

2-2013

The NEBLINE, February 2013

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>

"The NEBLINE, February 2013" (2013). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 270.
<http://digitalcommons.unl.edu/neblines/270>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Attracting Pollinators to Your Landscape

By Mary Jane Frogge and Soni Cochran
UNL Extension Associates

Plants need pollinators to develop seeds. Important pollinators include bees, butterflies, moths, beetles, birds, and animals like bats. Pollinators transfer pollen from one flower to another, fertilizing the plant so it can grow and produce food. Without pollinators, many of our agricultural, food crops, and native plants wouldn’t survive.

You can help. It doesn’t matter where you live, you can help increase the number of pollinators in your area with a few simple additions to your landscape. By selecting the right plants and creating the right habitat, you can attract and protect pollinators.

Food

Flowers provide pollen and nectar to pollinators. Fermenting fallen fruit also provide food for bees, beetles, and butterflies. Plant flowers in groups or mass plantings to increase pollination efficiency. Plant with bloom season in mind. Provide food from early spring to late fall.

Many herbs and annuals, although



A swallowtail butterfly on common milkweed

not native, are very good for pollinators. Mint, dill, oregano, chives, and parsley are a few herbs you can plant.

Zinnia, cosmos, and sunflowers are excellent annual flowers that attract bees and butterflies. Even weeds like common milkweed can be a source of food for pollinators.

Shelter

Pollinators need protection from severe weather and from predators as

well as sites for nesting and roosting. Group plantings so pollinators can safely move safely through the landscape and provide plants suitable for the larval stage of pollinators like butterflies. If you are unable to leave dead snags or leaf litter for shelter in your yard, consider building bee boxes or insect hotels in your yard to attract pollinators. Leave some areas of soil uncovered to provide easy access for ground nesting insects.

Water

A clean, reliable source of water is essential to pollinators. Water features such as bird baths and small ponds provide drinking and bathing opportunities for pollinators. Water sources should be shallow or have sloping sides so pollinators can easily approach the water without drowning.

No Pesticides

To protect pollinators, pesticide use must be avoided. This can be difficult for gardeners who have well manicured landscapes. Here are some tips to help you ease into a pesticide free environment.



Blanket flower

- For natural pest control, provide a diverse garden habitat with a variety of plant sizes, heights, and types to encourage beneficial insects.
- Lower expectations and accept a little bit of pest activity.
- Remove garden pests by hand.

Learn about the biology of native bee pollinators on page 7.

Plants Which Attract Pollinators

COMMON NAME	SCIENTIFIC NAME	PLANT TYPE	FLOWER COLOR	BLOOM TIME	HEIGHT	LOCATION
Maple	<i>Acer</i> spp.	Tree	Green, yellow	March–April	20–75 ft.	Sun
Black Cherry	<i>Prunus serotina</i>	Tree	White	April–May	40–60 ft.	Sun
Redbud, Eastern	<i>Cercis canadensis</i>	Tree	Pink, lavender	May	20–30 ft.	Sun
Daisy	<i>Chrysanthemum</i> spp.	Perennial	White and yellow	May–July	24 in.	Sun
Coreopsis	<i>Coreopsis</i> spp.	Perennial	Yellow	May–September	24 in.	Sun
Aster	<i>Aster</i> spp.	Perennial	Lavender, pink, white	May–October	1–6 ft.	Sun
Butterfly Milkweed	<i>Asclepias tuberosa</i>	Perennial	Orange	June–July	24 in.	Sun
Beebalm	<i>Monarda fistulosa</i>	Perennial	Lavender	June–August	24 in.	Sun to part shade
Blanket Flower	<i>Gaillardia aristata</i>	Perennial	Red with yellow	June–August	18 in.	Sun
Coneflower Purple	<i>Echinacea purpurea</i>	Perennial	Purple	June–August	36 in.	Sun
Black-Eyed Susan	<i>Rudbeckia fulgida</i>	Biennial or short lived perennial	Yellow, brown center	July–August	24 in.	Sun
Sumac, Staghorn	<i>Rhus typhina</i>	Shrub	Greenish yellow	July–August	15–20 ft.	Sun
Goldenrod	<i>Solidago</i> spp.	Perennial	Yellow	July–October	1–3 ft.	Sun
Gayfeather, Blazing Star	<i>Liatris</i> spp.	Perennial	Purple	August–September	18–36 in.	Sun
Sedum, Tall	<i>Sedum telephium</i>	Perennial	Rose to salmon	August–October	18 in.	Sun

Build a Bee Box

- You can purchase nest boxes for solitary native bees online or have fun building your own! It’s easy and inexpensive. You may have all the supplies you need at home to attract important pollinators.
1. You’ll need 4" x 6" or 6" x 6" dried fir or pine. You can also use weathered fence posts. Do not use cedar or any wood with preservatives. Cut your wood into 8–12" long blocks.
 2. On one side of the block, begin drilling holes using a variety of hole diameters from 1/4"–3/8". Drill the holes 3"–5" deep, and at least 3/4" apart from the hole centers. Do not drill completely through the wood from one side to the other. When you drill, try to make the hole as smooth as possible on the inside.
 3. Drill at least 3 or 4 dozen burrows, or as many as your block will accommodate.
 4. If your wood is light-colored, you can use a propane torch to lightly burn and blacken the side of the wood where the burrows are located. This may help attract more female bees to the block.
 5. Mount the nesting block at least 3 feet above the ground, and within 100 yards of the blossoms you want pollinated. The bees like to be close to their food source. A good site is under the eave of a garage or shed, low enough to catch the morning



sun but still protected from the elements. A south/southeastern exposure is good. You can also attach your bee block to a fence post. Add a small roof to the top of your block to help keep the burrows dry.

If woodpeckers attack your bee box, use chicken wire over the block. The bees will be able to go through the wire, but the birds will be kept out.

Did you know? Shorter burrows produce mostly male bees. Deeper burrows will produce more female bees.

Sources: U.S. Fish & Wildlife Service, U.S. Forest Service

IN THIS ISSUE

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



Watch Chicks Hatch Online with EGG Cam!

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



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

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
University of Nebraska–Lincoln
Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1591

So You’re Considering an Orchard

Sarah Browning
UNL Extension Educator

Are you thinking about planting a couple apple trees next spring, so that you can harvest your own fruit in a couple years? Growing blemish-free, grocery store-like fruits is a lot of work, and a goal that most home orchardists never achieve, so don’t be fooled into thinking that growing fruits is easy. Fruits are one of the most difficult types of plants to grow well.

There are important considerations you should explore about home orchards before starting, beginning with the amount of work the orchard will require. Carefully consider how much time you are willing to devote to maintaining your plantings. Then if you decide to move forward, realize that serious planning, careful plant selection, and a lot of work will be needed to get your plants established and producing tasty fruit.

Site Selection

Effects of many pest problems can be reduced if several things are considered prior to buying and planting fruit trees.

One of the most important factors for success is selection of a site suitable for growing fruits. Fruits require full sunlight, at least 6 hours of direct sun each day, and moist but well-drained soil, having a pH of 6.0–6.5.

Avoid low spots in the landscape, where cold air collects and frost occurs most frequently. North facing slopes, due to their greater exposure to cold north winds and reduced sun exposure caused by the low sun angle in winter and spring, help to delay spring flower development, and minimize the effects of late spring frosts on flower buds. This makes north facing slopes a good option for frost sensitive fruits. South facing slopes have the opposite effect, and are a good planting site for late spring blooming apples and pears. East and west facing slopes have intermediate effects.

During drought years, be sure new plantings are located near a water source. If drought conditions are severe, consider waiting to plant your orchard in

future years after dry conditions have passed.

If site and environmental conditions are not ideal for establishing and growing fruits, plants will be stressed resulting in greater susceptibility to pest and disease problems. Additionally, fruit quality will likely be poor when plants begin producing.

Plant Selection

Which is better—standard, semi-dwarf, or dwarf sized trees? In most cases, semi-dwarf or dwarf trees are easiest for the home orchardist to maintain and harvest. Dwarf trees range in height from 5–10 feet tall, semi-dwarf trees from 8–15 feet tall, and standard trees mature at about 20 feet tall. A new type of plant is the ultra-dwarf, which tops out at 3–4 feet tall.

Most fruit trees are grafted, and the rootstock used will determine the tree’s ultimate height. The rootstock can also affect disease resistance or susceptibility; tolerance to winter cold, drought, and wet soil; earliness or lateness of fruit bearing; and vigor of the tree’s root system.

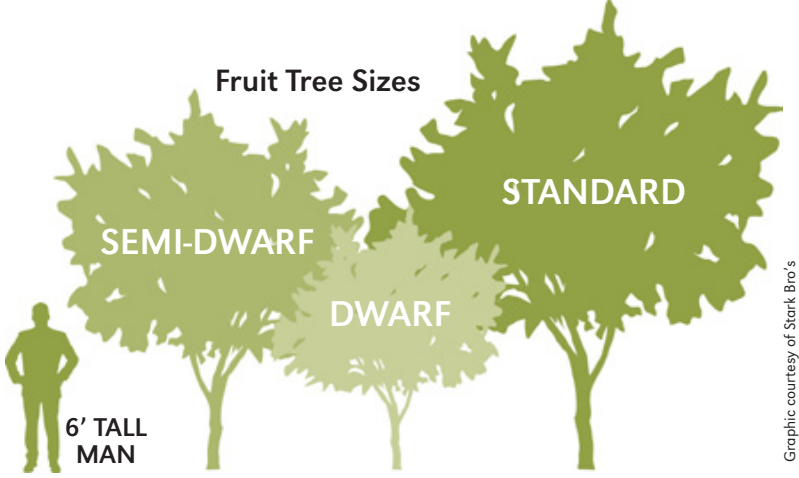
Semi-dwarf, dwarf, and ultra-dwarf trees may require staking for additional support, due to heavy fruit loads the tree may not be able to physically support.

Next, select fruits cultivars that are disease resistant. The term “cultivar” is a contraction of the words “cultivated variety,” and refers to any type of plant that was created through human manipulation. Almost all plants grown in home orchards are cultivars, not naturally occurring plant species. Make sure your plant selections are hardy in Lancaster County’s Zone 5.

