

Good Trees to Plant

After the stormy summer we just had, many of us were forced to remove damaged trees. The next task is to select a tree to replace the one you lost. When replacing those unsalvageable trees, you may want to consider a low maintenance tree. These are trees that need minimal pruning, have minor

insect or disease problems, have a slower growth rate and add value to your landscape. Consider selecting one of the trees on this list. After these trees become established, they will beautify your landscape for years to come.

—Mary Jane Frogge, Extension Associate

Name	Mature Height	Crown Spread	Growth Rate	Mature Form	Fall Color
Ginkgo	40'–60'	30'–40'	slow	oval	yellow
Golden Rain Tree	20'–25'	25'–30'	slow	round	brown
Hackberry	50'–70'	30'–40'	slow	vase	yellow
Maple, Norway	40'–50'	30'–40'	medium	oval to round	yellow to orange
Maple, Sugar	50'–70'	40'–60'	slow	oval to round	yellow to red
Maple, Amur	15'–20'	10'–15'	medium	round	scarlet
Maple, Tatarian	15'–20'	15'–20'	medium-slow	round	yellow-red
Oak, Bur	50'–70'	50'–70'	slow	oval	yellow-brown
Oak, White	50'–70'	30'–50'	slow	round	purplish
Oak, Swamp White	40'–60'	20'–40'	medium	oval	yellow brown
Oak, Shingle	50'–60'	50'–60'	medium-slow	round	yellow to red
Spruce, Colorado	30'–60'	10'–20'	medium-slow	pyramid	
Spruce, White	40'–60'	10'–20'	medium	pyramid	
Douglas-fir	40'–80'	12'–20'	medium	pyramid	
Hornbeam, European	40'–60'	30'–40'	medium-slow	oval	yellow
Magnolia, Star	15'–20'	10'–15'	slow	oval to round	yellow to bronze
Smoketree, Common	10'–15'	10'–15'	medium	round	red-purple
Japanese Tree Lilac	20'–25'	15'–25'	medium	vase	green
Amur Cork Tree	20'–30'	15'–25'	medium	round	yellow-brown
American Hophornbeam	25'–40'	25'–30'	slow	oval	yellow
Amur Maackia	20'–30'	20'–30'	slow	round	green
Maple, Black	50'–70'	40'–50'	slow	round	yellow
Witch-hazel, Common	15'–30'	20'–25'	medium	oval	yellow
Magnolia, Saucer	20'–30'	20'–30'	medium	round	yellow brown

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.

Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried arrangements. Air dry these materials in a dark, cool location.

Perennial phlox can be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them.

Divide lily-of-the-valley.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

If pesky seedlings of woody plants, such as elm, mulberry, hackberry or maple are found growing in your yard, remove them as soon as possible. If left to long they will take over gardens and other landscape plantings.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45°F or lower can damage many tropical houseplants.

Select accent plants for your landscape that will provide autumn colors. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.

Before the first frost dig up caladiums. Allow them to dry and store them in a dry place for the winter.

Pot up chives, parsley and other herbs to extend the growing season in the house.

Plant peonies now, but make sure the crowns are buried only one and a half to two-inches below ground level. Planting them deeper than two-inches may keep them from blooming.

Early Childhood Educators

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Just the other day, my 8-year-old was swimming. We have struggled for several years now to get her to go underwater due to a crazy case of swimmers ear and an aversion to ear drops. I was elated when she said she wanted to jump in the water. Then, she started doing cannonballs. Next, she wanted to dive into the water! Each time she experienced success she would swim over to me, put her arms around my neck and squeeze so hard. She whispered, “I love you mom” and then would swim away declaring this was the “best day ever.” I was so happy I decided to be present, not only at the pool, but in the water to celebrate in her joy. I encourage you all to be present; you never know what you might miss.

Although our intervention with the directors consisted of only 20 minutes of the 6-hour training day, I was pleased to learn 91 percent of the childcare directors agreed they liked participating in the mindfulness meditations. One director stated, “I like relaxing and getting in the moment with my thoughts.” Another said, “It was hard to meditate. But I like how mindfulness has made me more aware of the present.”

Eighty-two percent of the childcare directors agreed the activities for reflecting were helpful. A director said, “It made

me think about the way I feel emotions and I typically don't take the time to do.”

Additionally, 64 percent of the participants reported they use mindfulness in their daily life. One participant stated, “I've always practiced yoga. But now I take more time for myself and notice the waves of my emotions.”

New Childcare Program Focuses on Mindfulness and Reflection

The integration of guided reflection, learning about mindfulness and practicing guided meditations was well-received by the childcare directors. I am excited to now be piloting a program with Hatton-Bowers and Gottschalk termed Cultivating Healthy Intentional Mindful Educators (CHIME) with approximately 40 early childhood teachers. This 12-week program meets every other week for an hour in small groups where we practice guided reflections, meditations, and learn different strategies for practicing mindfulness in the early childhood classroom.



During a Cultivating Healthy Intentional Mindful Educators (CHIME) recent program, childcare providers learned how to teach mindful listening by listening to the sounds of items being shaken in plastic eggs (at left), and how to use animal emotion dice (at right) to teach social emotional skills.



One week we practiced mindful listening while listening to sounds of different items being shaken in a plastic egg.

Moving Forward

So, where do we go from here? How do we develop more mindful early childhood educators? Let's start by setting a goal for being intentional. An intention is a guide for how one wants to live. For example, “Today I intend to be more positive” or “Today I intend to be more present during drop off.” You can set your intention at any time throughout the day, just be sure to check in with yourself and reflect if you are following through with your intention.

I think we can all agree we want mindful educators working with our youngest population.

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for childcare providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180.

CPR/AED and First Aid Training — Friday, Sept. 1, 8:30 a.m.–12:30 p.m. Cost is \$40. Register by Aug. 28.

Water Science Resources Training — Wednesday, Sept. 20, 10 a.m.–12 p.m. For school-age teachers and childcare providers. Cost is \$10. Register by Sept. 13.

Early Learning Guideline (ELG) Health and Physical — Part 1: Thursday, Sept. 21, 6–9 p.m. Part 2: Thursday, Sept. 28, 6–9 p.m. Cost is \$25. Register by Sept. 15.

Nutrition & Physical Activity Self-Assessment for Childcare (NAP SACC) — Tuesday, Nov. 7 and Tuesday, Nov. 14, 12:30–3:30 p.m. (must attend both dates). Free. Register by Nov. 1 at <http://go.unl.edu/novnapsacc>