

# There is Still Time to Control Bagworms in Early July

Mary Jane Frogge  
Extension Associate

Bagworm outbreaks have been increasingly noticeable the past few years in Lancaster County. Bagworm larvae hatched in late May and have been feeding on plant material for over a month. They are about half of their mature size and may be hard to see in leafy plant material. Take a walk through your landscape and check all your landscape plants, especially spruce and junipers.

If you find an outbreak of bagworms, chemical control may be needed. *Bacillus thuringiensis* (Bt) is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion and permethrin. Affected plants must be thoroughly covered with the insecticide to receive good control. Be sure to read and follow all label directions.

If you have a large infestation in your evergreen trees or shrubs, do not delay in controlling the bagworms.

Vicki Jefficks, Nebraska Extension in Lancaster County



Bagworm larvae size mid-July, shown approximate size (on a juniper on left, on a spruce at right with a penny for size comparison)

Soni Cochran, Nebraska Extension in Lancaster County



Bagworm larvae are nearly mature by late-August, shown approximate size.

Feeding by mature caterpillars slows in August before pupation into adults, so chemical control in late summer and fall is not effective. By that time your valuable landscape plants are already severely damaged by the maturing bagworms.



Large bagworm populations can completely defoliate and kill evergreens during summer.

## FOR MORE INFORMATION

A YouTube video is online at <http://lancaster.unl.edu/hort/bagworms.shtml> and a color brochure is available on the website and at the Extension office.



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Many plants are easily propagated by layering in July. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shred grass rather than cut it.

For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

A garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.

# Breastfeeding is Great for Babies and Moms

Jaci Foged  
Extension Educator

When I was attending the University of Nebraska–Lincoln as an undergrad, I was asked to write a personal reflection on breastfeeding vs bottle-feeding and which I would choose. As an 18 year old, I thought I had all of the answers, but research continues to educate us and help us select the best choice to meet the needs of both our families and ourselves.

Did you know — The American Academy of Pediatrics (AAP) recommends breastfeeding exclusively from birth to 6 months and to continue with breastfeeding (in addition to complementary foods) through 12 months or longer as mutually desired by mother and baby. Breastmilk contains all of the essential nutrient, antibodies and other factors important for growth and development; it cannot be replicated.

Breastfed babies are typically healthier. Research has shown they have lower rates of ear infections, less diarrhea, fewer gastrointestinal infections, fewer cases of pneumonia, reduced risk of diabetes, lower cholesterol and much more. Basically, breastfeeding has many positive outcomes that support overall health of the infant. But it isn't just about the infant. Breastfeeding is great for moms, too. Breastfeeding lowers the risk of breast and ovarian cancers, burns calories and conveniently saves money as it does not have to be purchased from a store.

In 2011, the surgeon general issued a call to action to support breastfeeding. This call to action lists 20 items that support mothers in a variety of ways through employment, communities and specific actions for mothers and their families. Action item number 16 relates to



<http://nebreastfeeding.org>

community childcare and states: "Ensure that all child care providers accommodate the needs of breastfeeding mothers and infants." Having worked in the field of childcare since 2000, this particular action really hits home for me.

But how many of us have seen or are aware of the surgeon general's call to action? If you are a parent relying on childcare, how do you see your provider supporting you or other families when it comes to breastfeeding? If you are a childcare provider, director or owner, how are you accommodating the needs of breastfed infants?

The 2017 breastfeeding report card shows even though 8 out of 10 Nebraska mothers start breastfeeding, less than half are exclusively breastfeeding at three months and only 1 in 5 make the AAP recommendation of six and 12 months. Any guesses as to why the significant drop at three months? There appears to be a strong correlation between the decline in breastfeeding and the time many infants enroll in childcare full time.

So how can parents and childcare providers work together to support mom and baby, and ensure the infant can continue to receive breastmilk, even after they start childcare?

• **Be Supportive:** Childcare providers can listen to the mom and help

encourage her to make it through the transition back to work.

- **Help Educate:** There are many resources you can provide to parents. Some include Milkworks, La Leche League of Nebraska, Nebraska WIC program and the Nebraska Breastfeeding Coalition.
- **Communicate:** Discuss safe storage of breastmilk at the childcare and other important program items that support breastfeeding. FYI: Childcare programs must follow licensing regulations when it comes to labeling and storing breastmilk.

Effective January 2017, breastfeeding is now reimbursable for the Child and Adult Care Food Program (CACFP). This means, if the mother comes to the childcare program to nurse her baby, it is reimbursable. If a staff person at the childcare facility breastfeeds their child,

it is also reimbursable. For children over 12 months, breastmilk can be substituted for cow's milk. There is no need for a medical note.

My oldest daughter was born four weeks early by emergency C-section. I was not allowed to hold her for four days. She was in the NICU for 15 days, and it took us seven weeks to learn this crazy nursing thing, but for me, it was well worth the struggle. I am very thankful for her infant teacher (Deb), my then employer (Tabitha Health Care Services) and my family for helping us make it through. I could not have done it without their support.

What can you do to support nursing moms?

Source: Centers for Disease Control and Prevention 2017 Breastfeeding Report Card; AAP Policy Statement (Pediatrics Feb 27, 2012)

## Nebraska Breastfeeding Rates

At birth, 81% initiate breastfeeding

At 3 months, 42% exclusively breastfeeding

At 6 months, 23% exclusively breastfeeding

At 12 months, 30% some breastfeeding