For more information on selecting fruits, refer to the following publications:

- “Fruit Production,” University of Missouri Extension, <http://extension.missouri.edu/p/MG6>.
- “Fruit Cultivars for Home Planting,” University of Missouri Extension, <http://extension.missouri.edu/p/G6005>
- “Apple Cultivars and Their Uses,” University of Missouri Extension, <http://extension.missouri.edu/p/G6022>

Does your fruit require



Graphic courtesy of Stark Bro's

a pollinator? Generally speaking, fruit trees which are self-incompatible (requiring a separate pollinator) include most apples, sweet cherries, pears, and plums. Tree fruits which are self-fruitful include tart cherries and most peaches, apricots, and nectarines. However, having a second pollinator tree in place, even with self-fruitful trees, can increase overall pollination and maximize yield.

For more information, refer to “Pollinating Fruit Crops,” University of Missouri Extension, <http://extension.missouri.edu/p/G6001>.

Purchasing Plants

Large is not always better; a tree 3–4 feet in height is much easier to establish than a taller tree. Furthermore, most fruit trees should be cut back to a 2–3 foot height when planted to begin the development of lower scaffold branches, and the new growth trained. Planting a smaller tree also reduces stress on the root system during the establishment years, allowing the tree to become better established more quickly.

When purchasing plants, buy from a reputable supplier with high quality plants, and make sure all plants are disease and insect free. Mail order plants should be inspected when they arrive to make sure the roots have not been allowed to become dry.

Caring for New Plantings

Regular maintenance of your fruit plantings is required to keep them growing vigorously and keep pests at bay. Here is a short list of the tasks required by the home orchard. Before planting,

consider how much time you want to spend maintaining your home orchard.

- Maintain a grass and weed-free area around each plant. Plants should be mulched with 3 inches of wood chips after planting. Maintain this mulch ring throughout the plant’s life, to eliminate lawn mower damage and minimize grass competition around the base of the trunk.
- Water plantings when your orchard receives less than 1 inch of rain per week during the growing season. Apply water deeply, moistening the top 18–24 inches of the soil, approximately twice a month, but the amount of water plants need and the frequency of applications will vary based on weather conditions. Consider installing a drip irrigation system with each new planting to make watering easier.



Sarah Browning, UNL Extension in Lancaster County

This dwarf tree that has been staked for additional support.

- Fruit trees need to be properly trained and annually pruned so that sunlight can penetrate through the tree. Pruning should also be done to remove

damaged and diseased wood and to stimulate new growth.

- Inspect trees for developing insect and disease problems, and control as necessary. Removing all mummified fruits that remain in the tree following harvest will help to reduce disease pressure the following year.
- Fertilize to maintain proper tree growth. The goal of fertilization is to produce adequate tree growth to support a quality fruit crop, not to produce excessive tree growth.

Disease and Insect Control

Disease and insect pests are one of the main obstacles in growing home fruits. The extent of disease or insect injury varies greatly from year to year depending primarily on environmental conditions, and cultivar pest resistance. In some years it may be possible to grow acceptable fruit without the use of pesticides, but in most years a few well-timed insecticide and fungicide sprays are needed.

Conditions favoring disease development or insect occurrence varies for each particular disease or insect. However, in general, warm, rainy, or damp conditions are very conducive for the development of tree fruit diseases.

Even under exactly the same site and environmental conditions, certain fruits are more likely to have problems than are others. Stone fruits (nectarine, peach, cherry, and plum) generally require more care than pome fruits (apple and pear). A spectrum of tree fruits, from those requiring the most care, to those requiring the least, is nectarine, peach, cherry, plum, apple, and pear.

There are specific times of the year when each pest can most easily be controlled. Plan to apply fungicide and/or insecticide at the right time of year for each pest that is a problem in your planting.

For more information on common pests of the home orchard, refer to “Fruit Spray Schedules for the Homeowner,” University of Missouri Extension, <http://extension.missouri.edu/publications/DisplayPub.aspx?P=G6010>.

Commercial Pesticide Applicator Training

Commercial/noncommercial applicators are professionals who apply **restricted-use** pesticides for hire or compensation, on property that is not owned or rented by themselves or their employer. **Anyone** who applies pesticides to the property of another person, either **restricted or general use** products, for control of pests in lawns, landscapes, buildings, or homes must also have a commercial pesticide applicators license. Public employees (those employed by a town, county, state) applying mosquito control pesticides whether restricted or general use, must also hold a commercial or noncommercial certification.

The Nebraska Department of

Agriculture (NDA) is responsible for the certification and licensing of pesticide applicators in Nebraska. A commercial/non-commercial license is good for three years.

Initial and Recertification

To become licensed as a new commercial/noncommercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category, then each chooses one or more additional categories for testing.

Once licensed in a category, professionals can maintain their commercial certification by attending a re-certification

training session or by passing a written examination, with a few exceptions as explained below.

University of Nebraska–Lincoln Extension offers training to prepare those seeking a pesticide applicators license for the first time, and recertification for those needing to keep their license active. The program cost for both initial and recertifying participants who register online is \$60/person; for those registering by mail, fax, or at the door, the cost is \$70/person.

In 2013, the UNL Extension in Lancaster County will offer training and testing in the following categories:

- general standards (00)
- agricultural pest control – plants (01)

(initial only)

- ornamental and turf pest control (04)
- right-of-way pest control (07)
- structural/health related pest control (08)
- wood destroying organisms (08w)
- public health pest control (09)
- wood preservation (10)
- fumigation (11)
- wildlife damage control (14)

Note: Due to time and space limitations, training will not be offered in all the categories on every day of training. Check the schedule listing when each category training will be offered.

see TRAINING on next page

Caution Urged When Using Anhydrous Ammonia

Tom Dorn
UNL Extension Educator



Anhydrous ammonia is so familiar, it's easy for agricultural producers to take it for granted, but anhydrous ammonia should always be handled with utmost caution.

Anhydrous means "without water." Anhydrous ammonia NH₃ is a gas at normal atmospheric pressures but is pressurized to a liquid for more efficient transport. Anhydrous ammonia has a tremendous affinity for water and will draw water out of any substance it comes in contact with. When depressurized, the anhydrous flashes into a gas. When gaseous anhydrous is injected into the soil, it immediately combines with water that is present in the injection zone and becomes ammonium NH₄₊ which, because of its positive electrical charge, is held on the negatively charged clay and organic matter particles in the soil.

It is the tremendous affinity for water that makes anhydrous dangerous to handle. Just as anhydrous ammonia draws water out of the soil, it will also draw water out of human tissue. Skin and eyes exposed to anhydrous ammonia will appear to be burned due to the extreme drying effect resulting from anhydrous drawing the water out of the cells. While skin will heal, anhydrous in the eyes can quickly cause blindness. Fumes breathed into the lungs can burn tissue and may result in suffocation. But, handled with caution, anhydrous ammonia is an effective and inexpensive plant nutrient, which makes it the most popular nitrogen source used in agriculture.

As expected, anhydrous safety involves careful handling

of hoses and equipment to prevent unwanted escape into the air. Always work upwind of machinery, hoses, valves, couplers, and applicator tubes. Don't step in front of fittings or valves. Handlers must also prevent any accidental contact by wearing protective clothing and equipment. Wear insulated gloves that are made especially for protection against anhydrous ammonia. When connecting or disconnecting hoses or filling anhydrous tanks, protect eyes with non-vented goggles and wear a respirator equipped with filters made specifically for protection against anhydrous ammonia fumes.

- Other safety tips:
- Never fill an anhydrous tank more than 85 percent full of liquid. This reserves room for expansion should the tank warm up after filling. Overfilling the tank can result in dangerous pressure build up, resulting in activation of the pressure relief valve and release of anhydrous to the atmosphere.
 - Keep a lot of water available. All anhydrous tanks should have a five-gallon water reservoir in or on them. Fill or replace the water daily. Keep a squirt bottle in the tractor cab. By dosing tissues in contact with anhydrous with an external water source, one can greatly reduce the drying/burning effect. People who work with very large amounts of anhydrous ammonia, such

as people who fill nurse tanks at a central location have large tubs of water (horse tanks) available so they can literally dive into the tank if exposed to anhydrous.

- Every field applicator and nurse tank should be equipped with an emergency breakaway valve. Keep hoses level when connecting and disconnecting so liquid anhydrous won't collect in low spots. Any anhydrous left in the hoses could shoot out under pressure onto the person disconnecting the equipment.
- Other hints for safe use of anhydrous ammonia include:
 - ✓ Inspect all tanks before moving them.
 - ✓ Don't travel faster than 20 miles per hour (mph) as anhydrous tank tires are only rated for 25 mph.
 - ✓ Always use a safety chain when transporting a tank and make sure all hitch pins have keys.
 - ✓ Don't haul more than one tank at a time.
 - ✓ Don't de-activate the excess flow valve and be sure it has been tested recently.
 - ✓ Use only metal snap couplers.
 - ✓ Handle hoses gently.
 - ✓ Don't be caught without safety equipment in case of emergency. Keep backup safety goggles, gloves, clean flushing water and a cartridge respirator in the tractor cab.

General Advice When Renting Out On-Farm Grain Storage

Tom Dorn
UNL Extension Educator

I get several inquiries each year from people who own grain drying and storage bins and want to know what to charge for rent.

There is no standard price for renting grain facilities. The rental price is like setting the price of rent on a house. It depends on the location, the features, the local market supply, and demand.

Bin rent on the farm would be loosely tied to storage charges at local commercial elevators. Commercial elevators charge a monthly storage fee per bushel of grain they are holding for the client. There is also a handling fee to cover the cost of handling and wear on their equipment and overhead.

On-farm grain storage operates under different rules than commercial elevators. A commercial elevator must have a warehousing permit so it can commingle grain from many owners in a bin or silo, whereas a bin owner cannot commingle grain from multiple owners in the same bin.

For this reason, rental agreements for on-farm grain storage usually are based on the capacity of the bin, not the actual bushels placed in the bin. It is also assumed the tenant will tie up the bin from harvest to late summer (often Aug. 1). If the tenant moves the grain earlier, then no rebate is usually given since there is little chance a second tenant will want to use the bin after the initial tenant is finished using it that year.

