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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

THE GARDEN GROCERY Food Safety & Selection at Farmers' Markets

Amy Peterson, MS, RD
Extension Educator
Alice Henneman, MS, RDN
Extension Educator



Farmers' markets offer a variety of fresh, locally-produced fruits, vegetables, bakery and meat products in a festive atmosphere. Get the most from your local farmers' market with the following information.

FYI Facts

The U.S. Department of Agriculture (USDA) estimates over 1,000,000 people visit a farmers' market weekly! The average supermarket produce travels about 2,000 miles to its destination, compared to 50 miles for farmers' market produce! That's like traveling from Chicago to Los Angeles!

Food & Nutrition

Farmers' markets offer a colorful variety of fruits and vegetables — which provide vitamins, minerals and phytochemicals. Many phytochemicals help the body:

- stay healthy and energetic,
- maintain a healthy weight,
- protect against the effects of aging, and
- reduce the risk of some cancers and heart disease.

Use MyPlate as your guide: **Eat the equivalent of 2 cups of fruits per day** (for a 2,000 calorie diet). Note this equivalent: 1/4 cup dried fruit = 1/2 cup fruit. **Eat the equivalent of 2-1/2 cups of vegetables per day** (for a 2,000 calorie

“For optimum health, scientists say eat a rainbow of colors. Your plate should look like a box of crayons.”

—Janice M. Horowitz,
TIME, Jan. 12, 2002)

diet). Note this equivalent: 2 cups raw leafy greens = 1 cup of vegetable.

Food Safety

Go directly home from the market! Avoid side trips. Foods will decline in quality and perishable foods like meats and eggs can pose food safety problems if left sitting in your car. Additional tips for handling food for best safety and quality include:

Different fruits and vegetables require different temperature and humidity levels for proper storage. Some foods that taste best stored at room temperature include: bananas, melons, onions, potatoes, sweet potatoes, tomatoes and winter squashes. Store them in a clean, dry, well-ventilated place, away from direct sunlight and away from areas where meat is prepared.

Some produce can be ripened on the counter and then stored in the refrigerator. Examples include: nectarines, peaches, pears and plums. Avoid leaving produce in a sealed plastic bag on your countertop. This slows ripening and may increase odors and decay from the accumulation of carbon dioxide and depletion of oxygen inside the bag.

Most other fresh fruits and vegetables keep best stored in a clean refrigerator at a temperature of 40°F or below. Use your refrigerator crisper drawer for whole produce. Store fruits in a separate refrigerator crisper drawer from vegetables. Fruits give off ethylene gas which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.



Photos by Alice Henneman



Avoid leaving produce in a sealed plastic bag on your countertop.



Store fruits in a separate refrigerator crisper drawer from vegetables.

Refrigerate fruits and vegetables in perforated plastic bags to help maintain moisture yet provide air flow. Unperforated plastic bags can lead to the growth of mold or bacteria. If you don't have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag).

If fruits and vegetables are placed on refrigerator shelves, store meats on pans or plates below the produce to prevent meat juices — which may contain harmful bacteria — from dripping on them.

Wash hands before working with produce.

Wash produce thoroughly. Wash produce before you use it, NOT when you bring it home!

Fresh produce has a natural protective coating that helps keep in moisture and freshness. Washing produce before storage causes it to spoil faster. Remove and discard outer leaves. Rinse under clean, running water just before preparing or eating. Don't use soap or detergent as it can get into produce and make you sick. Rub briskly — scrubbing with a clean brush or hands — to clean

see **FARMERS' MARKETS** on next page



Rinse produce if they have a peel which will be removed, such as melons.

Local Farmers' Markets

F STREET NEIGHBORHOOD FARMERS' MARKET
Parking lot of F Street Church, 1302 F St.
May 31–Oct. 4
Tuesdays, 4–7 p.m.

FALLBROOK FARMERS' MARKET
Fallbrook Town Center, 570 Fallbrook Blvd.
June 6–Sept. 26
Thursdays, 4:30–8 p.m.

OLD CHENEY ROAD FARMERS' MARKET
Through Oct. 30
5500 Old Cheney Rd.
Sundays, 10 a.m.–2 p.m.

LINCOLN HAYMARKET FARMERS' MARKET
8th & P Streets
Through Oct. 8
Saturdays, 8 a.m.–12 noon

JAZZ IN JUNE MARKET
12th & R Streets
June 7, 14, 21 & 28
Tuesdays, 5–8:30 p.m.

UNIVERSITY PLACE COMMUNITY MARKET
N. 48th St. & Leighton Ave.
June 8–Sept. 14
Wednesdays, 3–7 p.m.

BENNET FARMERS' MARKET
Village Park, Bennet
Through Sept. 28,
Wednesdays, 4–7 p.m.

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Farmers' Markets

continued from page 1
the surface. Dry with a clean cloth or paper towel. Cut away bruised and damaged areas.

Rinse fruits and vegetables even if they have a peel which will be removed (such as melons and citrus fruit). Bacteria on the outside of produce can be transferred to the inside when they are cut or peeled.

Friendly Advice

Farmers' markets are a great place to shop and to get some exercise! Enjoy walking around the market! Have fun looking at all the produce and goodies! Got kids or grandkids? Take them along!

Bring some cash or money saving coupons — vendors may not accept checks or credit cards in some areas.

Take your own canvas or net bags or baskets, as farmers' markets don't usually have shopping carts. Try these tips for market bags:

- Wide woven baskets help prevent produce from piling on each other.
- Place heavier items at the bottom of the basket or bag.
- To avoid squishing your produce, consider shopping

Alice Henneman



Shop early — the most popular items go first!

- with several bags or baskets.
- Reusable bags are an eco-friendly alternative to plastic bags for carting your food home from the farmer's market, grocery store or big box store. You can help prevent bacteria, yeasts and mold from growing on your bags and cross-contaminating your food by washing and storing the bags safely between each use.

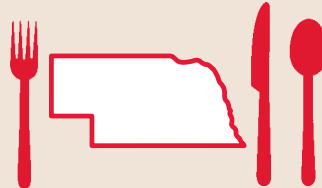
Dress comfortably! Weather can change fast, so keep a jacket and umbrella in the car in case of wet weather. Wear comfortable shoes if you have to walk a lot.

Shop early! The most popular items go first! Enjoy the cooler mornings for your market adventure! Avoid over-buying. Buy only what you'll eat when fresh.

