if additional helpful resources are available, if they are handouts or YouTube videos and where they are available!

Most of the resources and many forms are online at <http://lancaster.unl.edu/4h/Fair>

### Beef and Llama Show Time Changes from Fair Book

- Note two times have been changed from the printed Fair Book:
- 4-H/FFA Beef Show — Saturday, Aug. 6, Noon
  - 4-H Llama/Alpaca Show — Saturday, Aug. 6, immediately following 4-H/FFA Beef Show, not to start before 6 p.m.

### Animal Entries Due July 5

All 4-H and FFA county fair animal entry forms are due to extension by Tuesday, July 5, 4:30 p.m. or postmarked by July 5. No late entries will be accepted! **One Livestock Entry Form MUST be completed for each exhibitor** entering livestock (beef, dairy, bucket calf, goats, sheep, swine, llamas, dogs). Bedding fees (\$6/head) for beef, dairy and bucket calves are being collected with entry forms — bedding for other animals must be purchased at the fair. Entry forms are available at the extension office or online at <http://lancaster.unl.edu/4h/Fair>.

### Lancaster County Youth Premium Auction

Please remember to talk with your community business to get donations for the second annual Lancaster County Youth Premium Auction. The success of the auction is dependent on 4-H'ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, Auction Committee Chair at (402) 540-0597.

### 4-H/FFA Livestock Quality Assurance Training, July 14

All 4-H and FFA members wanting to exhibit market animals at the county or state fair must be quality assurance certified. Our county training will be held on Thursday, July 14, 6 p.m. at the Lancaster Extension Education Center. If you have any questions, please call Shayna at (402) 441-7180 by July 12.

### 4-H Swine Exhibitors

If you want to sell your pigs after county fair, there will be a buyer at the fair. You will be paid market price for that week. If interested, call Cole Meador, (402) 441-7180, at the extension office so he can get a rough count, so the buyer knows how many to expect.

### Livestock Clinics

- 4-H/FFA is offering several livestock clinics:
- Sheep Fitting Clinic: Thursday, Aug. 4, 2–3 p.m.
  - Cattle Fitting Clinic: Thursday, Aug. 4, 3–4 p.m.
  - Swine Fitting Clinic: Thursday, Aug. 4, 4–5 p.m.
  - Dairy Clinic: Friday, Aug. 5, 10 a.m.



**4-H & FFA Parking** — 4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 5–August 3). The car pass allows a vehicle to enter the fairgrounds each day August 4–8 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

**4-H & FFA Individual Exhibitor Admission Passes** — Individual exhibitor admission passes will be available from the extension office (available July 5–August 3). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 4–13.

**General Public Gate Admission** — General public gate admission tickets will be available FREE at participating sponsor locations July 1–August 13. Gate admission without the FREE ticket will be \$2. Pick up gate admission tickets FREE at Casey's General Store (over 35 locations), Russ's Market (6 locations), and SuperSaver (4 locations).

### 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:
- **In the 4-H Corner Stop food booth** from Wednesday, Aug. 3 through Sunday, Aug. 7.
  - **Static exhibit set-up** on Thursday, July 28 at 6:30 p.m. and Saturday, July 30 at 8 a.m. in the Lincoln Room.
  - **During judging of static exhibits** on Wednesday, Aug. 3.
  - **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 5 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.

### Food Booth Training, July 28

The 4-H food booth at the county fair is the primary fundraiser for Lancaster County 4-H Council. 4-H Council asks clubs to help by staffing a 3–4 hour shift at the Clover Kitchen. See back page for more information. ALL food booth volunteers are STRONGLY ENCOURAGED to attend the training on Thursday, July 28, 6–7 p.m. at the Lancaster Event Center, Lincoln Room. Learn about food safety, customer service, and volunteer responsibilities.

### Static Exhibit Check-In Tuesday, Aug. 2, 4–8 p.m.

Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, Aug. 2 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.

### Interview Judging, Aug. 3

Interview judging is Wednesday, Aug. 3 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair 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 6 and 30**. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, Aug. 2, 4–8 p.m.