One way to set a rental rate could be to charge the customary in-and-out charge the tenant would have to pay if they took their grain to the commercial elevator — plus one or more month's storage charge they would have had to pay at the elevator. This can result in lower cost for the renter than

commercial storage, depending on the length of time the grain is actually kept in storage. However, the grain owner, not the bin owner, is usually responsible to manage their own grain drying and subsequent grain condition while in storage.

If the tenant will be running the aeration system to dry their grain or aerating their grain to control grain temperature, some system should be worked out so the tenant pays for the electricity used to run the aeration fans and augers. This is relatively easy if the bin (or bin site) is on its own separate meter from the remainder of the farmstead, but it is not so easy if there is not a separate meter on the bin(s).

If two or more renters rent separate bins metered by a single meter, some arrangement should be clearly understood by all parties as to how the electricity bill will be shared. This may require getting the electric supplier or electrician to measure the amperage draw when various equipment is running.

Since the fans, augers, grain spreaders, etc., depreciate with use, an additional charge may be negotiated to cover wear and tear on the fans, augers, and associated equipment. This is especially important if the tenant intends to dry multiple batches of grain as opposed to drying only one batch per season.

The easiest way to figure the equipment-use fee is to charge a set fee based on the kilowatt hours of electricity used, (for example, 5 cents per kWh). If the tenant doesn't need to run the fans very much, they won't owe as much for equipment usage, but the bin owner doesn't suffer much wear either.

Finally, I would also suggest the bin owner draw up a written leasing contract with a clause stating the tenant is solely responsible to monitor and manage their grain in storage.

Training

continued from previous page

Initial commercial certification training and testing sessions will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road, on the following dates:

- Tuesday, Feb. 5 (categories offered 00-01-04-07-09-11-14)
- Thursday, Feb. 28 (categories offered 00-01-04-07-08-08w-10)
- Thursday, April 11 (categories offered 00-04)

The general standards session will begin at 8:30 a.m. and other categories at 1 p.m. or 3 p.m.

It is highly recommended you obtain and review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may

be purchased online at <http://pested.unl.edu> (click on "Classes & Study Materials").

Commercial recertification training sessions will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road on the following dates:

- Thursday, Feb. 7 (categories offered: 00-04-05-07-08-08w-11)
- Tuesday, Feb. 26 (categories offered: 00-04-05-07-08-08w-11)
- Thursday, March 21 (categories offered: 00-04-07-08-08w-11-14)

The general standards session will begin at 9 a.m. and other categories at 1 p.m. or 3 p.m.

Note: There are no certification training sessions for Agricultural Pest Control - Plant (recertification), Agricultural Pest Control - Animal, Fumigation of Soil, Forest Pest Control, Sewer Root Control with Metam Sodium, Seed Treatment, Aerial

Pest Control, Regulatory Pest Control (subcategory), and Demonstration/Research Pest Control (subcategory). There are self-study materials which will prepare the applicator to take the examinations in these categories. The only way to certify or recertify in these categories is to pass a written examination.

For statewide training locations, dates, and categories, go to <http://pested.unl.edu>. For more information about the trainings in Lancaster County, call 402-441-7180.

NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the NDA for \$90 for the license fee. When NDA receives the fee, the license will be issued.

For more information about pesticide licensing, go to www.agr.ne.gov/pesticide.

Don't Hold Corn With Mycotoxins Past February

Tom Dorn
UNL Extension Educator

Reminder 1. If there was any level of mycotoxin producing molds in the grain in the fall, I would recommend not holding the 2012 dryland corn past Feb. 1, as the fungus organisms that caused stalk rot last fall could produce active mold growth when the grain is warmer than 40°F.

Reminder 2. When the bin is empty, thoroughly clean out all grain and grain dust

from bins and harvest equipment. If following moldy grain, spray disinfectant on all inside surfaces in the empty bin to kill mold spores.

Use 1 gallon of 5.25 percent household laundry bleach to 20 gallons water. Then rinse the bleach off with water a few days later to ensure the bleach does not cause corrosion on the galvanized metal.

Chlorine fumes are dangerous. You will need a lot of ventilation while working in the bin. NEVER mix bleach with ammonia or vinegar!



Alice Henneman, MS, RD, UNL Extension Educator

BBQ Chicken and Cheddar Foil Packet Dinner

(Prep time: 15 minutes • Cook time: 37 minutes)
(Makes 4 servings)

- 3 tablespoons barbecue sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1-1/2 cups shredded reduced-fat Cheddar cheese



Preheat oven to 375°F.

Place a foil sheet, approximately 12 x 12 inches, on a work surface. Spoon about 1 teaspoon of the barbecue sauce in the center of the foil sheet. Place one chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken. Top with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.

Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets.

Place packets on a baking sheet and bake for 35 minutes. Open foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates, if desired.

Source: National Dairy Council. Recipe created by 3-Every-Day™ of Dairy. For more dairy recipes, visit www.nationaldairycouncil.org.

Nutritional Information Per Serving: Calories: 290; Total Fat: 4.5 g; Saturated Fat: 2.5 g; Cholesterol: 75 mg; Sodium: 630 mg; Calcium: 20% Daily Value; Protein: 38 g (10 grams from dairy); Carbohydrates: 21 g; Dietary Fiber: 2 g

Six Tips for Staying Active During the Winter Months

Alice Henneman, MS, RD
UNL Extension Educator

Like the song, “Baby, Its Cold Outside,” many of us are singing a similar tune when it comes to staying active over the winter months. A winter walk or a drive to a fitness facility may not beckon very strongly.

Before you hibernate for the winter, check out these six tips for staying active when it’s cold.

It’s a “shoe-in.” As much as you can, wear comfortable walking shoes so you can get moving whenever there’s an opportunity. Pop a casserole in the oven and head out the door for a walk while it’s baking or simply walk up and down the stairs several times. Walk the mall before you shop the mall.

Take the stairs. “In one minute, a 150 pound person burns approximately 10 calories walking upstairs and only 1.5 calories riding an elevator,” according to the Centers for Disease Control and Prevention. Remember this quote by Joan Welsch and take the stairs, “A man’s health can be judged by which he takes two at a time – pills or stairs.”

Try some tempting tunes. If you like to work out to music, “gift” yourself with some new tunes to get motivated. For example, searching for “workout music” in the iTunes store yielded several downloadable albums. Or, you could put together your own playlist. A similar search in the “MP3 Music” category on Amazon.com also found several tunes. Check your favorite music source site for possible motivation.

Clean your house. Set aside several hours one day and REALLY clean your house. Bending, squatting, running up and down stairs, standing while



folding and putting away laundry, etc. all burn calories. Get work-outs the old-fashioned way ... by “working” out!

Find trails and tracks before you travel. If you decide to visit a warmer climate during the winter months, check the USA Track & Field website at www.usatf.org/routes for routes for walking or running in your destination city. Check with your host or hotel as to their safety before you take off. The hotel or your host may have additional suggestions. My husband and I discovered a path around a nearby hotel on an upcoming trip that was perfect for us through a search at this site.

Wear “winter” clothing when working out outside. “There is no bad weather, only bad clothing,” according to a saying generally attributed to Scandinavian origin. Dress warmly, and enjoy a winter wonderland. A few tips for dressing for cold, winter weather:

- Dress in layers. Keeping dry helps you stay warm in winter. Wear a “wicking” layer next to your skin to transport perspiration away from your body. Clothing with this property goes by various names and usually promotes this feature on their tag. Your next layer is for insulation and helps you retain warmth by trapping heat. It is usually a type of fleece or wool. The third layer is a shell or outer

layer that protects you from wind, rain, and snow. It usually allows some perspiration to escape. Make sure it fits over the other two layers. The beauty of layers is if it gets too hot, you can always remove a layer.

- Keep your hands warm. Mittens are warmer than gloves; however they are less flexible. Look for gloves and mittens

that provide warmth, yet also protect you from wind, rain, and snow, plus ideally also are breathable. Another possibility is to buy thin wicking “liner” gloves to wear under your mittens. If you need more dexterity, you can briefly remove your outer mitten while you tie a shoe lace, etc., and then put your mitten back on. A third possibility is a glove/mitten combo. They feature a full or fingerless glove under a flip back mitten top. For extra warmth, some people buy the fingerless glove/mitten combo and then wear liner gloves under them; check if this fit is comfortable for you before buying them.

- Cover your face when it’s really cold with a face mask or balaclava. They may cover your whole head and neck with only your eyes peeking out or just your neck, mouth, and nose. They are usually made of fabrics that offer both wind-stopper protection as well as warmth.
- Wear a hat. As with the rest of your body, look for hats that are warm and moisture-wicking. The hat should be loose enough to be comfortable, yet tight enough to stay in place. Look for a hat that fully covers your ears.
- Prevent cold feet. Choose thick socks that are made of wicking material. Avoid cotton socks. Be sure to try the socks on with the shoes you plan to wear.

\$tretch Your Food Dollar With Planned-Overs



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

Kristen Houska
Extension Assistant

During the week do you ever think, “What am I going to cook for supper?” If you do, you are not alone. Many people want to have a meal that is quick, tastes great, is healthy, and inexpensive to make. Most of the time this is easier said than done. These mealtime goals can be accomplished by following these steps:

- plan out your weekly menu

- of meals,
- include at least one recipe that makes enough food for a planned-over meal,
- write a grocery list of the foods needed to make your meals,
- compare grocery store ads to see if any of your foods are on sale, and
- once you get home, prep all your produce so it is ready to go for your week of cooking.

Planned-over meals are a great time saver and an easy way to prepare healthy meals for you and your family. A planned-over meal is when one meal is cooked and has enough leftovers to make a different dish for another meal. You can prepare the planned-over meal right away to use the next day or freeze it for another time when you know you won’t be able to cook. All you would

need to do is pull it out of the freezer and reheat it.

Here is a great healthy

recipe that can be turned into a planned-over meal. Make the whole meal and only eat half.

This way you will have the other half to use in your planned-over meal.