FOR MORE INFORMATION

"Pick" more produce facts at the following websites:

- <http://food.unl.edu/nep-materials>
- www.fruitsandveggiesmorematters.org
- <http://food.unl.edu/garden-grocery-food-safety-selection-farmers-market>



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

Enjoy fresh and flavorful tomatoes in this quick and easy version of a tomato bruschetta recipe! It's great as a snack or an appetizer and is loaded with nutrients.

This recipe makes approximately 12 servings, depending on whether you add the topping to the bread or people serve themselves.

TOMATO BASIL BRUSCHETTA

- 8 ripe Roma (plum) tomatoes, chopped
- 2 cloves garlic, minced
- 1/2 red onion, Spanish onion or sweet onion, chopped
- 6-8 fresh basil leaves, chopped
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper, to taste
- 1 loaf Italian or French bread, cut into 1/2 inch diagonal slices



Preheat oven to 400°F. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste. Arrange bread on a baking sheet in a single layer. Bake about 5-7 minutes until it begins to brown slightly. Remove bread from oven and transfer to a serving platter. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

ALICE'S NOTES

If you're short on time, the tomato topping (minus the basil) can be made earlier in the day and refrigerated. Wait until you're ready to turn on the oven for the bread before chopping and adding the basil. Set mixture aside at room temperature while the bread is toasting.

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Nebraska Local Foods: Three Easy Ways for Consumers to Connect with Growers

Sarah Browning
Extension Educator

Increasing numbers of consumers like buying locally-grown foods and getting to know their producers. Fortunately, it's easier than ever for consumers to connect with growers outside the traditional grocery store system.

Farmers' Markets

One great way to connect with local growers is to meet and talk with them at a farmers' market. See page 1 of this issue for a list of local farmers' markets.

The Nebraska Department of Agriculture (NDA) has made it simple to find farmers' markets in other areas through their online Farmers Market and Produce Vendor database at www.nebraska.gov/apps-ag-farmers-market. Choose a city or county from the database and it will show you all the markets in that area, along with the markets hours of operation. You can also search for individual growers by city or county.

Community-Supported Agriculture

Some growers sell directly to their customers following a community-supported agriculture (CSA) business model. This allows customers to purchase



a share of the farm's produce, providing funds for farm labor and expenses. When harvest begins, customers get their share of the farm's yields. CSA customers also shoulder some of the farm's risk. If some crops don't do well, then customers get less of that produce at harvest.

Farms vary on what is considered a "share," but usually it's a weekly variety of produce, either delivered to the customer or picked up at the farm, for a set number of weeks during summer. Many farms offer half-shares or bi-weekly shares for small families. Customers don't get to pick what produce is included in their weekly basket, which gives them the opportunity to try new vegetables.

Some CSAs have additional offerings which can be added to a basic share, such as herbs, eggs and cheese, or extra produce for canning.

Talk with your favorite grower to find out if they have a CSA option available. Or go to <http://food.unl.edu/csa> for

a partial list of Nebraska CSA farms.

Food Cooperatives

Nebraska is home to two food cooperatives — the Nebraska Food Cooperative and Lone Tree Foods. Both cooperatives connect growers and buyers through their year-round, online farmers' market and food distribution system. Find them online at:

- Lone Tree Foods, <http://lonetreefoods.com>
- Nebraska Food Cooperative, <http://nebraskafood.org>

Anyone can become a member and have year-round access to a wide variety of locally-produced food, including eggs, cheese, meat, organic flour and popcorn, baked goods, herbs and fresh produce. Organic, all natural and grass-fed options are available. Shop from multiple producers to compare prices, types and the production practices used by each producer to find a product that meets your needs.

Backup Plan for Feeding Cow-Calf Pairs

Tyler Williams
Extension Educator

No matter how well you design your management plan for your cows and calves, Mother Nature can always throw a curve ball and put you in a difficult situation. In addition to health and calving difficulties, the weather can have a big impact on your summer grazing plans. Drought, fire, floods or even hail storms can keep your pasture out of production and you may be trying to find a place to feed your cows and calves. Confining your pairs may be an option for some producers and it does not have to occur in a feedlot. Alternative locations for confinement feeding pairs can be a pivot corner, fallow ground or low-producing dryland crop ground.

Feeding and Pen Space

When it comes to feeding, it is not necessary to use feed bunks. A hot-wire fence can be strung along the edge of the field or pivot corner and the feed can be delivered just across the wire. This will actually reduce some feed waste because there will not be enough area for the animals to soil or bed-down on the feed.

You still want to make sure you have adequate space for all of the animals you are feeding, especially if you are limit-feeding a high-energy diet. There should be two feet of feeding space for each cow and 1.5 feet for each calf. You should also consider having 350–400 square feet of pen space per pair.

Cows with nursing calves will require a diet with much higher total digestible nutrients (TDN) than gestating cows. A 1,200 lb lactating cow will require 15–16 lb of TDN per day, within 60–80 days postpartum. A nursing calf will also consume 1 percent of its body weight in forage before it is 3 months of age, so this should also be accounted for.

Breeding Considerations

If you must confine your cows during breeding, there are more factors to consider. Research has shown conception rates are higher when cows are on an increasing plane of nutrition just before and during breeding. The ability to increase the energy density of the diet may actually be easier in confinement settings. When bulls are added to the pen with cows being limit-fed energy diets, make sure there is more

than adequate bunk space for the larger bulls. Plus, they will eat 15–18 lb of TDN that needs to be accounted for.

The need for confinement may also be beneficial if you have thought about implementing synchronization and/or artificial insemination. There are many benefits to doing either of these practices, especially since handling is much easier in confinement.

Calves Need Water

Water is an obvious point of consideration, but confined spaces may create challenges for young calves to access water. Nursing calves need water not only for hydration, but also for rumen development. Make sure the calves can reach the edge of the tank and the cows do not continuously drink the tank below a level in which the calves can no longer reach the water.

Sources: Karla Jenkins, UNL Range Management Specialist, and Rick Funston, UNL Reproductive Physiology Specialist

FOR MORE INFORMATION

Nebraska Extension has numerous resources on beef cattle production at <http://beef.unl.edu>

Composting Demonstrations

Learn how to be successful with composting by attending a free composting demonstration sponsored by Nebraska Extension in Lancaster County and the City of Lincoln Recycling Office. Demonstrations are presented by Extension Master Gardeners. You will see three types of composting bins and how to use them. At each composting program, two lucky participants will win either a composting thermometer or a composting bin.