### Showing Flowers and Vegetables

Growing a garden is lots of fun and showing at the county fair is a great experience. Here are a few tips to help you get started. Start by looking at the Horticulture area of the Fair Book. It is divided into two areas: Floriculture and Vegetable Gardening. Look over the different types of flowers and vegetables you can grow and exhibit at the fair. There are a lot!

If you are a first time exhibitor at the county fair, select plants easy to grow and easy to prepare for an exhibit at the fair.

- **Easy flowers to grow and exhibit:** Marigold, Zinnia
- **Easy vegetables to grow and exhibit:** Slicing cucumbers, Jalapeno peppers, Hot peppers, Salad or cherry tomatoes

Be sure to keep all your plant tags and seed packages, so you have the cultivar or variety names of your flowers or vegetables. You will need that information when you enter your items at the county fair.

When planting flowers from seed, it's important to select a variety with a single flower color. That way it is easier to select flowers to exhibit that all look the same. The judge will be looking for uniformity when judging your exhibit, so they need to be the same color.

When you are ready to select your exhibit for the fair, there are three helpful resources for you to use. All three are available at the extension office.

- 2011 Lancaster County Fair Book
- Selecting and Preparing Vegetables, Herbs and Fruits for Exhibit (4-H226) (cost \$2)
- Tips For Fair, Cut Flower Exhibits

### Clover Kids Show & Tell, Aug. 7

All Clover Kids, youth age 5–7 by January 1, 2011, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 7, 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 song at this time. See page 10 of the Fair Book for more information. To register, call (402) 441-7180 between July 5 and July 29, or sign up at the static exhibit area Tuesday, Aug. 2, 4–8 p.m.



### Premium Payouts Procedure

No checks will be issued (except for Horse Hunter and Dressage exhibitors)! No changes or corrections will be made on premium amounts after 14 days.

**STATIC EXHIBITS and CONTESTS:** Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, Aug. 8, 7–11 a.m. in the Fair Board Office. With proper identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums.

**ANIMAL EXHIBITORS** (except horse): All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena.

#### HORSE EXHIBITORS:

- Premium payouts will be made to 4-H members, their parents or their 4-H leaders on Monday, Aug. 8, 7–11 a.m. in the Fair Board Office. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Signatures from all representatives receiving payments will be required.
- Except — 4-H exhibitors riding in the Hunter Show and/or Dressage Show will have their payouts mailed to them.





## Contest Information

### Junior Life Challenge Contest, July 9

The junior division Life Challenge will be held Saturday, July 9 at 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–11 (need not be enrolled in a specific project). Contact Tracy for study packet. Preregister by July 7 by calling (402) 441-7180.

### Dog Skill-a-Thon, July 21

Lancaster County 4-H will hold a local 4-H Dog Skill-a-Thon as a pre-fair contest on Thursday, July 21, 1 p.m. at the Lancaster Extension Education Center. There is no cost to compete and participants do not need to be enrolled in a dog project. Must preregister by July 19 by calling (402) 441-7180 (there is no entry form). Youth will take a quiz on dog knowledge including breeds, parts of the animals, nutrition, diseases, grooming, and showing. For more information or to register, please call 4-H intern Shayna Truax at (402) 441-7180.

### Presentations Contest, July 23

This year's presentation contest will be Saturday, July 23, 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18 (4-H age). There are three methods in which 4-H'ers may present: 1) Presentation using Audio Visual (class name has changed this year from "using LCD projector"); 2) presentation using posters; or 3) multimedia presentation. See Fair Book page 12 for complete contest information. A handout is available at <http://lanaster.unl.edu/4h/Fair> and the extension office. All participants are strongly encouraged to read the handout. Must preregister by July 18.

### Plant Science Contests, July 13

Three Plant Science Contests will be held Wednesday, July 13, 10 a.m.–Noon at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18 — need not be enrolled in a horticulture project. Youth choose which of the following portions of the contest to participate in:

- Tree identification
- Grass-weed identification
- Horticulture contest

Preregistration is not required — enter the day of contest.