Barbecued Pork Sandwich (12 servings)

- 2 pounds pork roast, boneless
- 1 onion, chopped
- 1 tablespoon chili powder
- 1-1/2 teaspoons dry mustard
- 1 tablespoon brown sugar
- 1/2 cup water
- 1 cup ketchup
- 2 tablespoons vinegar
- Whole wheat hamburger buns

Cut pork into thin strips. In a large saucepan, combine pork, onion, chili powder, dry mustard, brown sugar, water, ketchup, and vinegar. Cover and simmer for 2 hours or until meat falls apart easily. Skim fat from the top of meat mixture. Remove meat with a slotted spoon or fork. Shred meat using two forks and return to pan. Heat through. Serve on hamburger buns.

PLANNED-OVER MEAL

Barbecued Pork Over Brown Rice (Serves 6)

- Leftover barbecued pork roast (recipe at left)
- 1 bag frozen broccoli
- 3 cups brown rice, cooked

Cook brown rice according to boxed directions. Prepare frozen broccoli according to package directions. Heat leftover barbecued pork roast. Mix broccoli and barbecued pork roast together and serve over cooked brown rice.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

Happy Valentines Day! A day for red roses and heart shaped boxes of chocolate candy. When my kids were home, we always made red



Jell-O in heart molds and cut out heart cookies and decorated them. They would give them to their friends. It was great fun.
On Monday, Feb. 18, we celebrate Presidents Day. There are



some very good books to read about Washington and Lincoln. Winter is a good time to curl up in a blanket, read a good book, and eat popcorn.
Enjoy!
"You may never know when you are making a memory."

FCE News & Events

Council Meeting, Jan. 28

The January FCE Council meeting will be held January 28, 12:30 p.m. at the Lancaster Extension Education Center. The business meeting and installation of officers will follow a soup luncheon. Call Pam at 402-441-7180 to register so we can plan accordingly.

2013 Leader Training Lessons

These FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants.

All trainings will be presented Wednesdays at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Non-FCE groups and club members should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.

Jan. 30 – "How Our Shopping Habits Help Predict the Future of Our Community" presented by Extension Educator Lorene

Bartos. This lesson will help participants discover how your shopping habits can help predict the future of your community. Knowing the effects of taking your shopping dollar outside the community will help you gain understanding of the importance of shopping locally whenever possible.

Feb. 27 – "Quick and Healthy One Dish Meals" presented by Extension Educator Alice Henneman. Tips and recipes for making quick, delicious, and nutritious one dish meals will be shared. One dish meals offer several advantages:

- your entire meal often can easily be made in advance,
- once it is assembled, you have only one cooking process to monitor,
- clean-up can be simpler, and
- they are a delicious way to use leftovers and "planned" -overs.

March 27 – "Option A or Option B: The Steps to Making Good Decisions" presented by Extension Educator Lorene Bartos. All of us make numerous decisions everyday. Knowing how to make good decisions takes time and practice. In this community lesson you

will learn about the decision-making process and how to effectively use the decision-making process in your life.

April 17 – "Passing on Family Memories" (note date change, and time will be 1:30 p.m.) presented by Extension Educator Lorene Bartos. Participants will understand the value of reminiscence and learn ways to engage in planning personal efforts to pass on family memories.

Sept. 25 – "Home Modifications for Aging in Place" presented by Extension Educator Lorene Bartos. As we grow older, most of us want to stay in our homes as long as possible. We realize the home we live in may no longer meet our physical needs, yet we are in no hurry to leave it. This lesson explores both small and larger home modifications we can do easily and cost effectively, and will allow us to continue to live in our own homes longer. In addition to home modification, we will also explore home devices that can be useful to this challenge. These modifications and devices can help us age in place mentally, physically, and financially.



Lorene Bartos, UNL Extension Educator

Sponges Used for Cleaning Can be Sanitized

One way is to soak the sponge for five minutes in a solution of one quart water to three tablespoons of chlorine bleach. Let the sponge air-dry. Replace your sponges every two to eight weeks, depending on how frequently and roughly they're used. Using the microwave to sanitize sponges can be risky. Unless the sponge is soaking wet, there is the possibility of starting a fire. In addition, the size of the sponge and the amount of power in the microwave are variables that influence how long you would need to zap it to kill germs. Use paper towels or rags instead of sponges to mop up food spills.

Safe Laundry Detergent Practices

Most people know the importance of keeping toxic household products out of children's reach. But I'll bet many of us don't count laundry detergents among them.

We should, the American Cleaning Institute says. More than 8,000 incidents involving laundry products are reported to poison control centers each year.

The introduction of single-load packets of laundry detergent have brought the issue to the forefront. Poison control centers have been reporting poisonings from the new packets, which are often brightly colored and resemble candy.

Recommendations

The institute, which represents members of the cleaning products industry, recommended the following:

- Read product labels and follow directions. Pay close attention to information containing words such as "caution," "warning," "danger," or "poison."
- Keep products out of children's reach, or better yet, out of their sight. If possible, store them in a cabinet secured with a child lock.
- Keep laundry products in their original containers, including the labels. Labels contain information that's important if you have to call a poison control center.
- Don't use empty detergent containers to store other materials, especially child-related items.
- Make a conscious effort to do your laundry without distractions.
- Try to keep little ones out of the laundry room while you're working, and don't let them help. They might imitate you when you're not watching.
- Clean spills immediately.
- Don't keep pets in the laundry room. Products can be toxic to them, too.
- When you're done using a laundry product, wash your

hands and all items used to dispense or measure the product.

- Handle single-load detergent packets with dry hands. Moisture can cause the coating to dissolve.
- Don't cut or tear single-load packets.
- If two packets stick together, put them both in the wash or throw them away.
- Call the manufacturer to report problems with a product.

Dispose of Products Properly

- To protect children, pets, and garbage handlers, remember to rinse and re-cap the bottle before throwing away or recycling.
- Never use empty detergent containers for storage of any other materials, especially for anything intended for human consumption.
- Teach young children laundry products and their containers are not toys.

Know What to Do

- Laundry product labels contain first aid information and are a valuable resource for consumers.
- Familiarize yourself with product labels and know where the safety information is located on the label. Know what to do before unintended exposure happens.

POISON Help
1-800-222-1222

- Keep the Poison Control Center phone number (1-800-222-1222) available at all times.

Source: American Cleaning Institute

First Lady's Community Service Awards

ServeNebraska is accepting nominations to honor individuals and organizations throughout Nebraska with the annual First Lady's Outstanding Community Service Awards. The nomination deadline for these awards is Feb. 15.

The Community Service Awards honor adult, youth, and group nominees in a variety of categories, including volunteering. Details, including award categories and nomination form, are available online at www.serve.nebraska.gov or by contacting Kimberle Hall at 402-471-6228.

The awards will be presented at a special luncheon on April 12 in Kearney.



Child Care
Through
All Kinds of
Weather

A conference for those
who provide child care.

Saturday, April 6

8 a.m.–3:30 p.m.

**Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, NE**

Cost is \$15 (includes lunch from Brown Baggers/refreshments)

Pre-registration is due March 22

For more information, call 402-441-7180
or go to <http://lanaster.unl.edu/family>

In-service hours will be given for this conference.

Gardening
at Lunch
Webinars

Learn about various aspects of gardening from UNL Extension experts. Join us for an exciting “Gardening at Lunch” webinar series, right from your desk at work or home. During each program you can listen and interact with the speakers. You will need a computer with Internet access and sound to participate.

Cost is \$10 per program. Must pre-register for each program at <http://marketplace.unl.edu/extension>. Webinars are held Wednesdays, 12:05–12:55 p.m. For more information, call 402-727-2775.

- **Feb. 6: Pruning** — Learn the basics of proper pruning techniques.
- **Feb. 20: Tree Hazard Awareness** — Learn what to look for in recognizing tree hazards
- **March 6: Get Ready for Spring Vegetable Gardening** — Learn ideal planting time of vegetables. Also get tips on growing strong, healthy transplants at home.
- **April 3: Plant Diseases** — Learn how to identify plant diseases, and how to treat them.
- **May 1: Outdoor Insects** — Learn how to identify the good insects from the bad!

2013 “Great Plants” Selections

The “Great Plants” program is a joint effort of the Nebraska Nursery & Landscape Association and the Nebraska Statewide Arboretum. They select and promote exceptional plants that are reliably hardy, easy to care for, and ornamentally worthwhile for “Plants of the Year” and for “Great Plants” Releases and Introductions.

2013 Tree of the Year



Fall color

Quercus ellipsoidalis, Hill’s oak or Northern pin oak. This tree is native to the Great Lakes region. It has outstanding bright red fall color and is tolerant of high pH soils. This tree grows 60–70 feet tall with a narrow spread.



Images courtesy Nebraska Statewide Arboretum

2013 Shrub of the Year



Viburnum trilobum ‘Red Wing’, American cranberry bush viburnum. This shrub has four strong seasons of interest. It has large, lacy white flowers in spring against red-blushed new foliage, maple-shaped leaves, summer berries, brilliant fall color with fruit lasting through the winter and providing food for birds. It grows 10–12 feet in height with a spread of 8–10 feet.

2013 Perennial of the Year



Filipendula rubra, Queen-of-the-prairie. Beautiful, lacy pink flower heads similar to Queen Anne’s lace and has large, maple-shaped leaves. This plant is native to North America and blooms through the summer. It grows 3–6 feet tall and needs moist soil. It attractive to bees, butterflies, and birds.

2013 Grass of the Year



Schizachyrium scoparium, ‘Blue Heaven’, little bluestem. A new selection of little bluestem selected by the University of Minnesota for its upright habit and beautiful, blue-grey foliage that turns purple-red in late fall. This grass is 40–48 inches tall.

Source: Nebraska Statewide Arboretum



Fall color



Garden Guide
THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Do not start your vegetable transplants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growth species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

Check stored bulbs, tubers and corms. Discard any that are soft or diseased.

This year plan to grow at least one new vegetable that you have never grown before; it may be better than what you are already growing. The new dwarf varieties on the market which use less space while producing more food per square foot may be just what you are looking for.

Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.

Prune fruit trees and grapes in late February or early March after the worst of the winter cold is passed but before spring growth begins.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.

Branches of forsythia, pussy willow, quince, spirea, and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should bloom in about three weeks.

Send off seed orders early this month to take advantage of seasonal discounts. Some companies offer bonus seeds of new varieties to early buyers.

Late February is a good time to air-layer such house plants as dracaena, dieffenbachia and rubber plant, especially if they have grown too tall and leggy.

Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are phlox, daisies, coreopsis, asters and lilies.

Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture, and humidity must be favorable to provide good growth.

Repair and paint window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

Plants that Add Interest or Color to Winter Landscape

Landscapes tend to be dark and gray this time of year, but careful planning can result in subsequent winter gardens being more colorful and interesting. The key is selection of plant material and use of good design. Choose the vantage point from which the garden will be most commonly enjoyed. Select planting sites that are easily seen from this area.

Green is the easiest color to add to a winter landscape with the use of evergreens like **white spruce**, **Douglas-fir**, or **Japanese yew**. Of course, parts of the plants other than foliage can be colorful or interesting. Even trees with horizontal branching patterns are interesting if there is snow adding white to the bark color.

Some plants that should be considered for winter landscapes include:

Red Osier Dogwood (*Cornus stolonifera*) — The young stems of this plant are bright red during the winter months and become more intensely colored toward spring. Older stems are often pruned out during the spring to encourage more of the young, more brightly colored twigs.

Yellow Twig Dogwood (*Cornus stolonifera* ‘*Flaviramea*’) — This shrub looks much like Red Osier Dogwood except the twigs are bright yellow rather than red.

Richard Webb, Self-employed horticulturist, Bugwood.org



Red Osier Dogwood (left) and Yellow Twig Dogwood (right)

James H. Miller, USDA Forest Service, Bugwood.org



Winged Euonymus

Winged Euonymus or **Burning Bush** (*Euonymus alatus*) — This is the shrub that attracts so much attention in the fall because of the flaming red coloration of the fall foliage. However, the stems are also ornamental in the winter due to their winged characteristics which tend to catch and hold snow.

Paul Wray, Iowa State University, Bugwood.org



River Birch bark

River Birch (*Betula nigra*) — This tree has very interesting bark. The flaky bark is reddish-brown to peach color and contrasts nicely with snow.

Source: Ward Upham, Kansas State Extension

Biology of Native Bee Pollinators

Barb Ogg
UNL Extension Educator

In the United States about 4,000 species of native bee pollinators have been identified. Because most of these bees do not live in a hive or colony, they are often overlooked. These bees collect pollen from flowering plants to feed their offspring and, in doing so, pollinate the plants they visit. They are more important pollinators today than ever before.

Native bees range vary in size from about 1/8- to more than 1-inch long. Coloration varies from dark brown or black to metallic green or blue; they may have stripes of red, white, orange, or yellow. Their names may reflect their nest building behaviors: plasterer bees, leaf-cutter bees, mason bees, digger bees, and carpenter bees.



Leaf-cutter bees cut circles in plant leaves which are used to form nest cells.



Cuckoo bees lay eggs in the nests of other bee species.

Other bees are named after particular traits, such as cuckoo bees that lay eggs in the nests of other bee species (like the cuckoo bird), sweat bees that like

to drink salty perspiration, or bumble bees, who got their name from the loud humming noise they make while flying.

Lifestyles

Bees can be divided into two groups by their lifestyles: solitary or social. The stereotypical image of a bee is one living in a hive, but only a few species of bees are social. Social bees share a nest and divide the work of building the nest, caring for the offspring, and foraging for pollen and nectar. The primary social bees are the honey bee (not native to the United States) and the bumble bees (about 45 species in the United States).

In contrast, most native pollinating bees are solitary nesting bees. Each female creates and provisions her own nest, without cooperation with other bees. Although they may nest together in large numbers, the bees are only sharing a good nesting site.

Solitary bees are either stingless or very unlikely to sting (only in self-defense, if ever).

Life Cycles

Solitary bees. The life cycle of a solitary bee consists of four stages: egg, larva, pupa, and adult. Adult bees build a brood cell, then collect pollen and form a pollen ball. They lay an egg on the pollen ball and seal the cell off. The egg, which resembles a tiny white sausage, incubates for 1–3 weeks, then hatches into a white, soft-bodied, grub-like larva. The larva feeds on the pollen ball left in the cell by the mother bee. After feeding and growing quickly, the larva changes into a pupa. Within the pupal stage — which may take many months — the larva transforms into its bee adult form. When adult bees emerge, they're ready to feed, mate, and continue the cycle.

About 30 percent of native bee species are wood-nesters. These species use the soft pithy centers of twigs or reeds, or holes



About 30 percent of native bee species are wood-nesters, such as small carpenter bees (pictured).



Cross-section of a plant stalk reveals small carpenter bee larvae in small chambers called brood cells.

in wood tunneled by wood-boring beetles. Some carpenter bee species create tunnels in sound wood, but other bees tunnel into soft, above-ground rotting logs and stumps.

The other 70 percent of native bees nest underground. These bees tunnel into the soil and create small chambers — brood cells — under the surface.

Social bees. Bumble bees are important pollinators and are the only native bees which are truly social. They live in colonies, share the work, and have overlapping generations throughout the spring, summer, and fall. However, unlike the non-native honey bee — which survives through the winter — the



About 70 percent of native bee species nest underground, such as *Halictus rubicundus*, a species of sweat bee (pictured).

bumble bee colony is seasonal. At the end of the summer, only the fertilized queens survive to hibernate through the winter. In the spring, she does not use the nest she grew up in, but searches for a new nest.

Bumble bees usually nest in the soil — an abandoned rodent burrow is a favorite location. The queen creates the first few brood cells out of wax she produces, provisions these cells with pollen and nectar, and lays eggs.



Bumble bees are the only native bees which are social.

Bumble bees differ from solitary bees when feeding their larvae. They provide food gradually, adding it to the brood cells as the larvae need it — called progressive provisioning — rather than leaving all the food in the cell before laying the egg. In addition, bumble bees make a small amount of honey, just enough to feed the colony for a few days during bad weather.

It takes about a month for the queen to raise the first brood. When they emerge, these bees become workers — foraging and tending the growing number of brood cells. The queen will continue to lay eggs,

so the colony will grow steadily through the summer. At the end of summer, new queens and drones will emerge and mate. As temperatures drop, the old bees, including the old queen, will die, leaving only the new, mated queens to overwinter.

Habitat

Pollinators require two essential components in their habitat: somewhere to nest and flowers from which to gather nectar and pollen. Native plants are the best source of food for pollinators, because plants and their pollinators have co-evolved, but many varieties of garden plants are also good for these important insects.

The Xerces Society is a nonprofit organization that protects wildlife through the conservation of invertebrates and their habitat. For more info about native pollinators in Nebraska, check out www.xerces.org/pollinators-north-central-region.

Source: The Xerces Society, www.xerces.org

Learn how to attract pollinators to your landscape on page 1.

What Are Snow Fleas?

Barb Ogg
UNL Extension Educator

Recently, someone brought snow fleas to the Extension office for identification. Most folks have never seen snow fleas or even heard of them. As their name suggests, snow fleas are tiny arthropods that are active outdoors during the wintertime. If you are outside on a sunny winter day take a close look at the snow, especially where it has melted a bit around the base of trees or near the house foundation.

Snow fleas are tiny, (1/32–1/16-inch) and it will look like someone spilled pepper on the top of the snow. If you look even more closely, you may see them moving. Folks may also

find them on sidewalks and concrete near their home, but they are easier to see when their dark bodies contrast with white snow.

Snow fleas produce a unique antifreeze-like compound in their body that allows them to be active when other arthropods are dormant. A researcher at the University of Wisconsin is studying an edible antifreeze made from gelatin, which is very similar chemically to the one found in snow fleas. This compound may eventually be used to keep ice crystals from forming in ice cream.

Snow fleas are a species of dark blue springtail *Hypogastrura nivicola*. Springtails have six legs, like insects, but entomologists separate them from true insects because they have internal



Magnified view of snow fleas, *Hypogastrura nivicola*.

mouthparts and other structural differences. Springtails are ancient organisms — fossils have been found and dated to be 400 million years old.

Despite its name, the snow flea is not a flea, and it does not bite or feed on animals. Springtails live in damp areas of the soil, or under leaf litter,

where they feed on fungi, algae, and decaying organic matter. They do not have wings, but use a tail-like apparatus to jump (hence, the name springtail). Most springtail species are not active in the winter. They are extremely common in the soil. It is difficult to calculate numbers, but there can be thousands to millions of springtails in a cubic meter of soil. Some species are pests of commercial mushroom production.

After a lengthy period of wet weather, springtails can occasionally come into homes through tiny cracks and crevices in the foundation. Reducing humidity will usually solve an indoor springtail problem.

Snow fleas and other springtails found outdoors generally don't need to be controlled.



Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to



4-H Achievement Night

Tuesday, Feb. 12 • 6:30 p.m.

Lancaster Extension Education Center

444 Cherrycreek Road, Lincoln

Wear your
4-H garb!

Evening Starts With a Dessert Potluck

Please bring a finger food dessert to share

4-H members, clubs, and volunteers receiving awards, scholarships, or pins will be mailed detailed information.

Part of
Nebraska 4-H
Month!

Congratulations to all 4-H youth who commit themselves to excellence!

"2012
4-H Year in
Review" video!



February

Laurie Bellinghausen

Lancaster County 4-H is proud to announce Laurie Bellinghausen as winner of February's "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has volunteered with the South Prairie Wranglers 4-H Club rabbit project for five years, and recently became rabbit project club leader. Laurie has been on the Lancaster County 4-H Rabbit Volunteers in Program Service (VIPS) Committee for three years and currently serves as vice president. She assists with the spring rabbit shows and fall rabbit clinics. Laurie also helps with the 4-H Rabbit Shows at the Lancaster County Super Fair and is a co-superintendent of the Rabbit Quiz and Rabbit Races.

Laurie was nominated by Shari Green and Cindy Zimmer. Shari says, "She is a dedicated 4-H leader, volunteering many tireless hours with the rabbit project area at the Lancaster County Fair. Laurie is always willing to take on volunteer duties others might not want to do, such as writing comments at fair, ordering food, etc." Cindy says, "Laurie is a great leader. She goes above and beyond to help kids learn about rabbits."

Laurie says, "I want to help our youth succeed with their projects and grow independently. Being a 4-H volunteer is very rewarding and fun. The friendships that have been made are priceless. My favorite experience as a 4-H volunteer has been watching the youth grow and mature into mentors themselves, helping the younger or new 4-H youth with projects, support, and friendship."