Composting Demonstrations are presented at the Pioneers Park Nature Center's backyard composting demonstration area. Demonstrations will be held:

- Saturday, June 11, 10 a.m.
- Saturday, Sept. 24, 10 a.m.
- Saturday, Oct. 15, 10 a.m.

Tractor Safety Courses for Youth 14–15

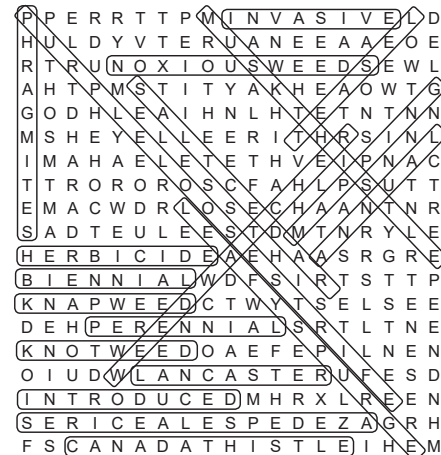
All youth 14 or 15 years of age who work on a farm or ranch other than his/her parents is required to be certified through a tractor safety course.

Nebraska Extension Tractor Safety Courses will be offered at seven locations in Nebraska during May and June. Two trainings will be held in eastern Nebraska: June 20–21 in Wayne and June 23–24 in Grand Island.

Pre-registration is strongly encouraged at least one week in advance. Cost is \$60. A complete list of locations and registration form is online at <http://kearney.unl.edu>

Weed Awareness Hidden Word Find Solution

Here is the solution to the Hidden Word Find printed in the Weed Awareness special section (produced by the Lancaster County Weed Control office) in the April NEBLINE. Congratulations to Daniel H. Post from Lincoln whose name was drawn from submitted entries. He received a *Weeds of the Great Plains* book published by the Nebraska Department of Agriculture. The Weed Control office had entries from 18 different communities. We thank everyone for participating and hope you learned something about invasive plants.



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Time for Ticks

Jody Green

Extension Educator

Ticks are blood feeders and have the potential to vector some serious diseases of both people and pets. The two most common ticks found in eastern Nebraska this time of year are the American dog tick, *Dermacentor variabilis*, and the lone star tick, *Amblyomma americanum*.

About Ticks

Ticks have two body parts and eight legs (larva or “seed tick” have six) and require a blood meal to develop from larvae to nymph, nymph to adult and produce eggs. Tick species can be distinguished from one another by the size of the mouthparts and the pattern or markings on the scutum, which is the area located behind the tick’s head. The male’s scutum covers the entire body, whereas the female has a small scutum.

American dog ticks are found in areas with little or no tree cover, such as grassy fields, along roads, walkways and trails. They have short mouthparts and an ornate scutum.

Lone star ticks are found in woodland areas with dense undergrowth. The adult female has a single white spot on her

scutum, which can be seen when engorged. They have long mouthparts.

Ticks found in Nebraska are three-host ticks, which means they require a different host for each stage. The entire life cycle may take up to two years to complete. The biggest risks for tick-borne disease comes in May through August. Ticks find their hosts by waiting patiently with their front legs extended at host-height, and when an unsuspecting host brushes against the claws of a questing tick, the tick hangs on and begins to crawl upward.

Once a tick has found a host, it cuts the skin with its saw-like mouthparts and drives a rigid feeding apparatus with backwards spines deep into the skin. This securely anchors the tick in place while feeding. Ticks have the ability to feed and remain embedded for several days (7–10) if undisturbed. The longer the tick remains attached, the more likely it will transmit pathogens, if infected. Scientists believe no infection will occur if the tick is removed within 24 hours.

Steps to Protect Yourself

It is important to remove the tick before it gets a chance to

transmit disease. Here are some actions you can take to protect yourself this summer against ticks.

- Wear long pants and tuck them into white socks so ticks are quickly detected and removed before they bite.
- Perform regular, full body, tick checks on your person and children, and if possible, shower within two hours of coming in from outdoors.
- Put outdoor clothes in the dryer on high for 30 minutes to kill ticks on clothing.
- Designate clothing for your outdoor excursions and treat clothing and shoes with a permethrin clothing spray, which can repel ticks up to six washings.
- Purchase pre-treated clothing designed to repel insects that can last through more than 70 washes.
- Protect your pets using a tick



Female American dog tick being removed with tweezers.



Female American dog tick, engorged (magnified)



Female lone star tick, engorged (magnified)

prevention program through your veterinarian.

- Remove embedded ticks as soon as possible using pointy tweezers, grasping the tick as close to the skin’s surface and pulling straight out. After removing the tick, disinfect affected skin with rubbing alcohol, and keep tick for identification. There are various

methods and devices available, but this is the best method.

- Understand the limitations to DEET repellent against ticks when applied to skin. Products with higher percentages of DEET will protect for a longer period of time, but anything over 30 percent does not offer greater protection and is unnecessary.

Opossums — Nature’s Tick Eaters

Soni Cochran

Extension Associate

As North America’s only marsupial, opossums are often maligned because they are not the “cutest creature” in our wildlife world.

We know opossums are our neighborhood sanitation workers. They eat rodents, snakes, insects, beetles, slugs, snails and carcasses. Did you know they also eat ticks?

In areas where blacklegged ticks are found (deer ticks), opossums were a magnet for getting rid of ticks. A normal “tick load” for an opossum in the wild is around 200 ticks. A study by the Cary Institute for Ecosystem Studies found opossums consume 95 percent of those ticks as they groom themselves. Researchers estimate in one season, opossums kill and consume about 5,000 ticks.

For the most part, opossums are immune or resistant to rabies, although a few cases have existed. On average, a feral dog is eight times more likely to carry rabies than an opossum.

Here are more fascinating facts about opossums:

- Opossums have the briefest gestation period of any mammal — about 12 days — the blind and hairless newborns crawl into their mother’s pouch. They stay in the pouch and nurse for approximately 100 days.
- The male opossum has a bifurcated (forked) penis. Early American colonists believed the forked penis allowed males to breed females through her nostrils, and then the female sneezed her young into the pouch.



If birdseed is available, opossums will eat it. To discourage them, hang bird feeders on a wire between trees or on a baffled pole. Reduce seed falling to the ground by using feeders that recapture fallen seed.