### Style Revue Judging, July 27 Public Style Revue, Aug. 4

Style Revue judging will be Wednesday, July 27 starting at 8 a.m. The public Style Revue is Thursday, Aug. 4, at 7 p.m. (both revues will be held at the Lancaster Event Center, Exhibit Hall). A handout and entry forms are available at the extension office or online at <http://lanaster.unl.edu/4h/Fair>. Must submit entry forms by July 18.

### Table Setting Contest, August 5

Table Setting Contest will be Friday, Aug. 5, 5 p.m. at Lancaster Event Center, Exhibit Hall. Open to all 4-H'ers ages 8–18 (4-H age). 4-H'ers use their creativity to plan a healthy menu, set a table, and present their table setting to a judge. A handout is available from the extension office or online at <http://lanaster.unl.edu/4h/Fair>. All participants are strongly encouraged to read the handout. Must preregister by July 25 by contacting the extension office (there is no entry form).

### Donated Sewing Machine to go to a 4-H'er

This is the third year that Kath Conroy, a 4-H clothing superintendent, is graciously donating a brand new Bernina sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. All papers should be sent by June 30 to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

### 4-H Sewing Help

If you or your club would like help sewing your 4-H project, contact Tracy at (402) 441-7180. We have volunteers who are exceptional seamstresses and have many years of experience helping 4-H'ers with their sewing projects.

### Livestock Booster Club Scholarships Due July 5

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 scholarship are due July 5. It is open to any 4-H'er who has completed their junior year of high school and has not surpassed the age of 18 as of January 1. The application is at the extension office and <http://lanaster.unl.edu/4h/Programs/award.shtml>. For more information, contact Cole Meador at (402) 441-7180.

### Nebraska State Fair 4-H & FFA Animal Entries Due Aug. 1

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. State Fair 4-H & FFA animal entry forms are due to Lancaster County 4-H staff no later than Monday, Aug. 1. No late entries will be accepted. Registration fees must be included with entries. For more information, contact Cole Meador at (402) 441-7180.

### Ak-Sar-Ben 4-H Show Entries Due Aug. 7

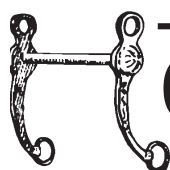
The Ak-Sar-Ben 4-H Stock Show will be held Sept. 22–25 at the Qwest Center in Omaha. The Ak-Sar-Ben 4-H Horse Show will be held Sept. 17–18 at the Lancaster Event Center in Lincoln. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb and market swine, rabbit, dairy steer, and horse. Stock Show exhibitors must be at least 10 years of age by Jan. 1. 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 at the extension office no later than Sunday, Aug. 7, or they can be turned in at county fair. Forms can be picked up at the office. For more information, entry forms and tentative schedule, go to [www.rivercityrodeo.com](http://www.rivercityrodeo.com).

### NEW! Nebraska Club of the Month

The Nebraska 4-H Foundation and the Nebraska 4-H Ambassadors are introducing a new program for Nebraska 4-H Clubs. Any 4-H club can nominate themselves to be the "Club of the Month." Each month, a winner will be chosen, will receive a \$50 cash card from the Nebraska 4-H Foundation and a certificate. The Club of the Month's story will be displayed on the 4-H Foundation's Web site, Facebook, and Twitter and a news release will be sent out to their local newspaper. For application, go to <http://www.ne4hfoundation.org/events/4-h-club-of-the-month>.

### Loup Valley Livestock Classic, Aug. 20–21

The Fifth Annual Show of Champions will be held Aug. 20–21 at the Valley County Fairgrounds in Ord. Grand Champion animals from any eligible county fair are welcome to compete. Register by Aug. 19 (for fairs ending after Aug. 18, entries will be accepted on the day of the show). Informational pamphlets and registration forms are available at the extension office. For more information, contact Cole Meador at (402) 441-7180.



## HORSE BITS

### County Fair 4-H Horse Entry Forms Due July 5

All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Tuesday, July 5. NO LATE ENTRIES will be accepted. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the extension office before July 5 to show at the fair. You must have passed Level II to participate in off-the-horse roping classes. Bareback Equitation requires passing Level III.