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

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



4-H Enrollment Forms Due!

Attention 4-H club leaders and independent members — your fall enrollment forms MUST be updated with member and volunteer information, and returned to the extension office in order to be enrolled for the 2013 year. Project information can be updated until June 15.



4-H/FFA Market Beef Weigh-In, Feb. 7

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair, Nebraska State Fair, and/or Ak-Sar-Ben 4-H Stock Show must identify and weigh-in their projects on Thursday, Feb. 7, 6–8 p.m. at the Lancaster Event Center - Pavilion 2.

4-H'ers planning on exhibiting market beef at State Fair or Ak-Sar-Ben must have DNA sampled. There is a \$6 per head charge. It is encouraged to have DNA pulled at the time of weigh-in. Exhibitors have until April 1 to identify, weigh, and pull DNA on any market beef that may go to State Fair or Ak-Sar-Ben.

Please note: all other market livestock possibly going to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled, with a later due date to be announced.

Pick-A-Pig 4-H Club

It's almost time for the 4-H Pick-A-Pig club to begin again. This club gives youth ages 8 and up the opportunity to participate in a livestock project. There is a small cost to participate and 4-H'ers will be required to attend weekly meetings and training sessions at a local farm. If you would like to raise a pig for four months, learn how they grow, and then show the pig at the fair, call Harry Muhlback at 402-430-7304 for more details.

4-H Crocheting Workshop, Feb. 2

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the "Basic Crocheting" workshop on Saturday, Feb. 2, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost — all supplies will be provided. Adults are welcome to attend to help 4-H'ers. Must preregister by Jan. 31 by calling 402-441-7180. If you previously attended this workshop, you are welcome to attend again. 4-H'ers may enter washcloths at the Lancaster County Super Fair under 4-H Clothing — Level 1 Crochet.

4-H'ers Invited to Show Photos to Lincoln Camera Club

The Lincoln Camera Club invites all 4-H'ers to showcase their 8" x 10" matted photographs at their next meeting on Tuesday, Feb. 19, 7 p.m. at the Eastridge Presbyterian Church, 1135 Eastridge Dr., Lincoln. Parents, leaders, and volunteers are invited to attend. 4-H'ers can bring their cameras. For more information and to RSVP, contact Angela by Feb. 15 at 308-440-1267.

4-H Pillow Sewing Workshop, Feb. 23

4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the "Pillow Party" sewing workshop on Saturday, Feb. 23, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are welcome to help.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided. Sign up by Feb. 20 by calling 402-441-7180.

4-H'ers may enter pillows at the county fair under 4-H Clothing - Sewing for Fun.

4-H Jammie Sewing Workshop, March 9

4-H youth ages 8 and up are invited to practice their basic sewing skills and make jammie bottoms at the "Jammie Jamboree" sewing workshop on Saturday, March 9, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are encouraged to attend to help 4-H'ers.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) 1 yard 1/2-inch elastic, and matching thread. Also bring a sack lunch. Sign up by March 6 by calling 402-441-7180.

4-H'ers may enter jammie bottoms at the county fair and styled in Style Revue under Clothing Level 1.



4-H Bicycle Contest Superintendent Needed

Do you enjoy riding your bike and helping youth? Here is a great opportunity to do both. A 4-H Bicycle Contest Superintendent is needed for the annual contest; this year held Saturday, June 9 starting at 9 a.m. The current superintendent will provide leadership and direction. Call Tracy at 402-441-7180.

4-H Spotlight Newsletter for Volunteers

Nebraska's "Spotlight on 4-H Newsletter" for 4-H volunteers is mailed to club organizational leaders. It is also posted online at <http://lancaster.unl.edu/4h/Spotlight.shtml>. January topics include:

- Selecting 4-H Projects
- 4-H Healthy Living Officer
- "A Space for Me!" Clover Kids Project
- Bringing Science into Club Meetings — the Scientific Method
- Farm to Table in 4-H
- Parliamentary Procedure at Club Meetings
- Entrepreneurship

Last Call: Remaining 4-H Static Exhibits

Reminder: We have several county and state 4-H static exhibits at our office. Please pick up your exhibits or they will be disposed of. Office hours are 8-4:30 p.m.

4-H Photography Themes

The 2013 4-H Photography Nebraska Theme classes are structured to encourage 4-H'ers to explore potential careers in photography.

Unit II, Nebraska photography career exhibit print — The goal of an artistic photographer is to portray a unique or interesting image through their work. Capture photos of Nebraska landscapes where creative composition is the goal.

Unit III, Nebraska photography career exhibit print — Portrait photographers specialize in individual or family portraits. Capture photos of individuals or groups of people and consider creative locations or props for your photo shoots.

Community Service Grants Due March 1

The Governor's Agricultural Excellence Awards are sponsored by the Nebraska Investment Finance Authority (NIFA) in cooperation with the Nebraska 4-H Foundation. These awards recognize 25 4-H clubs each year for the work of the individuals in the club and the community service work of the entire club. Recognition is in the form of \$500 checks issued to the club's treasury to be used as described in the award application form completed by the club.

Any club that hasn't received a Governor's Agriculture Excellence Award in 2011 or 2012 is eligible to apply. Forms are due by March 1 and the awards will be presented at UNL's East Campus on July 1. For more information, go to www.ne4hfoundation.org.

4-H Clubs Needed to Help Provide Booths at Kiwanis Carnival, April 13

The annual Kiwanis Carnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 13, 6-8 p.m. at Elliott Elementary School, 225 S. 26th St., Lincoln. The Carnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun, and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-441-7180. Come join the fun!

Spring Rabbit Show

Saturday, March 16, 9 a.m.
Registrations 7:30-8:30 a.m.

Lancaster Extension Education Center

Open to all youth 8-18



Awards will be given!
CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class, and Pee Wee Class.

REGISTRATION FEES: \$2.50 per rabbit or cavy, \$1 fur class, \$1 Showmanship.

FREE CONTESTS: Rabbit Quiz & Breed ID

All rabbits must be tattooed in the left ear (available at the show 7:30-8:30 a.m. — \$1 per rabbit). All rabbits must be in carriers with leak-proof bottoms.

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

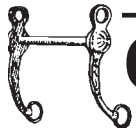
Sponsored by Lancaster County 4-H Rabbit VIPs Committee and UNL Extension in Lancaster County

Opportunity to learn and practice your showmanship!

RAFFLE FOR MANY PRIZES!
Tickets 3 for \$1 or 20 for \$5. Please bring an item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.

4-H Council Camp Scholarships

Lancaster County 4-H Council is offering two full scholarships to attend a 4-H summer camp at any of the three Nebraska 4-H Camp locations: Gretna, Halsey, and Alma. Applicants must be age 9 or older and currently enrolled in Lancaster County 4-H. Application deadline is May 1 — preference given to applications submitted by March 1. Applications are available at the extension office and at <http://go.unl.edu/hqw>.



HORSE BITS

State 4-H Horse Stampede Entries Due Feb. 6

The annual 4-H Horse Stampede will be held Saturday, March 16 at the Animal Science Building on UNL East Campus. Stampede is a State 4-H Horse Competition which does not require a horse. Contests include: Horse Bowl, Public Speaking, Demonstration, and Art Contest. Information and entry forms can be found at <http://go.unl.edu/stampede>.

Lancaster County deadline for entry forms is no later than Feb. 6 (due to the Extension office). Lancaster County 4-H Council will pay the entry fees for the contests! Stampede T-shirts will be available to participants for \$8 — you must pre-order.

Horsemanship Level Testing Dates

Now is a good time to start thinking about new horsemanship level goals! The 2013 group testings will be held at the Lancaster Event Center on the following dates:

- Tuesday, April 16, 5:30 p.m.
- Tuesday, April 30, 5:30 p.m.
- Tuesday, June 18, 5:30 p.m.
- Tuesday, June 25, 5:30 p.m.
- Tuesday, July 2, 5:30 p.m.

4-H Horse Scholarships Due March 1

One \$500 R.B. Warren 4-H Horse Educational scholarship and four \$1,000 Grand Island Saddle Club scholarships are available for 4-H'ers enrolled and active in the Nebraska 4-H Horse program. For complete directions and applications, go to <http://go.unl.edu/3o4>. Applications must be postmarked by March 1.

4-H'ers Learn, Practice Skills at Western Dressage and Roping Clinics



Lancaster County 4-H Horse VIPs Committee and the Nebraska Dressage Association co-sponsored a free western dressage clinic in November open to all youth and adults. The clinic was held at the Lancaster Event Center with clinicians Emily Johnson and Dara Liss. Approximately 75 people attended. Three follow-up clinics were held in December at Faulkland and JB Stables.



Two roping clinics for Lancaster County 4-H youth were held in November at the Lancaster Event Center, with over 20 participants at each one. Clinicians were Carl Brown, Troy Whited, Todd Teut, Richard Schmidt, Lori Jaixen, Mike Miller, and Josh White. Brian Vogler organized the clinic. Areas covered included basic concepts and objectives of roping, determining the correct rope, roping the dummy, the important role of training your horse, desensitizing your horse to the sights and sounds of the rope and cattle, positioning and working your horse in the box. At the first clinic, 4-H'ers roped a mechanical steer and calf on horseback and at the second clinic, youth also had the opportunity to rope live cattle.

EXTENSION NEWS

2013 Extension Board

Meet the Lancaster County Extension Board. Current extension board members are:

- Clancy Dempsey, President
- James Bauman, Vice President
- Ryan Mohling, Secretary/Treasurer
- Linda K. Butcher
- Wesley Daberkow
- Luann Finke
- L. Ronald Fleecs
- Cathleen Plager, 4-H Council representative
- Susan Sarver
- Patricia M. Schmidt
- Marian Storm, Family & Community Education Council representative



Outgoing extension board members Denise Farley (center) and Boshra Rida (not pictured) served three years. Also pictured are Wesley Daberkow (left) and Extension Educator Gary Bergman (right).

Lancaster County Extension board members assist extension staff in establishing and accomplishing extension program goals and objectives. They work in partnership with UNL extension on priority issues through educational programs in agriculture, horticulture, pest management, nutrition and food safety, family living, home environment, and 4-H youth development.