- As a marsupial, females have two sets of reproductive organs.
- Opossums are resistant to some venomous snakes including rattlesnakes, cottonmouths and pit vipers. Researchers are studying opossums as they may hold the secrets to anti-venom for humans.
- Opossums are one of the shortest-lived mammals of their size and seldom live more than one year. Automobiles, owls, coyotes and bobcats take their toll on opossums.
- Folks in the southern U.S. tend to drop the “o” — and just say ‘possum. However, there really are “possums” — they are members of a separate marsupial family found in Australia and New Guinea.

Sources: National Wildlife Federation, Kansas State Research & Extension News.

FOR MORE INFORMATION

Nebraska Extension NebGuide “Controlling Raccoon And Opossum Damage” (G1688) available at the Extension office or online at <http://lancaster.unl.edu/pest>

Chemical Hazards in Your Home

Adam Rhoads

Lincoln–Lancaster County

Health Department

Environmental Health Educator

Now is a great time of year to clean out unwanted and potentially hazardous chemicals from your home. Everyday household products, from bathroom cleaners to oil-based paint, can be dangerous to your health and the environment. But did you know some products pose a greater risk than others?

Pesticides

Pesticides are chemicals that discourage or kill pests such as insects and rodents. While effective, they can be toxic to humans. Consider the alternatives:

- **Verify:** one pest doesn’t mean you have a problem.
- **Keep it clean:** don’t give pests food, water and shelter.
- **Prevent access:** seal cracks, holes and other entry points.
- **Get physical:** use barriers, traps, vacuums and other non-chemical means to remove pests.
- **Last resort:** use chemicals only if the above strategies fail. Always read and follow label instructions. Consider using a professional agent to apply pesticides.

Mercury

Mercury is a neurotoxin that can harm your health and the environment. It’s found in the

home in lighting products, old thermostats and thermometers and elemental mercury. To reduce the risks associated with mercury:

- Look for alternatives like LED lights and alcohol-based thermometers.
- Recycle or properly dispose of mercury.
- Clean mercury spills safely — DO NOT vacuum! For cleanup guidance, see helpful resource “Mercury Spill In Home” at <http://lincoln.ne.gov> (keyword: household).

Household Hazardous Waste Collections

If you have these products in your home and no longer need them, be sure to dispose of them properly. The Lincoln–Lancaster County Health Department offers several opportunities throughout the year for residents to dispose of household hazardous waste.

Upcoming waste collection events are scheduled:

- Friday, June 3 at Lincoln Southwest High School (14 & Pine Lake)
- Friday, June 24 at Union College (South 52 & Cooper Ave)
- Saturday, Aug. 27 at Lincoln Industries (600 West E St.)

For the complete household hazardous waste collection schedule, or if you need assistance managing toxic products in your home, contact the Health Department at 402-441-8021 or visit <http://lincoln.ne.gov> (keyword: household).

New Nebraska Pollinator Habitat Certification Program

Mary Jane Frogge
Extension Associate

Do you love gardening and want to help pollinators? Consider developing your landscape into a pollinator habitat.

This month, a team of Nebraska Extension horticulture professionals, led by Extension Educator, Natalia Bjorklund, launched a new program called Nebraska Pollinator Habitat Certification. This program gives Nebraskans an opportunity to certify their garden and promote pollinators in their community.



Mary Jane Frogge

To certify their habitat, gardeners need to provide spring, summer and fall blooming plants that support

pollinator needs, water source, shelter, nesting sites and restrict pesticide use. Gardeners will be asked to make a commitment to protect pollinators and provide a diverse plant community that will result in a pollinator habitat.

This program is open to Nebraska homeowners, schools, businesses, parks, homeowner associations, farmers, acreage owners and community gardens.

The Habitat Certification application is available online at <http://entomology.unl.edu/pollinator-habitat-certification> and at the Extension office.

Pollinator Week, June 19–24

Pollinator Week is an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles. The week of June 19–24 will spotlight a unique opportunity to learn about some fascinating animals, the pollinators. Often overlooked or misunderstood, pollinators are responsible for 1 out of every 3 bites of food we eat.

In the U.S., bees undertake the astounding task of pollinating over \$15 billion in added crop value, particularly for specialty crops such as almonds

and other nuts, berries, fruits and vegetables.

Beginning in 2006, pollinators started to decline rapidly in numbers. Participating in Pollinator Week can help save these important animals. What you can do to help pollinators:

- Educate yourself on pollinators, that live in your area.
- Avoid pesticides in your home landscape.
- Plant a pollinator garden using native plants.
- Provide nesting sites, like bee houses or insect hotels, for pollinators.

- Provide a water source such as a bird bath, small pond or water feature.
- Go to the Pollinator Partnership website at <http://pollinator.org> to learn more about pollinators.
- Share the information you learn with others.
- Establish green corridors by working with your neighbors to include several backyards in a pollinator habitat plan.

Sources: Pollinator Partnership, Life Cycles Project



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

Start a gardening notebook. Keep all your gardening records in this one location.

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

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

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

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

Remove foliage from spring bulbs after it turns yellow and begins to dry.

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

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

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching.

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

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

During the hot summer months, mulch can be especially useful for conserving water. For vegetable gardens, shredded leaves or grass clippings are good mulch material. For ornamentals, pine needles or wood bark do the best job.

Play Skills for Children

Leslie Crandall
Extension Educator

Let's play! This is a popular phrase among children. In early childhood, play helps children in those early years learn about themselves, other people and the world around them. Play also promotes healthy and strong development: physically, intellectually, social and emotionally. In other words, it is essential for children to play — it is their main "job" at this time of life.

From the earliest moments of a child's life, a child grows and develops through movement and exploration. In the first few months, play can take place with rattles, colorful mobiles, songs and games involving arm and leg movement. Talk, read and sing. Repeat sounds, look at picture books and make funny faces. As a child gains more muscle control and they reach, grasp and

sit upright on their own, they like to pull apart, squeeze and stack. Infants also like mirrors, books, songs and games such as peek-a-boo. For toddlers, as they begin to crawl, climb and walk — balls and pull toys become important. Also, active games such as hide-and-seek and simple tag games are fun!