### County Fair Horse Judging Contest, July 23

The Lancaster County Super Fair 4-H Horse Judging contest will be held on Saturday, July 23 at the Lancaster Event Center, Amy Countryman Arena beginning at 9 a.m. Belt buckles will again be awarded for the elementary, junior, and senior age group champions. South Prairie Wranglers 4-H club will be selling snacks and drinks during the contest as a fundraiser to help send kids to nationals.

### Horse Course Challenge, July 26

For a third year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super fair. The Challenge will be held Tuesday, July 26, 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 at the fair. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on October 6.

All Lancaster County 4-H'ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2010-2011 email Horse Course. The testing will include identification stations and a written test.

If you did not sign up for the e-mail Horse Course, but would like to participate in the challenge, email [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) to have the lessons sent to you. Pizza will be served at the end of the contest at a charge of \$1 a slice.

### State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 17–21 at Fonner Park in Grand Island. Information is online at <http://animalscience.unl.edu/web/anisci/anscdistrictandstate4hshows>.

### Health Papers

A 14-day health certificate will be required. No Coggins Test is required.

### Policy on Horse Drugs

No 4-H Horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given in any manner whatsoever, internally or externally, and narcotic, stimulant, depressant, analgesic, local anesthetic, or drug of any kind or description within 24 hours before the first scheduled event of each show day 8 a.m.).

Horses on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

One or more class winners and one or more horses in the same class that is tested may be tested on Tuesday, Wednesday, or Thursday by the Test Committee.

### 4-H Riding Level Testings, June 28 & July 5

Group level testings will be held 6 p.m. at the Lancaster Event Center - Amy Countryman Arena. Please RSVP at least one week in advance of the test to Marty at (402) 441-7180 or [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu).



# Nebraska State Fair Volunteer Opportunities

## August 26–September 5, 2011

The Nebraska State Fair is Nebraska's premier family event. The Nebraska State Fair has been entertaining its visitors for 142 years and the tradition will continue. Nebraska's rich history and heritage will be showcased and the end result will be one all Nebraskans will be proud of.

Volunteers are a very vital part of the success of the Nebraska State Fair. The dedication and service our volunteers will put forward will pay huge dividends to the success and momentum for future State Fairs. The Nebraska State Fair cannot function without a strong volunteer base. From hospitality to helping out with educational and children's programs, there truly is something for everyone who wishes to be a part of the Nebraska State Fair.



Volunteers needed before, during, and after the Fair! For more information or a volunteer application form, go to [http://www.statefair.org/fair/aboutus/volunteer\\_opportunity.asp](http://www.statefair.org/fair/aboutus/volunteer_opportunity.asp).

**Who We Are**

Nebraska State Fair volunteers will come from all walks of life and have a variety of interests and talents. Some of our volunteers will be retired, some will be in school, some will be stay-at-home moms and some will travel from the surrounding communities. The one thing they all have in common is a big smile! Volunteers must be at least 18 years of age or be assigned to work with a parent or guardian or involved in a group with adequate supervision.

**What We Do**

Nebraska State Fair volunteers provide support during the fair and

during the move-in days immediately prior to the fair. Each volunteer shift will be four hours in duration. The option to sign up for multiple shifts is available and encouraged! However, shifts cannot overlap or be counted as two at one time. Free fair gate admission will be provided for your daily commitment. Volunteer opportunities are available for all special skills and preferences.

A comprehensive, mandatory training program will be held for all volunteers. The Nebraska State Fair wants to ensure you are fully comfortable and knowledgeable regarding your volunteer duties. Volunteers will learn about their respective job duties as well as receiving an overview of the fair itself. During the training sessions, volunteers also receive their official Nebraska State Fair volunteer shirt to wear during the fair.

**Benefits**

- Free fair gate admission for your daily commitment. Park in a restricted and convenient parking area during the fair.

- Volunteers who make a commitment of more than 20 hours receive two single admission passes to be used at the volunteer's leisure, plus an exclusive volunteer service provider lapel pin.
- Access to Volunteer Headquarters throughout the fair — whether you are working or not. Come in, take a load off, have a snack and relax!
- Receive a FREE official volunteer souvenir shirt.
- And last but not least, enjoy the fellowship of a great group of people!

### Quotes

See what the 2010 Volunteers had to say about what they enjoyed most about their experience!

