

Nebraska-Wide Purple Loosestrife Exchange Program

A purple loosestrife exchange program has been developed in cooperation with



nurseries and garden centers. The details of the program and the current list of participating nurseries and garden centers are on the Nebraska Weed Control Association web page

www.neweed.org, and the Lancaster County Weed Control Authority internet site www.ci.lincoln.ne.us/cnty/weeds.

What is Purple Loosestrife?

Purple Loosestrife is a tall, woody perennial that invades wetlands. It contributes to habitat loss by out competing native vegetation. Purple loosestrife is a noxious weed

under the Nebraska Noxious Weed Control Act.

Garden varieties, sometimes called Lythrum, cross pollinate with escaped plants to produce viable seeds and may even produce seeds themselves. These seeds can spread to neighboring wetlands.

How does the plant exchange work?

The goal of the purple loosestrife plant exchange program is to get purple loosestrife and ornamental Lythrum out of flower gardens and reduce the potential for further spread.

Steps:

1. Homeowner contacts Lancaster County Weed Control Authority office at 441-7817 for verification of removal, receives a discount coupon, and then takes the coupon to a participating nursery or garden center; or
2. Bring any Lythrum variety, roots and all, to a participating nursery or garden center with a drop-off site; and
3. Receive a 25% discount on eligible perennial plants up to the number of Lythrum plants removed or number established

by the nursery or garden center.

Disposal of purple loosestrife.

To prevent further spread of the plants once they are dug up we suggest the following:

1. Place the plants into a doubled black garbage bag. Never use clear bags.
2. Put the bags for garbage pickup and burial in a landfill; or
3. Take the bags to a participating nursery or garden center with a drop-off site.

Do not compost any part of these plants.

Participating Nurseries and Garden Centers

The current listing of nurseries and garden centers that have agreed to participate in the Nebraska-Wide Purple Loosestrife Exchange Program may be found on the Nebraska Weed Control Association web page at www.neweed.org or the Lancaster County Weed Control Authority internet site www.ci.lincoln.ne.us/cnty/weeds. In Lincoln these sites are: (RS)

Name	Location	Drop-off Site
Campbell's Nurseries	7000 S 56 Street	X
Campbell's Nurseries	2342 S 40	X
Earl May Nursery	5555 S 48	
Earl May Nursery	71 & O	
Seeds of Life, Inc	12400 Holdrege	X
Williams Nursery	1742 N 48 Street	



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desired consistency. Yogurt gives a tangier taste than milk. Or, use a combination of milk and yogurt. Sweeten to taste with a teaspoon or two of sugar, honey or jelly; or, use an artificial sweetener. If desired, add about 1/4 teaspoon vanilla. Drink right away.

You also can freeze small pieces of fresh or canned fruit until solid. Freeze for a few hours or overnight on a cookie sheet or in shallow metal pans—place fruit in a single layer. Chop larger fruits like bananas, apricots, etc. into smaller chunks—about 1/2 to 1 inch. Transfer frozen fruit to freezer bags for later use or enjoy in a smoothie right away!

Considerations When Taking Calcium Supplements

If you're unable to obtain the recommended amount of calcium from your diet, the following tips will help you achieve the most benefit from calcium supplements. Always read the directions carefully. **Note:** Some supplements may require more than one tablet to achieve the amount of calcium listed in the serving size.

1) Calcium Carbonate. This supplement requires acid to dissolve and for efficient absorption. As we age, we may not produce as much stomach acid between meals. It's usually recommended a person take

calcium carbonate at mealtime when the stomach produces more acid.

2) Calcium Citrate. This supplement tends to be more expensive than calcium carbonate but doesn't require stomach acid for absorption. It may be taken any time; however, your health care provider may recommend a specific time for you.

3) Vitamin D. Choose a calcium supplement with vitamin D unless you're already getting vitamin D from other sources. Consider the recommended Daily Value for vitamin D for your age group. Avoid going over a combined total of 50 micrograms (2,000 IU) from all calcium supplements, vitamin/mineral supplements and foods during the day.

4) Total Calcium Load at One Time. Your body can best handle about 500 mg of calcium at one time, whether from food or supplements. Consume your calcium supplements and calcium foods throughout the day rather than all at one time.

5) Time of Day. If you take just one supplement, it's probably best to take it in the evening, according to Miriam Nelson. Nelson recommends taking calcium carbonate at dinner time and calcium citrate before bed. This may enhance absorption and utilization.