It is important to remember that the primary play mode of the child under three is playing alone with objects. His/her skills in language and desire to interact with others are growing but the child still has limited ability to negotiate or engage in extended interaction with others. A progression of play skills in infant/toddler years, might look like this:

- positive interactions with adults
- showing awareness of other children by:
 - ▶ Smiling and cooing
 - ▶ Watching children playing

- ▶ Reaching out to other children
- ▶ Copying what other children are doing
- playing briefly with other children
- wanting what others have

Another critical point regarding play in the infant/toddler years is that interaction and attachment of children with attentive, nurturing adults is absolutely essential. When infants make those connections with the adults through the interaction of play and care, they establish the foundation for friendship and positive social interaction skills that become so important to success and happiness in life.

During the preschool years, children become much more aware of other children and want to interact with them. This is a time when the development of friendship skills become important in children's play.

When children are successful in making friends, the play in which they are engaged helps them to develop in a strong healthy way. Friendship skills include:

- gives suggestions (play organizers)
- shares toys and other materials
- takes turns (reciprocity)
- is helpful
- gives compliments
- understands how and when to give an apology
- begins to empathize

When children incorporate these skills into their play, they make friends easier and have more fun!

Play is a crucial part of your child's development it starts in infancy and should continue throughout his or her life. When you play with your child, it not only helps you to build a positive relationship and strengthen your bond with your child — it has additional benefits as well.



Play provides multiple opportunities for children to learn social, communication and academic skills while building confidence and positive self-esteem. Through play you can help your child learn to solve problems, explore his or her creativity and build vocabulary. Children learn important friendship skills like turn taking, sharing and being empathetic. Keep in mind that unstructured physically active play may lead to healthier children, especially when it replaces or helps limit screen time.

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for parents and child care providers. Upcoming classes in Lancaster County include:

"Supervision of Children" for child care providers teaches how to identify inadequate, adequate and high quality supervision, and make a plan for improving programs. Wednesday, June 1, 6:30–8 p.m. at Bryan East Campus – Plaza Conference Center in Lincoln. Cost is \$10.

"STEAM in Early Childhood" for early childhood educators teaches how to create meaningful science and math learning opportunities for all young children. We will cover a variety of teaching concepts, how the classroom environment and materials can encourage science and math learning, and present some great hands-on activities! Tuesday, July 19, 6–8 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Cost is \$10.

For additional information or to sign up for a class, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180.

Babysitting Training for 5th–7th Graders, July 13

"Babysitting" through the American Red Cross will teach 5th–7th graders child development, how to identify common hazards in the home, and become trained in CPR and first aid. Youth will receive a babysitters handbook, CD and Emergency Reference Guide. Participants will make and enjoy a healthy snack, make a toy for a child and create a business card for their babysitting business. Wednesday, July 13, 8:30–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Cost is \$32 (check payable to Lancaster County Extension). Bring a sack lunch. Space is limited — register by June 24 by calling 402-441-7180.



HEART OF 4-H VOLUNTEER AWARD

Lower Platte South Natural Resources District



Lancaster County 4-H is proud to announce Lower Platte South Natural Resources District (LPSNRD) as winner of May's "Heart of 4-H Award" in recognition of outstanding volunteer service.

The LPSNRD is an outstanding partner to Lancaster County 4-H through programs such as Earth Wellness Festival and 4-H Clover College. Both organizations have helped organize EWF since it started in 1994, along with other organizations. LPSNRD has presented workshops at the annual 4-H Clover College since 2002.

McKenzie Barry of the LPSNRD says, "We enjoy teaching students about their environment around them, and conserving and protecting natural resources. The NRD works hard with our environmental education programs to bring nature in, or get students out, making discoveries and exploring."

Lancaster County 4-H thanks LPSNRD staff for their time and talents. People like them are indeed the heart of 4-H!



HORSE BITS

4-H Horse Identifications Due June 1

Each horse which will be shown at Super Fair must be identified on form "4-H Horse Identification Certificate" and submitted to the Nebraska Extension in Lancaster County office by June 1. Form is available at the office as a carbon copy form. If you use the online form at <http://go.unl.edu/uwg4>, make a copy for yourself.

4-H Horse Judging Contest, June 3

The Lancaster County Super Fair 4-H Horse Judging contest will be held on Friday, June 3 at the Lancaster Event Center – Pavilion 3. This is a county fair premium event. Ribbon placings will be awarded. The top ten contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group will receive a belt buckle. Registration is 5:30–6:30 p.m. Start time 6:30 p.m. For more information, contact Marty at mcruckshank2@unl.edu or 402-441-7180.

Pre-District Show, June 4

The Lancaster County 4-H Horse VIPs Committee and the Salt Creek Wranglers are sponsoring a 4-H Pre-District Show on Saturday, June 4, 9 a.m. at the Lancaster Event Center – Pavilion 3. Pre-registration is not required. Riders must be in 4-H attire. Although districts are only for the junior and senior age groups, elementary riders are encouraged to ride in this show to help prepare for the years to come. Stalls are available for \$15 a day. Stall arrangements must be made through the Event Center at 402-441-6545. Event Center shavings must be used (\$7 a bag). Show flyer is at <http://unl.edu/4h/horsenews.shtml>. For more information, call Marty at 402-441-7180.

4-H Riding Skills Level Testings

A 4-H horsemanship level group testing will be held on Tuesday, June 7, 5:30 p.m. at the Lancaster Event Center – Amy Countryman Arena. Anyone wishing to test must sign up by May 31 by contacting Marty at mcruckshank2@unl.edu or 402-441-7180. All of the written horsemanship level requirements must be completed and submitted to Marty before the riding portion of the levels can be conducted. A final testing will be held on Tuesday, June 28, 5:30 p.m. at the same location. Anyone wishing to test must sign-up with Marty by June 21.

State Hippology and Judging Entries

Hippology and judging entry forms for the State 4-H Horse Expo at Fonner Park are due to the Extension office Wednesday, June 15. All entry fees will be paid by the Lancaster County 4-H Council. Contest entry forms and information can be found at <http://animalscience.unl.edu/horse-4-h-and-youth> — for more information or if you have questions, contact Marty at 402-441-7180.

JUNE 15 DEADLINE

Member Online Enrollment

4-H members must enroll/re-enroll by June 15. The website to enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member or volunteer. Only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth and/or volunteers in the household will be added.

More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/club>. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select "Lancaster Independent" under "club."

FFA MEMBERS: FFA members need to select Crete FFA, Norris FFA, Raymond Central FFA or Waverly FFA under "club."

Projects Updated

4-H members' projects must be updated by June 15 using "4-H Online" (see enrollment information above). These are project area(s) each member plans to enter at the Super Fair (specific classes within each project area not needed). NOTE: only 4-H members or their parents/guardians may update projects.