- "The thank you's. The feeling I helped make the fair a success in my own little way. I loved it!"
- "I was in the Kidz Zone, so being with the kids was fun!"
- "Helping with the watermelon eating contest."
- "Talking to all of the people."

### EXTENSION NEWS

## Virginia Piening Retires After 45 Years

Virginia Piening has retired after 45 years of service to the University of Nebraska–Lincoln. She has worked for the Expanded Food and Nutrition Education Program (EFNEP) since April 1970, soon after it began in 1969. Prior to serving the Nutrition Education Program (NEP), she worked in the Department of Agronomy.

Over the past 41 years, Virginia has provided endless support to NEP staff. Her accuracy, attention to detail, and unwavering kindness was present day in and day out. She experienced many changes with new staff members, advances in technology and the ever-changing federal regulations. Virginia's passion for giving assistance to staff in their quest to help families stay healthy remained constant. In 1998, she received the KFOR Employee of the Day honor, and in 2001, Virginia was recognized with the distinguished service award of UNL Outstanding Employee. Carol Hudkins, former Nebraska State Senator said, "Her efforts and caring attitude have helped thousands of families in Lincoln/Lancaster County enjoy healthier, fuller, more productive lives."

Those who worked side by side with Virginia say it best:

- "Virginia is always there for us. No matter what we need for our educational programming, she smiles and tells us she will see what she can do. We know she digs, hunts, and finds what we need; then dutifully gets what we need typed, copied, sorted, and in our boxes long before we need them. She is amazing."



Virginia Piening (right) and husband Burdette.

- "Virginia's long time service to NEP has provided her with a level of understanding of the program, provides her the ability to foresee the needs of the staff."
  - "She is pleasant and positive all the time."
- In addition to the expertise she has provided professionally, she also has been instrumental in the success of her family farm. When not at the extension office, she has been known to walk fields digging thistles and cutting cedars, and helps her husband, Burdette, with many farming tasks.
- Virginia says, "I have enjoyed working in the extension office and having access to the knowledge of the educators for our farming operation, our home, and for having 4-H for our children. The Nutrition Education Program staff is very caring and great to work with. Thanks for making it a great job."

## Welcome New 4-H Staff Member

Cole Meador joins the extension staff as an extension assistant. He will be responsible for the 4-H livestock program, dog program, as well as other duties. As many of you may know, he was Deanna Karmazin's 4-H intern last summer. Cole is a graduate of UNL with a BS in Agriculture Leadership, Education, and Communication with a minor in Animal Science.

He is originally from the Omaha area and now lives in Lincoln. Most don't associate Omaha with livestock but Cole was very active with the 4-H livestock program in Douglas/Sarpy County as well as Washington County. During his time in 4-H he raised and showed poultry, sheep, dairy goats, and dairy cattle. He had an extremely successful show career, being able to raise and show the Grand Champion market lamb at Ak-Sar-Ben



Cole Meador (left) joins extension and will oversee the 4-H livestock program area.

4-H Youth Livestock Exposition in 2004, two division champion market lambs, five top five placing pens of market broilers, and many champion dairy cattle. He won showmanship in every species he showed at the Nebraska State Fair. He is very familiar with the competitive show circuit. To this day he and his family have a nationally competitive herd of Nubian dairy goats.

### 4-H Interns Assist During Summer

Each year, student interns join the 4-H staff at the University of Nebraska–Lincoln Extension in Lancaster County and provide much needed assistance during the summer for contests, county fair, and other activities.

- **Dan Romans** assists Tracy (Kulm) Anderson with Clover College, county fair static exhibits, and contests. Dan is a 5th year student at UNL majoring in Elementary Education. This is his first summer as a 4-H intern.
- **Shayna Truax** assists Cole Meador in the livestock areas. Shayna is a student at UNL getting her masters in Applied Science. This is her first summer as a 4-H intern. She was a 4-H member in Lancaster County for 10 years.