New Administrative Aide

Jenny DeBuhr joined the University of Nebraska–Lincoln Extension in Lancaster County staff in late November. She assumed the Administrative Aide II position from Kay Coffey, who has retired (see below).



Jenny DeBuhr

Jenny supervises seven office support staff in addition to handling payroll, personnel, budget, and financial matters. She works closely with university and county staff, as well as the Extension Board.

Jenny is originally from the Beatrice, Neb. area. She earned her Bachelor of Science degree in Geography & General Business from Northwest Missouri State University in Maryville, Mo. Jenny has lived in Lincoln since 1999. She comes to our office after nearly 12 years at the Lancaster County Assessor/Register of Deed's office.

As an avid education and 4-H supporter, Jenny is excited to be working in Extension. She is from a big 4-H family in Gage County and relishes the opportunity to become involved in Lancaster County. Jenny also loves spending time with her family, sports, photography, traveling, and gardening.

Feel free to stop by and say “hi” to our new staff member.

Coffey Retires

Kay Coffey, Administrative Aide with University of Nebraska–Lincoln Extension in Lancaster County for 12 years, has retired. She and her husband Bill, are moving to Sun City West, Ariz. Kay says, “I have learned a lot and met a lot of wonderful people at extension.”

Kay and her husband, Bill, were on the York County Extension Board in the early 1980s.



Kay Coffey received a wall hanging from UNL Extension in Lancaster County staff which was sewn by Eileen Krumbach, extension educator in York County. Kay is pictured with Lancaster County Extension Board President Wesley Daberkow.

Free Community Tax Preparation Services

The Volunteer Income Tax Assistance (VITA) program offers free tax preparation to low-to moderate-income individuals and households in Lancaster and Saunders Counties. Tax preparation includes both state and federal electronic filing.

Consider that you may be eligible for the Earned Income Tax Credit (EITC) – a refundable federal income tax credit for low-income working individuals and families. The credit reduces the amount of federal tax owed and can result in a refund check. When the EITC exceeds the amount of taxes owed, it results in a tax refund to qualified taxpayers. Income and family size determine the amount of the EITC.

EITC may mean a larger refund for you if you meet the qualifying rules:

- Earned income and adjusted gross income (AGI) must each be less than:
 - \$45,060 (\$50,270 married filing jointly) with three or more qualifying children
 - \$41,952 (\$47,162 married filing jointly) with two qualifying children
 - \$36,920 (\$42,130 married filing jointly) with one qualifying child
 - \$13,980 (\$19,190 married filing jointly) with no qualifying children
- Tax Year 2012 maximum credit:
 - \$5,891 with three or more qualifying children
 - \$5,236 with two qualifying children
 - \$3,169 with one qualifying child
 - \$475 with no qualifying children
- Investment income must be \$3,200 or less for the year.

For more information about VITA, go to www.communityactionatwork.org or call 402-471-4515 ext. 138. For more information on EITC eligibility and other tax questions, visit the IRS website at www.irs.gov or call 800-829-1040.

What to Bring to Have Your Taxes Prepared at a VITA Site

- Photo ID
- W-2's from your employer, 1099's for miscellaneous income, and W2-G's for gambling income
- 1099's for interest, dividends, unemployment, retirement, and other income
- Social Security cards or ITIN letters (for you, your spouse, your children, and other dependents)
- Copy of last year's tax return (very helpful), necessary for MyFreeTaxes self-prep
- Childcare information (provider's ID number and address & receipts for amount paid)
- Blank Check or savings account information for direct deposit
- Statements of student loan interest, mortgage interest, and property tax
- List of any other income and expenses

VITA Sites and Hours

★ indicates MyFreeTaxes self-prep computers available at this site

ANDERSON LIBRARY

3635 Touzalin Avenue
• Tuesdays, 4:30–7 p.m. (Feb. 5–Apr. 9)
• Wednesdays, 4:30–7 p.m. (Jan. 30–Apr. 10)

ASIAN COMMUNITY & CULTURAL CENTER

2635 O Street, Suite A
By appointment only, call 402-477-3446

BENNETT MARTIN LIBRARY

14 & N Streets
• Wednesdays, 1–5 p.m. (Jan. 30–Mar. 6; closed Feb. 13)

COMMUNITY ACTION PARTNERSHIP ★

210 O Street
• Mondays, 2–8 p.m. (Feb. 4–Apr. 15; closed Feb. 18)
• Tuesdays, 2–8 p.m. (Feb. 5–Apr. 9)
• Wednesdays, 1–5 p.m. (Feb. 27, Mar. 13, Apr. 3) Self-prep only
• Wednesdays, 5–9 p.m. (Feb. 6, Feb. 20) Self-prep only
• Thursdays, 2–8 p.m. (Jan. 31–Feb. 28)
• Fridays, 9 a.m.–1 p.m. (Feb. 1–Apr. 12)
• Sundays, 1–5 p.m. (Feb. 3–Apr. 14; closed Mar. 31)

EISELEY LIBRARY

1530 Superior Street
• Mondays, 1–5 p.m. (Feb. 4–Mar. 4; closed Feb. 18)
• Thursdays, 2–6 p.m. (Jan. 31–Apr. 11)

GOOD NEIGHBOR CENTER

2617 Y Street
• Sundays, 1–4 p.m. (Jan. 27, Feb. 3, 17, 24)

FIRST UNITED METHODIST CHURCH

14410 Folkestone Street, Waverly
• Sundays, 12:30–3:30 p.m. (Jan. 27, Feb. 3, 10, 24, Mar. 10, 24, Apr. 14)

INDIAN CENTER

1100 Military Road
By appointment only, call 402-438-5231, ext. 105

MATT TALBOT KITCHEN

2121 North 27 Street
• Wednesdays, 11 a.m.–2 p.m. (Jan. 30–Feb. 27)

NEBRASKA EAST UNION ★

Enter on Holdrege & 35 – follow signs
• Mondays, 5–8 p.m. (Jan. 28–Feb. 18; closed Jan. 21)
• Tuesdays, 5–8 p.m. (Jan. 22–Feb. 19)
• Wednesdays, 5–8 p.m. (Jan. 23–Feb. 20)
• Saturdays, 10 a.m.–4 p.m. (Feb. 2, 9, 16, 23)
• Saturdays, 1–5 p.m. (Jan. 19, 26)
• Sundays, 1–5 p.m. (Jan. 20–Feb. 24)

NEBRASKA UNION ★

14 & R Street
• Mondays, 5–8 p.m. (Mar. 4, 11)
• Tuesdays, 5–8 p.m. (Mar. 5, 12)
• Wednesdays, 5–8 p.m. (Mar. 6, 13)
• Saturdays, 1–5 p.m. (Mar. 2, 9)
• Sundays, 1–5 p.m. (Mar. 3, 10)

NORTH STAR HIGH SCHOOL

5801 North 33 Street
• Tuesdays, 2:30–7 p.m. (Jan. 29–Apr. 9)
• Sundays, 1:30–4 p.m. (Jan. 27–Apr. 14)

SOUTHEAST COMMUNITY COLLEGE

285 S. 68 St. Place, Room 212
• Mondays, 3–5 p.m. (Jan. 28–Apr. 15; closed Mar. 18, 25)

UNL Students Get Involved at Campus Tax Preparation Sites

Now in its seventh year, University of Nebraska–Lincoln students will provide free tax preparation services at UNL's Volunteer Income Tax Assistance (VITA) sites:

- Nebraska East Union on east campus
- Nebraska Union on city campus

Free parking and childcare is provided at the UNL sites. Both UNL sites will offer MyFreeTaxes self-preparation computers which offer individuals the opportunity to file their own taxes.

Aside from gaining real-world experience with tax laws, student volunteers also interact with the community intimately.

Here's what two student UNL VITA coordinators say about their experience:

- Kyla McGregor from Gibbon, Neb., a graduate student in Master's of Professional Accountancy — “I participate in VITA to gain experience in preparing taxes, gaining communication and interpersonal skills and helping students and community members complete their tax returns



Vary So, Anna Mora, Kyla McGregorr, Miseon Lee, and Darcy Arends study tax prior to taking their certifications online.

- and help educate the community about taxes.”
- Miseon Lee from Hapcheon, South Korea, a graduate student in Master's of Professional Accountancy — “I feel very rewarding to help someone with the knowledge that I have, and it's also good practice for my future career.”

EXTENSION CALENDAR

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

January

- 26 Private Pesticide Applicator Training Session8:30–11:30 a.m.
28 Family & Community Education (FCE) Council Meeting 12:30 p.m.
30 FCE & Community Leader Training Lesson, “How Our Shopping Habits Help Predict the Future of Our Community” 1 p.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 2 4-H Crocheting Workshop 9 a.m.
5 Commercial Pesticide Applicator Training - Initial.....8:30 a.m.
5 4-H Council Meeting..... 7 p.m.
6 Lancaster County 4-H Deadline for Horse Stampede Entries
6 Gardening at Lunch Webinar, “Pruning,” *online only*.. 12:05–12:55 p.m.
7 Commercial Pesticide Applicator Training - Recertification..... 9 a.m.
7 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pav. 2..... 6–8 p.m.
8 Extension Board Meeting..... 8 a.m.
10 4-H Teen Council Meeting 3 p.m.
12 4-H Achievement Night6:30 p.m.
14 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.
19 Guardian/Conservator Training 1:30–4:30 p.m.
20 Gardening at Lunch Webinar, “Tree Hazard Awareness,”
online only..... 12:05–12:55 p.m.
21 Private Pesticide Applicator Training Session 6:30–9:30 p.m.
23 4-H Pillow Party Sewing Workshop 9 a.m.
26 Commercial Pesticide Applicator Training - Recertification..... 9 a.m.
27 FCE & Community Leader Training Lesson, “Quick and Healthy One Dish Meals” 1 p.m.
28 Commercial Pesticide Applicator Training - Initial.....8:30 a.m.

Growing Nuts Seminar, Feb. 28

The Nebraska Nut Growers Association (NeNGA) & Heartland Nuts ’N More cooperative are sponsoring a free seminar, “Nut Orchard Planning, Planting, Care, and Harvesting” seminar on Thursday, Feb. 28, 7–9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd. If you want to plant just a couple nut trees or an orchard, this informative seminar will help you plan for success.