Volunteer Online Enrollment

Volunteers must enroll using "4-H Online" at <https://ne.4honline.com>. If you and your other club leaders have not already enrolled at "4-H Online," please do so before June 15. Last year, volunteers could not register online, so Extension staff member Karen Evasco entered many organizational leaders on 4HOnline. These leaders' names will show up under their family profile — and will need to select "I forgot my password" to re-enroll as a "returning volunteer." If leader names do not show up on 4-H Online, then they will need to enroll as a "new volunteer." At this time, 4-H club organizational leaders are NOT able to view their 4-H club's roster online (Nebraska 4-H is working out the details).

Animal Identifications

All market beef, market sheep, market goats and market hogs being identified for Nebraska State Fair and AKSARBEN Stock Show will be tagged with an EID tag. Ear notches and EID tag will be recorded for market hogs. DNA will still be required as usual at \$6 per market animal. Paper identification forms are no longer required for Nebraska State Fair or AKSARBEN animals — the DNA will serve as the nomination. Sheep, hogs and goats need to be identified by June 15.

Breeding heifers, breeding ewes and breeding meat goats being identified for Nebraska State Fair and AKSARBEN Stock Show will submit a breeding nomination card with a \$2 fee per animal by June 15. This card will serve as the animal's identification.

Youth participating in the Nebraska State Fair will have until Aug. 10 (state fair pre-entry deadline) to select whether they are showing their animal in 4-H or FFA.

All livestock ONLY being shown at county fair will be tagged with a normal 4-H tag and will need a paper animal identification form (also called ownership affidavit). All livestock ID forms are due by June 15 (market beef had an earlier due date). If you are showing livestock at county fair and either State Fair or AKSARBEN, you do not need a paper identification form.

Rabbits being shown at the Lancaster County Super Fair or AKSARBEN must be identified on the "Nebraska 4-H Rabbit Ownership Affidavit" form by June 15. State Fair does not require a separate ID form, however, tattoo numbers must be listed on the entry form.

Forms can be picked up at the Extension office or found at <http://4h.unl.edu/animalscienceprogrammanagement>. If questions, contact Cole at 402-441-7180 or cmeador2@unl.edu.

Market Animal Quality Assurance Training

4-H/FFA members showing market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry and rabbits at the Super Fair, State Fair or AKSARBEN must complete Quality Assurance Training by June 15. Livestock exhibitors showing only breeding animals and horse exhibitors do not have to complete it.

This year, 4-Hers have the choice of doing the Quality Assurance training online or attending a face-to-face training opportunity. Three modules are required per age division. Send a copy of the completed certificates to the Extension office — attention Cole Meador. If you have any questions, contact Cole at cmeador2@unl.edu or 402-441-7180.

The Quality Assurance certification can be done online at <http://4h.unl.edu/qualityassurance> — instructions are also on this website. There is a \$5 per youth charge.

A free Quality Assurance face-to-face training opportunity will be held on Tuesday, June 7, 6–8 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Sign up for this training by May 31 by calling 402-441-7180.

4-H Companion Animal Challenge Results

The statewide 4-H Companion Animal Challenge was held on March 12 at UNL East Campus. Nearly 30 youth competed in five events; quiz bowl, skillathon, demonstrations, art contest and photography contest. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners.

QUIZ BOWL

**Paws & Pals 4-H Dog Club
Intermediate Team (Champion):**
Maleah Jamison, Emma Timmer,
Emely Troy

SKILLATHON

Senior: Bethany Wachter (Champion)
Intermediate: Maleah Jamison



Quiz Bowl Intermediate Team

4-H Life Challenge Contests

4-H Life Challenge Judging Contests help youth learn more about issues related to family and consumer science and entrepreneurship. Contests are open to all 4-H'ers. For more information, contact Tracy at 402-441-7180.

County-level Junior (for ages 8–11) AND Senior Life Challenge (for ages 12 and up) will be held Saturday, June 4, 9 a.m. at the Lancaster Extension Education Center. Preregister by June 2 by calling 402-441-7180 (there is no entry form). Contact Tracy for a study packet for the Junior Life Challenge.

Statewide Life Challenge (for ages 12 and up) will be held June 20–21 on UNL East Campus. To participate, contact Tracy at 402-441-7180 by June 1. Information will be online at <http://pase.unl.edu>

Premier Animal Science Events, June 20–21

The statewide Premier Animal Science Events (PASE) will be held June 20–21 on UNL East Campus. Open to 4-H'ers ages 12 and up, PASE consists of a variety of different contests:

- livestock, meats and poultry judging
- livestock skill-a-thon
- livestock quiz bowl

For more information, go to <http://pase.unl.edu>. To participate, contact Cole at 402-441-7180 by June 15.

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

This is the eighth year Kath Conroy, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. Send papers by Monday, July 5 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

4-H Plant Science Contests, June 22

Three Plant Science Contests will be held Wednesday, June 22, 10 a.m.–Noon at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18. Preregistration is not required — enter the day of contest. Youth choose which portions of the contest to participate in:

- tree identification
- grass-weed identification
- horticulture contest

Study materials are online at <http://lanaster.unl.edu/hort/youth/fair.shtml>

Nebraska 4-H is offering an online Horticulture Judging Contest at <http://go.unl.edu/2016onlinehortcontest>. The quiz will be available June 10–20. There is no password this year.

4-H Bicycle Contest, June 25

The 4-H Bicycle Safety Contest will be held Saturday, June 25, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The contest is open to all 4-H'ers ages 8 and up. Participants must provide their own bicycle and must wear a helmet. Register by June 8 by calling 402-441-7180 (there is no entry form).

There are two parts of the contest. In the bicycle skills events, 4-H'ers maneuver through several designated courses to test their riding skills and safety. 4-H'ers also take a multiple choice quiz. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

Rabbit Tattooing Opportunity, July 23

There will be a 4-H rabbit tattooing opportunity provided by the Rabbit VIPS Committee on Saturday, July 23, 9–11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Cost is \$1 per rabbit.

Rabbits must have permanent tattoo in left ear before coming to the Lancaster County Super Fair. No tattooing allowed on fairgrounds. The tattoo must be on the completed fair registration form (due by July 1).



Clover College

Tue., June 14–Fri., June 17

20th Anniversary!