(L-R) Shayna Truax and Dan Romans



# EXTENSION CALENDAR

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

## June

- 21 Guardian/Conservator Training..... 1:30–4:30 p.m.**  
**21 4-H Horse Level Testing, Lancaster Event Center, Amy Countryman Arena .6 p.m.**  
**21 Sign-up deadline for June 28 4-H Horse Level Testing**  
**22, 23 4-H District Horse Shows, Ogallala, Beatrice**  
**23 Parents Forever Class ..... 9 a.m.–12:30 / 5:30–9 p.m.**  
**25 4-H Bicycle Safety Contest..... 9 a.m.**  
**27 Family & Community Education (FCE) Council Meeting..... 1 p.m.**  
**27–28 4-H Premiere Animal Science Events (PASE)/Life Challenge**  
**28 4-H Horse Level Testing, Lancaster Event Center Amy Countryman Arena .6 p.m.**  
**28 Sign-Up Deadline for July 5 4-H Horse Level Testing**

## July

- 5 All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension**  
**5 4-H Horse Level Testing, Lancaster Event Center, Amy Countryman Arena 6 p.m.**  
**7 Family & Community Education (FCE) Sizzling Summer Sampler . 6–9 p.m.**  
**8 Extension Board Meeting ..... 8 a.m.**  
**9 4-H Life Challenge Contest – County-Level Junior Division..... 9 a.m.**  
**10 4-H Teen Council Meeting, Different Location TBA ..... 3 p.m.**  
**13 4-H Plant Science Contests: Horticulture/Tree ID/  
Grass-Weed ID ..... 10 a.m.–12 p.m.**  
**14 4-H/FFA Livestock Quality Assurance Training ..... 6 p.m.**  
**17–21 State 4-H Horse Show, Fonner Park, Grand Island**  
**19 Guardian/Conservator Training..... 1:30–4:30 p.m.**  
**21 Parents Forever Class ..... 9 a.m.–12:30 / 5:30–9 p.m.**  
**21 4-H Dog Skill-a-Thon ..... 1 p.m.**  
**23 4-H Presentations Contest..... 9 a.m.**  
**23 4-H Horse Judging Contest, Lancaster Event Center, Amy Countryman  
Arena ..... 9 a.m.**  
**26 4-H Horse Course Challenge ..... 9 a.m.**  
**27 4-H Style Revue Judging, Lancaster Event Center, Exhibit Hall ..... 8 a.m.**  
**28 4-H Food Booth Training, Lancaster Event Center, Lincoln Room ..... 6–7 p.m.**

## Statewide 4-H & FFA Tractor Operators' Contest, Aug. 10

4-H and FFA students from across Nebraska will compete for trophies and a \$500 CASNR scholarship at the 2011 Nebraska Tractor Operators' Contest on Wednesday, Aug. 10, 8 a.m.–4 p.m. at the Lancaster Event Center near the Muhlback Motor Sports Complex during the Lancaster County Super Fair. Rain date is Thursday, Aug. 11.

Contestants ages 14 & up may represent either their 4-H club or their FFA chapter by completing a general knowledge test, identifying parts and tools, conducting a tractor safety inspection, finding information from an operator's manual and maneuvering a tractor pulling a two wheel implement and a tractor pulling a four wheel trailer through separate driving courses. Points are assessed for errors on the written stations and elapsed time, crossing boundary lines, touching markers and safety errors. The lowest total score wins the competition.

New for 2011 is an alumni driving demonstration that will be held immediately after the Nebraska 4-H and FFA contest.

Demonstration participants must have competed at the state level prior to 2007.

Please register by Aug. 1. No cost. For more information and registration brochure, go to <http://tractortestlab.unl.edu> or contact Dave Morgan at (402) 472-3951.

## 4-H Regional Speech Results

Congratulations to an outstanding performance by Lancaster County 4-H'ers at the 2011 Regional Speech and Regional Public Service Announcement (PSA) contest held May 26 on UNL East Campus. The top five in each division received medals. Regional contest winners in the senior division in Speech and PSA advance to the State Contest which will be held during the Nebraska State Fair.