6) Absorption. If your brand doesn't say it has met USP (United States Pharmacopoeia) standards, you may want to give it the vinegar test. (NOTE: Applying for this symbol is voluntary at this time, so there may be many good products that don't carry it.) Put a tablet in a cup of vinegar and stir every 5 minutes. It should dissolve in 30 minutes. If it doesn't, the calcium tablet probably won't dissolve in your stomach, either. Chewable and liquid forms should dissolve well as they're already broken down.

7) Increase Amount Slowly. The National Osteoporosis Foundation (NOF) recommends you increase the amount of calcium supplements slowly, starting with 500 mg a day for a week and then gradually adding more. Some types can cause side effects such as gas or constipation for some people. Increasing fluids and fibrous foods (fruits, vegetables, whole grains) may help. If you still have problems, switch to another form of supplement.

8) Check for Interactions. NOF advises checking with your physician or pharmacist about possible interactions with other prescriptions and over-the-counter drugs you're taking. For example, calcium supplements

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If the cooler is only partially filled, pack the remaining space with more ice or with fruit and some non-perishable foods such as peanut butter and jelly and perhaps some hard-like Cheddar cheeses. For long trips to the shore or the mountains, take along two coolers—one for the day's immediate food needs, such as lunch, drinks or snacks, and the other for perishable foods to be used later in the vacation.

Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Limit the times the cooler is opened. Open and close the lid quickly.

Now, follow these food safety tips:

When Camping...

Remember to keep the cooler in a shady spot. Keep it covered with a blanket, tarp, or poncho, preferably one that is light in color to reflect heat.

Bring along bottled water or other canned or bottled drinks. Always assume that streams and rivers are not safe for drinking. If camping in a remote area, bring along water purification tablets or equipment. These are available at camping supply stores.

Keep hands and all utensils clean when preparing food. Use disposable towelettes to clean hands. When planning meals, think about buying and using shelf-stable food to ensure food safety.

When at the Beach...

may reduce the absorption of the antibiotic tetracycline. If you take a medicine on an empty stomach, you probably shouldn't take it with a calcium supplement because it could affect the absorption.

9) Food is Still Important. Nelson advises high calcium foods also contain other nutrients that are important in the diet. She recommends you don't obtain all your calcium from calcium-fortified orange juice and candies.

Putting it All Together

To apply this information on calcium and vitamin D:

- 1) List the foods/supplements and the serving sizes you ate yesterday or in a typical day.
- 2) Determine the % DV of calcium and vitamin D they provided, based on the label.
- 3) Adjust the % DV if you consumed a serving size of food different from the amount listed on the label.
- 4) Total your amounts and compare your score to the recommended % DV for your age group.

In assessing your diet, also consider the other dietary factors and supplement usage guidelines that influence your bones. Before leaving the topic, remember weight-bearing exercise, adopting a healthy lifestyle with no smoking or excessive alcohol use, and

Plan ahead. Take along only the amount of food that can be eaten to avoid having leftovers. If grilling, make sure local ordinances allow it.

Bring the cooler! Partially bury it in the sand, cover with blankets, and shade with a beach umbrella.

Bring along moist towelettes for cleaning hands.

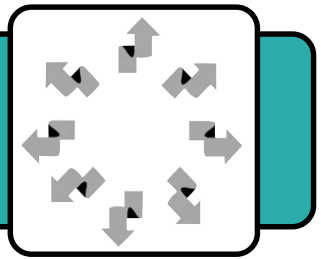
If dining along the boardwalk, make sure the food stands frequented look clean, and that hot foods are served hot and cold foods cold. Don't eat anything that has been sitting out in the hot sun—a real invitation for foodborne illness and a spoiled vacation.

When in the Vacation Home or the RV Vehicle...

If a vacation home or a recreational vehicle has not been used for a while, check leftover canned food from last year. USDA/FSIS recommends that canned foods which may have been exposed to freezing and thawing temperatures over the winter be discarded.

Also, check the refrigerator. If unplugged from last year, thoroughly clean it before using. Make sure all food preparation areas in the vacation home or in the recreational vehicle are thoroughly cleaned.

Source: Adapted from information provided by the U.S. Department of Agriculture Food Safety and Inspection Service (AH)



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project includes reimbursement to the well owner to cover the remaining costs not paid for by the NRD. Making it FREE!!!!

If you would like your water tested, have a well to be decommissioned, or would like further information about the project, please contact the Norris FFA at 402-791-0001 extension number 3269 or the Lancaster County Extension Office at 402-441-7180.

While we enjoy a tremendous water supply, the supply of clean, safe water can be threatened by human use and activity. Great care is needed to keep our water safe thru maintaining a safe, unpolluted water sources for future generations. (GB)