Lancaster Extension Education Center, 444 Cherrycreek Road

WORKSHOPS WITH OPENINGS AS OF MAY 16
For registration form and current class availability, go to <http://lanaster.unl.edu/4h/programs/clovercollege>

4-Day Workshops

2 Rocketry
Build your own rocket and launch it. Receive a rocket kit and one engine. **Only for youth who have not previously taken class.**
TUE–FRI, JUNE 14–17; 8–10AM
AGES 8–12 • FEE \$20
Instructor: Ron Suing, 4-H Volunteer

3 Kickstart Chess!
Want to become a grandmaster? Learn basic rules to game winning strategies. This progressive program is for beginners and those beyond. Lessons are supplemented by practice and play.
TUE–FRI, JUNE 14–17; 10:15AM–12:15PM
AGES 8 & up • FEE \$10
Instructor: James Walla, 4-H Volunteer

1-Day Workshops

8 Make a Difference
Participate in this community service project and make a difference to local people in need!
TUE, JUNE 14; 10:15AM–12:15PM
AGES: 8 & up • FEE \$5
Instructor: Jen Smith, 4-H Volunteer

9 Insect Investigators
Make a cool, catch-and-release critter container and enjoy the thrill of a bug hunt.
TUE, JUNE 14; 10:15AM–12:15PM
AGES: 8 & up • FEE \$5
Instructor: Jody Green, Extension Educator

15 Habitat Discovery
Learn about pollinators and explore Extension's pollinator habitat. Wear closed toe shoes & sun protection.
TUE, JUNE 14; 3–5PM
Age: 10 & up • Fee \$5
Instructor: Mary Jane Frogge, Extension Associate

21 Dog Days of Summer
Learn about obedience, agility and showmanship and how to prepare for the Super Fair Dog Show.
WED, JUNE 15; 8–10AM
AGES 8 & up • FEE \$3
Instructor: Paws & Pals 4-H Club

23 America's Rose
Learn how to plant, care, grow and show roses.
WED, JUNE 15; 10:15AM–12:15PM
AGES 10 & up • FEE \$5
Instructors: Lincoln Rose Society Members

26 Big Power Machines
Get the behind scenes tour of how mechanics create specialized equipment and make repairs.
WED, JUNE 15; 12:45–2:45PM
AGES 8 & up • FEE \$5
Instructors: Lancaster Co. Engineers

27 Modeling Madness
Be a styling diva and learn the ins and outs of modeling. Perfect preparation for 4-H Fashion Show.
WED, JUNE 15; 12:45–2:45PM
AGES 8 & up • FEE \$2
Instructor: Shar Sieck, 4-H Volunteer

28 Wild Weather Fun
Explore the amazing side of weather and become a weather scientist.
WED, JUNE 15; 12:45–2:45PM
AGES 8 & up • FEE \$3
Instructor: Tyler Williams, Extension Educator

32 Bottles, Bottles
Make unique decorated vases. Cool!
WED, JUNE 15; 3–5PM
AGES 8 & up • FEE \$10
Instructor: Madison Schmidt, 4-H Volunteer

34 Container Gardening
Create your own container garden.
WED, JUNE 15; 3–5PM
AGES 8 & up • FEE \$8
Instructor: Rachel Johnson, Extension Intern

35 Soccer Basics
Learn fancy footwork. Wear closed toe shoes, shin guards and bring your own soccer ball.
THU, JUNE 16; 8–10AM
AGES 8 & up • FEE \$3
Instructor: Megan Poppert, ExtensionCorps Member

36 Cute Crossbody Purse
Sew your own crossbody purse. Must have basic sewing skills. Bring 1/2 yard each of two coordinating cotton fabrics (no stripes or matching plaids), 1 pkg. piping in coordinating color,

matching thread, basic sewing supplies and sewing machine.
THU, JUNE 16; 8–10AM
AGES 10 & up • FEE \$5
Instructors: Abby and Ellie Babcock, 4-H Volunteers

44 Wired For Wind
Build a wind turbine that generates electricity! Experiment with turbine designs. Take it home and experiment more! It will be "watts" of fun!
THU, JUNE 16; 12:45–2:45PM
AGES 8 & up • FEE \$10
Instructor: F. John Hay, Energy Educator

45 Cluck, Cluck, Quack!!
Enjoy the fun of backyard poultry as we learn about chickens, ducks, etc.
THU, JUNE 16; 3–5PM
AGES: 8 & up • FEE: \$5
Instructors: The Egg Basket 4-H Club

48 Solar Cars
Design, build and test a solar car. We will test which is best: gear drive, belt drive, direct drive, propeller drive, or a combination.
THU, JUNE 16; 3–5PM
AGES 8 & up • FEE \$10
Instructor: F. John Hay, Energy Educator

49 Cool & Upcycled
Create marshmallow blasters, cars, bird feeders, etc. by upcycling.
FRI, JUNE 17; 8–10AM
AGES 8 & up • FEE \$5

53 Happy Orchard Pollination
Discover fun pollination facts through hands-on activities.
FRI, JUNE 17; 10:15AM–12:15PM
AGES 8 & up • FEE \$5
Instructors: Lauren Hull, Happy Orchard Intern & Savannah Schafer, ExtensionCorps Member

55 Toddler Toys
Learn about toddler development and make creative toys!
FRI, JUNE 17; 12:45–2:45PM
AGES 8 & up • FEE \$7
Instructor: Jaci Foged, Extension Educator

56 Makey Makey
Use everyday items to build a computer joystick or keyboard.
FRI, JUNE 17; 12:45–2:45PM
AGES 8 & up • FEE \$5
Instructors: Savannah Schafer, ExtensionCorps Member & Lauren Hull, Happy Orchard Intern

4-H Horse Stampede Results

The statewide 4-H Horse Stampede was held on March 12 at UNL East Campus. Nearly 80 youth competed in five events: horse bowl, public speaking, demonstration, art contest and photography contest. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners.

HORSE BOWL

Lancaster Junior Team (Champion): Chloe Stander, Cally Dorff, Alexa Starner, Jocelyn Cobb, coach Kate Rawlinson

Lancaster County Senior Team (Champion): Aussia Stander, Kate Cooper, Ashley Clegg, Jenna Wolfe, Lucy Polk, coach Hannah Ronnau

ART CONTEST

Junior Division: Cadi Wilbeck (Reserve Champion), Elizabeth Moyer, Kyra DeBuse

DEMONSTRATIONS

Emmi Dearmont (Junior Champion Individual), Justine Gall (Senior Reserve Champion Individual), Kyra DeBuse & Sidney Schlesiger (Junior Champion Team Demonstration)

PHOTOGRAPHY CONTEST

Elementary Division: Claire Polk (Champion)
Junior Division: Aussia Stander (Reserve Champion), Emmi Dearmont
Senior Division: Madison Sobotka (Champion), Lucy Polk (Reserve Champion)



Horse Bowl Junior Team



Horse Bowl Senior Team



EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

May

- 21 **Composting Demonstration, Pioneers Park Nature Center's Backyard Composting Demonstration Area** 2 p.m.
- 23 **Stepping On Workshop**..... 1-3 p.m.