### Speech Contest:

- Junior division — Emma Noel (purple), Peter Greff (blue)
- Intermediate division — Ivy Dearmont (purple), Victoria Garza (purple), Sheridan Swotek (blue)
- Senior division — Elli Dearmont (purple), Holly Hillebran (purple), and Erica Peterson (purple)

### Public Service Announcement (PSA) Contest:

- Junior division — Emma Lanik (blue), Alyssa Zimmer (blue), McKenzie Kapperman (red)
- Intermediate division — Paige Roach (purple and medal), Ivy Dearmont (red), Victoria Garza (red)
- Senior division — Erica Peterson (purple and medal); Elli Dearmont (blue)

## UNL Extension Offers Flood Resources Web Site

A new University of Nebraska-Lincoln Extension Web site at <http://flood.unl.edu> gathers news and information to help Nebraskans deal with the 2011 flood.

The UNL Extension Flood Resources site includes materials from UNL experts, other land-grant universities, and government entities to help Nebraskans deal with flooding.

At the site, visitors will find materials in a number of topic areas, including: home, family, business, food safety, small business recovery, acreage and rural living, wells and drinking water, garden and horticulture, crops, cropland, livestock and pets.

“For those that have web access, this resource offers flood information in one location that Nebraskans can use to help them get through this time,” said Rick



Koelsch, UNL Extension assistant dean. “Local Extension offices also can help you access some of this information from the best research-based resources from across the United States.”

New materials will continually be added to the site.

Flood news and information also can be found on Facebook and Twitter @UNLFlood.

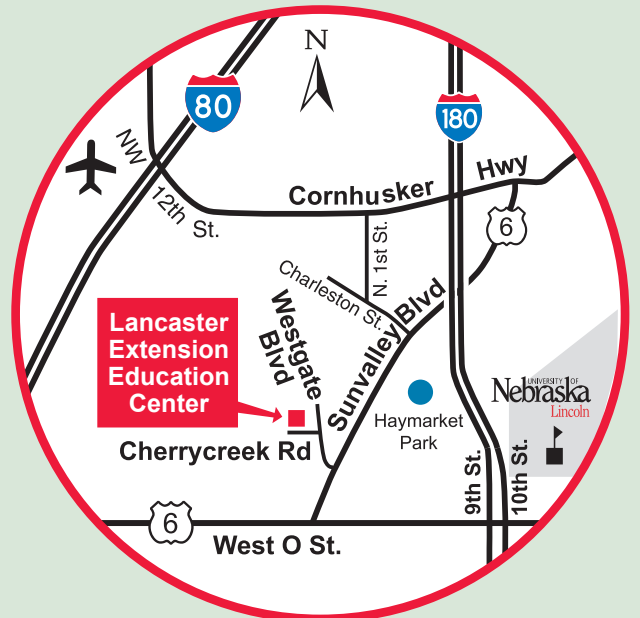


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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at (402) 441-7180.

### EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

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### EXTENSION TECHNOLOGIST

David Smith

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## THE NEBLINE

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We will only use your phone number in case there is a problem with your mailing address.

**Mail to: UNL Extension in Lancaster County**  
**444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507**



July

Roger Bell

Lancaster County 4-H is proud to announce Roger Bell as winner of July's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Roger has been coaching the Lancaster County livestock judging team for two years. In livestock judging, youth judge cattle, hogs, sheep, and goats based on structural conformation. Roger has volunteered with 4-H in Nebraska, Iowa, and Missouri for 31 years.

"I like being a 4-H volunteer because I enjoy working with 4-H'ers and seeing them wanting to learn more about livestock judging and the livestock industry," says Roger. "It also gives them an opportunity to meet individuals in the industry (production and education). My favorite experience as a 4-H volunteer was seeing the teams develop in their ability to make decisions and be able to defend their decisions by giving oral reasons. Also to see the individuals become team members. They did well at 2010 state contest and contests they have participated in 2011."

Congratulations to Roger. Volunteers like him are indeed the heart of 4-H!



Volunteer at 4-H Corner Stop  
Help Raise Money for 4-H and Have Fun!



The **4-H Corner Stop** concession stand at the county fair is Lancaster County 4-H Council's primary fundraiser. A non-profit organization, 4-H Council financially supports several 4-H programs and activities such as:

- Achievement Night
- College and camp scholarships
- Support for state and national contest registrations
- 4-H promotional activities

4-H Council asks clubs and independent members to help by staffing a 3-4 hour shift at the 4-H Corner Stop. At any given time, 5-6 youth (age 8 & up) are needed with 2 adults supervising. Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills.