This seminar will introduce you to most aspects of what it takes to accomplish your goals and expectations. There will also be professional growers on hand to answer your questions.

Topics include:

- Planning phase will cover setting realistic goals, understanding an orchard environment, and the tasks to meet your goals so you will be successful.
- Planting phase will cover planting consideration and seedling selections.
- Caring phase will cover tasks required to bring a seedling to a productive producing nut tree.
- Harvesting tasks will cover harvesting techniques, processing, and marketing your nuts.
- Details of the seedling cost-share program will also be introduced. New and current growers who are interested in planting new orchards or just want to increase nut trees on their acreage, will have an opportunity to participate in a 50 percent grower seedling cost-share program. Heartland Nuts ’N More will administer the program. The cost of



Pecans in shuck split stage

pre-grafted stock, which is available from nurseries, is not covered under this program.

NeNGA and University of Nebraska–Lincoln have worked together for 36 years in the cultivation of high-quality cultivar nut trees. Hundreds of farmers, both large and small grow nut crops in Nebraska. Black walnuts and pecans are favorites, with chestnut, hickory, heart nut, butternut, and hazelnuts starting to increase in popularity. Growing an orchard can be enjoyed as a family project or income to the landowner.

FOR MORE INFORMATION

HEARTLAND NUTS ’N MORE
President, Larry Martin
206 West 2nd Street, Box 439
Valparaiso, NE 68065
www.heartlandnutsnmore.com
402-784-6887
email: lottanuts@windstream.net

NEBRASKA NUT GROWERS ASSOCIATION (NeNGA)
President, John Knorr
206 West 2nd Street, Box 439
Valparaiso, NE 68965
www.nebraskanutgrowers.org
402-788-2717
email: joknorr@attglobal.net

Master Conservationist Entries Due Feb. 1

The Master Conservationist program recognizes those who have excelled in soil and/or water conservation.



A winner will be selected from each of the three established categories: agriculture, community, and youth. Anyone can submit nominations, including self nominations. Deadline for nominations is Feb. 1. More information and submission forms, go to <http://owh.com/section/OWH0901>.

Sponsored by the Omaha World-Herald and the UNL Institute of Agriculture and Natural Resources.

Earth Wellness Festival Needs Volunteers



Volunteers are needed for the 2013 Earth Wellness Festival on Monday, March 25 and Tuesday, March 26 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event which involves students in creative and innovative environmental education activities.

Each year, more than 175 volunteers take part in earth wellness festival activities as classroom escorts, bus greeters, presenters, and registration assistants. Volunteers are essential to the success of this event.

You may choose to volunteer one or both days. In return, you receive the opportunity to participate in a rewarding volunteer experience, a festival T-shirt, coffee, rolls, and lunch. For more information, contact Tonya Bernadt at tbernadt5@unl.edu or 402-472-2712 by March 1.

UNIVERSITY OF
Nebraska
Lincoln

EXTENSION

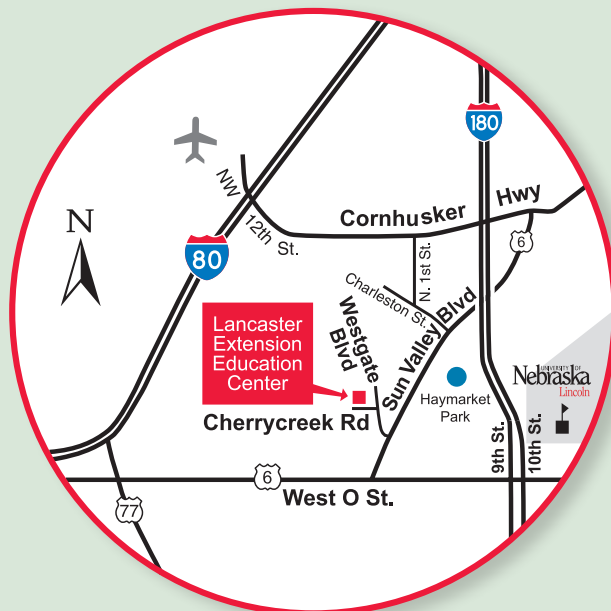
UNL Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180

<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: 402-441-7148

Join us on Facebook, Twitter, YouTube, Flickr, and Pinterest at <http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

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

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

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

EXTENSION ASSOCIATES

Mary Abbott, Tracy Anderson, Soni Cochran, Marty Cruickshank, Mary Jane Frogge, Mardel Meinke, Julie Rasmussen, Dana Willeford

EXTENSION ASSISTANTS

Teri Hlava, Vicki Jedlicka, Lisa Kowalski, Cole Meador, Kristen Houska, Jim Wies

EXTENSION TECHNOLOGIST

David Smith

SUPPORT STAFF

Pam Branson, Deanna Covault, Karen Evasco, Konnie Robertson, Chris Rosenthal, Karen Wedding

THE NEBLINE

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

The Nebraska Library Commission's Talking Book and Braille Service records THE NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs or call 402-471-4038 or 800-742-7691.

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as “University of Nebraska–Lincoln Extension in Lancaster County NEBLINE.” If the article contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska–Lincoln is implied.

Email Notifications

Sign up at <http://lancaster.unl.edu/nebline> to be notified by email when THE NEBLINE is posted online.

Mail Subscriptions

Subscriptions to THE NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

☐ Order subscription ☐ Change of address

Name _____

Address _____

City _____ Zip _____

Phone _____

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, NE 68528

New Parenting App from UNL

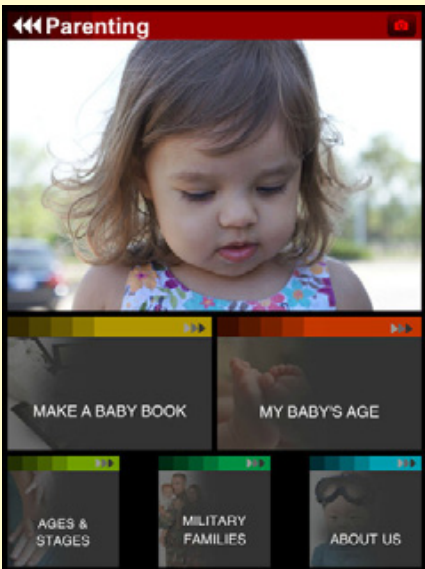
Questions you have about taking care of your child are just a finger tip away. “U R Parent” is a new app for iPhones, iPads, and Android phones which provides user-friendly information on parenting and child development. It is geared to the specific age of your child. Currently, the app covers a child’s first year — in the near future it will cover up to eight years old.

University of Nebraska–Lincoln Extension Educators partnered with “Just in Time Parenting” (part of eXtension) to develop the app using research-based information. UNL Extension Educators Angela Abts, Gail Brand, Tonia Durden, Jeanette Friesen, Lisa Poppe, and LaDonna Werth helped with development.

Unique features include:

- information about children’s ages and stages
- the ability to customize the app to your child and replace pictures with your child’s in the app’s timeline
- a baby book to record your baby’s firsts along with keeping their immunizations dates in a handy place

You can download the app free from the Apple iTunes app store and Google Play. Links available at <http://ianrhome.unl.edu/mobileapps/urparent>.



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



Save 10%
by registering
before April 15!

2013 4-H Summer Camp brochures are now available online at <http://4h.unl.edu/camp> and at the Extension office. Camps are open to all youth ages 5–18 (need not be in 4-H). With three unique Nebraska locations at Halsey, Gretna, and Alma, there are nearly 50 camps ranging from half day to seven days/six nights!

The 4-H camps and centers all meet over 300 standards established by the American Camping Association. It is the mission of Nebraska 4-H Camps and Centers to provide unique educational opportunities that empower people of all ages to be active in the pursuit of self-improvement in a safe, inclusive, and fun environment.



Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for summer staff. The camps offers outstanding opportunities for young adults to learn leadership skills, work with youth in outdoor settings, gain valuable experience for future careers, and make lasting memories. Need not be in 4-H to apply. Must complete Counselor Training at one of the sites.

- **Summer Program Staff (ages 18 and above)** — Seasonal, paid, full time staff who live at camp mid-May to August who are responsible for daily programming and teaching groups of all

ages. Application deadline is Feb. 15.

- **Junior/Senior Counselors (ages 15 and above)** — Cabin supervisors who volunteer and select which weeks they can work throughout the summer. Senior counselors receive a stipend and are selected based upon previous experience. Provide valuable leadership to a group of campers by day and assist with cabin supervision at night. Application deadline is May 1.

More information and applications are online at <http://4h.unl.edu/camp>.

Explore Career Options at Big Red Academic Camps

The 2013 Big Red Summer Academic Camps are a chance for youth grades 9–12 to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 10 career exploration camps hosted by Nebraska 4-H and University of Nebraska-Lincoln faculty members. The camps are residence camps held on UNL campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as filmmaking or engineering, youth showcase their work at a special “capstone event” which family members are invited to attend.

Brochures and registration forms are available at <http://bigredcamps.unl.edu> or at the extension office. For more information, call 402-472-2805.

4-H members are encouraged to apply for a scholarship — application is on the Web site.

Save \$50
by registering
before
April 1!



Camp	Dates	Grades for fall 2013**
App Development*	June 9–14	10th–12th
Beef*	June 9–12	10th–12th
Crop Science	June 9–12	10th–12th
Culinary Arts and Food Science	June 9–14	10th–12th
Education	June 9–14	10th–12th
Engineering*	June 9–14	10th–12th
Fashion Design	June 9–14	10th–12th
Filmmaking	June 9–14	10th–12th
Unicameral Youth Legislature	June 9–12	9th–12th
Veterinary Science	June 9–14	10th–12th

* New camp for 2013.

** Students who graduate in May 2013 are welcome to attend.



University of Nebraska-Lincoln
**College of Agricultural Sciences
and Natural Resources**

- Preparing students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
- Scholarship and loan opportunities
- One-on-one faculty mentoring and research opportunities
- Study abroad experiences
- Internships with major companies and organizations
- Guaranteed job offers

UNIVERSITY OF
Nebraska
Lincoln

103 Agricultural Hall
P.O. Box 830702, Lincoln, NE 68583-0702
(800) 742-8800 Ext. 2541

The University of Nebraska-Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.

casnr.unl.edu
facebook.com/unlcasnr