June

- 1 **Super Fair 4-H Horse ID's Due to Extension**
- 3 **4-H Horse Judging Contest, Lancaster Event Center - Pav. 3** **Registration 5:30-6:30 p.m./6:30 p.m.**
- 4 **4-H Life Challenge Contest - Junior & County-Level Senior Divisions**..... 9 a.m.
- 4 **4-H Pre-District Horse Show Presented by 4-H Horse VIPs/Wranglers, Lancaster Event Center - Pavilion 3** 8:30 a.m.
- 7 **4-H Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena**..... 5:30 p.m.
- 7 **4-H Quality Assurance Face-to-Face Training Opportunity**..... 6-8 p.m.
- 7 **4-H Council Meeting**..... 6 p.m.
- 9 **Co-Parenting for Successful Kids Class**..... 9 a.m.-12:30 p.m.
- 10 **Extension Board Meeting** 8 a.m.
- 11 **Composting Demonstration, Pioneers Park Nature Center's Backyard Composting Demonstration Area** 10 a.m.
- 12 **"Supervision of Children" Class for Child Care Providers, Bryan East Campus**..... 6:30-8 p.m.
- 15 **Deadline to Enroll New 4-H Members/Volunteers and for All Members to List Project Area(s) Planning to Enter at Super Fair. Must Use "4-H Online" at <https://ne.4honline.com>**
- 15 **Deadline for 4-H/FFA Sheep/Goats/Swine/Breeding Beef/ Bucket Calves/ Dairy Cattle/Llamas & Alpacas/Rabbits Identification**
- 15 **Deadline for 4-H/FFA Livestock Market Animal Exhibitors to Complete Quality Assurance Requirements**
- 14-17 **4-H Clover College**
- 20-21 **4-H Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus**
- 21 **4-H Horse District Show, Lancaster Event Center**
- 22 **4-H Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID**..... 10 a.m.-12 p.m.
- 25 **4-H Bicycle Safety Contest**..... 9 a.m.
- TBA **4-H Elementary Horse Quiz Bowl**
- 28 **4-H Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena**..... 5:30 p.m.
- 30 **4-H Horse Incentive Program Ends**

EXTENSION NEWS

Cole Meador Promoted

Cole Meador was recently promoted from Extension Assistant to Extension Associate. He has worked for the Lancaster County 4-H program since 2011. Cole's responsibilities will continue to include coordinating the 4-H livestock and dog project areas, the Embryology school enrichment program for 3rd graders and Ag Literacy Festival for 4th graders.



Discover, Learn and Grow at 4-H Summer Camps

4-H Summer Camps, offered June 11-Aug. 3, are open to all youth ages 5-18 (need not be in 4-H). With locations at Gretna and Halsey, there are over 40 camps ranging from half day to seven days/six nights! More information is online at <http://4h.unl.edu/camp> and the Extension office.



4th Graders Gain Understanding of Agriculture at Ag Literacy Festival

More than 500 fourth graders from eight Lincoln area schools attended the Ag Literacy Festival held April 5-6 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. They rotated between the following eight interactive stations: Beef, Dairy, Swine, Sheep, Horse, Poultry, Corn & Soybeans, Water, Farm Technology and By-products.

The Ag Awareness Coalition, led by Nebraska Extension, organizes the festival with the help of agriculture businesses, commodity associations and food industry companies. This is the 16th year the festival has been held in Lincoln.

More photos are online at www.flickr.com/photos/unlxtlanco/collections.



4th graders were able to interact with several animals, including four-week old piglets, at the Ag Literacy Festival.

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



The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held March 20. More than 30 Lancaster County 4-H youth competed in this year's communication events. The following top winners will represent Lancaster County at the Regional Speech & PSA contest on May 19 at University of Nebraska-Lincoln East Campus.

Speech contest:

- Junior (8-10 years): Melanie Wiggins, Kylie Hansen, Aleya Cuttlers
- Intermediate (11-12 years): David Swotek, Emmi Dearthmont
- Senior (13-18 years): Emma Lanik, Addison Wanser, Peter Greff

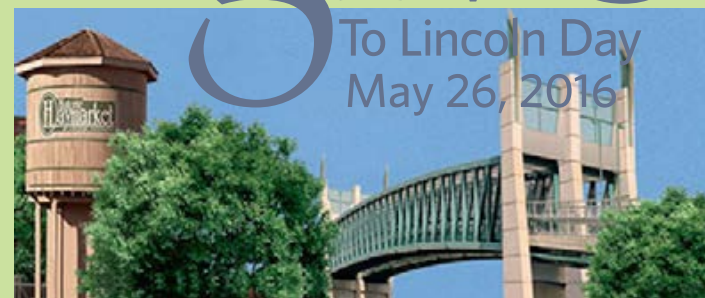
Public Service Announcement contest:

- Junior (8-10 years): Cali Kaiser, Sarah Lange
- Intermediate (11-12 years): Ella Hendricksen, Payton Filing, Riley Peterson
- Senior (13-18 years): Nathan Becker, Jorie Kohl, Emma Lanik



Lancaster County 4-H Council is part of

give



To Lincoln Day
May 26, 2016

Lancaster County 4-H Council is one of the nonprofits the community can give donations to during "Give to Lincoln Day" hosted by Lincoln Community Foundation. Your donation, made any time from now until May 26, 11:59 p.m., is increased by a proportional share of a \$300,000 challenge match pool!

Here are a few ways your support will help youth:

- pay for state 4-H contest fees for eligible Lancaster 4-H youth,
- help fund hands-on learning opportunities for more youth through after-school/out of school 4-H programs,
- offset costs for Lancaster 4-H youth to attend a national 4-H event, or
- pay for local youth to attend a 4-H Summer Camp.

For more information, or to make a tax-deductible donation, go to <http://razoo.com/Lancastercounty4-Hcouncil>