Choose a Shift

Days	Shifts each day
Wednesday, August 3	8:30-11:30 a.m.; 11:15 a.m.-3:15 p.m. or close
Thursday, August 4	8:00-11:45 a.m.; 11:30 a.m.-3:15 p.m.; 3:00-6:45 p.m.; 6:30-9:30 p.m.
Friday, August 5	8:00-11:45 a.m.; 11:30 a.m.-3:15 p.m.; 3:00-6:45 p.m.; 6:30-9:30 p.m.
Saturday, August 6	8:00-11:45 a.m.; 11:30 a.m.-3:15 p.m.; 3:00-6:45 p.m.; 6:30-9:30 p.m.
Sunday, August 7	8:00-11:45 a.m.; 11:30 a.m.-3:15 p.m.; 3:00-6:45 p.m.; 6:30-9:30 p.m.

To Sign Up

Return postcard by June 30 to Lynnette Nelson or email [dlnelson@windstream.net](mailto:dlnelson@windstream.net) — confirmation of schedule will be sent to participating groups. Call Lynnette with any changes at (402) 796-2686. Find a replacement if you or your club are unable to work at the designated time.

Training, July 28

All volunteers are **STRONGLY ENCOURAGED** to attend a concession stand training on Thursday, July 28, 6-7 p.m. at the Lancaster Event Center.

Spring Rabbit Show Gives Youth  
Jump Start on Rabbit Project

Many Lancaster County 4-H'ers enrolled in the rabbit project entered nearly 125 rabbits in the recent 4-H Spring Rabbit Show. The Lancaster County 4-H Rabbit VIPS Committee helped organized the show. This

was a good opportunity for youth to learn and practice their showmanship. A Rabbit Race and Rabbit Quiz were also held. Proceeds from the show will go toward educational shows/clinics and trophies for the Lancaster County Super Fair 4-H Rabbit Show. Rabbit VIPS thanks the Lancaster Event Center for use of the location. More photos are online at <http://lancaster.unl.edu/4h/>.



Can You Guess It?



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

Did you guess it from the June NEBLINE?  
The answer was: Beardtongue, Penstemon grandiflorus, a Nebraska wildflower

Urban Ag

*continued from page 1*  
population of the Lincoln and Omaha metro area is expanding. Selling products through direct sales, "U-Pick" operations, or on-site stands offers a flexible way to earn additional income. Pumpkin patches, cheeses, grass-fed beef, honey, garden produce, value-added products like salsa and specialty products such as woody florals are becoming profitable business enterprises. All indications are for a continued increase in a growing urban agriculture.

Reasons for Urban  
Agriculture's  
Increased Popularity

Personal satisfaction  
from growing local foods:

- sense of accomplishment and satisfaction from growing something of value
- reducing the carbon footprint from imported foods
- farmers markets (fun, interesting, social experience)
- promotes good physical

- and mental health through increased physical activity and reduced stress
- contributing to a community by growing food for those with limited resources
- gardens can provide an attractive mix to neighborhoods in midst of a building environment
- contributing to a sustainable food system for the growing nutritional needs of a global population

Economic  
opportunities:

- supporting local community and economy
- generating income (profitability)
- increasing consumer demand for "garden fresh" produce
- growing food for home consumption and household savings
- enhancing community sustainability and self-supporting endeavors

Importance in teaching  
our youth:

- learning how food is grown and where it comes from
- discovering an interest in the great outdoors

- helping to curtail childhood obesity through exercise and better eating choices
- creating awareness of agricultural careers and entrepreneurship
- increasing understanding of traditional farmers and rural and urban environments
- fostering a connection between urban and rural residents

In Summary —  
Urban Agriculture

- increases entrepreneurial opportunities for growers
- creates business spin off opportunities through niche markets for supplies, equipment, etc.
- keeps more money in the local community
- enhances demand for locally-grown foods in densely populated areas
- is part of changing demographics and awareness about consumption of healthy foods
- builds on an increasingly diverse population desiring to grow their own food
- adds a growing customer base for new and existing enterprises