After-Harvest Care of Asparagus

Sarah Browning
Extension Educator

Asparagus can grow and thrive in a vegetable garden for many years, if it receives good care following harvest.

Towards the end of June stop harvesting, allowing the asparagus fronds to grow throughout the remainder of the season.

This top growth manufactures carbohydrates and sugars that will be stored in the fleshy roots and crowns. The plant will draw upon this reserve for next year’s crop. The size of next year’s crop is directly related to the growth of this summer’s foliage.

Fertilization

Each year after the final harvest, fertilize your asparagus planting. If your soil tests high in phosphorus, use a low phosphorus fertilizer such as 32-3-10 or 25-3-12 or a no-phosphorus fertilizer such as 30-0-10 or 24-0-15. The same is true for potassium. If your soil tests high, no additional potassium is needed.

Apply 50 lb Nitrogen per acre by sidedressing the rows and lightly tilling it in. The equivalent amount for smaller plantings is:

• 1.2 lb N/1,000 sq. ft.
• 1.2 lb N/100 sq. ft.

Well-rotted manure can be used in place of commercial fertilizers. Apply approximately 50 lb/100 sq. ft.

Watering

Good soil moisture throughout the summer is necessary for fern development and growth. Asparagus foliage seldom shows signs of drought stress, but a lack of water will reduce yields during the following season. And remember that although asparagus is deep rooted, most water uptake occurs in the top 6–12 inches of the soil. If summer conditions turn dry, don’t rely on deeper soil moisture to provide adequate water for your plants. If extended dry conditions occur, provide deep soaking irrigation to your plants at least twice a month or as needed to prevent soil cracking. Moisten the soil to a depth of at least 6 inches.

Weed Control

Controlling weeds in an asparagus planting can be difficult, but it is a necessary step toward maintaining a high-yielding planting.

This top growth manufactures carbohydrates and sugars that will be stored in the fleshy roots and crowns. The plant will draw upon this reserve for next year’s crop. The size of next year’s crop is directly related to the growth of this summer’s foliage.

Asparagus is a poor competitor with weeds, however, there are several techniques that can be used to control problem weeds.

If planted correctly, asparagus crowns are located approximately 6–8 inches deep in the soil, but plants grow each year enlarging in both width and height; meaning an asparagus crown can expand upward in the soil profile over time. It’s important to keep this depth in mind as we discuss various methods of control.

Mechanical Control

In small plantings, hoe or hand pull weeds. In larger plantings very shallow tilling, about 3–4 inches deep, between rows helps minimize weeds.

Cultural Control

Use 3–4 inches of mulch in conjunction with hoeing or tilling. Organic mulch, such as wood chips, grass clippings, compost or clean straw, prevents germination of new weeds, minimizes soil temperature fluctuations in summer and helps preserve soil moisture.

Herbicides

A preemergent herbicide should have been applied in late April to kill germinating seeds of summer annual weeds, like crabgrass, spurge and oxalis. In late June, apply a second preemergent herbicide to prevent germination of additional summer annual weeds. Reapply every 4–6 weeks at labeled rates throughout the summer, but be careful not to apply it to areas where you will be planting additional seeded crops.

One product, which has the added benefit of being organic, is corn gluten meal and can be found in Preen Vegetable Garden Weed Preventer, as well as other products. Corn gluten meal is a by-product of corn processing and contains 10% nitrogen, along with its preemergent properties.

When using herbicide, always read and follow the label directions for personal protective equipment and application rates. Pay special attention to the pre-harvest interval, or the amount of time you must wait after a pesticide application before harvesting again.

No Salt

Do not use salt! An old recommendation for asparagus weed control involved the application of salt, by pouring the salty water from an ice cream maker on the asparagus patch. This provided some weed control because asparagus is deep-rooted and has a higher sodium tolerance than some common weeds. However, salt quickly destroys soil structure, resulting in poor water penetration in the soil.

High levels of salt will eventually kill the asparagus too, or move out into nearby sections of your vegetable garden and kill other less salt tolerant vegetables. So if you make homemade ice cream on July 4th, don’t pour the salt water on your asparagus patch.

In Fall and Spring

Allow asparagus stems to stand over winter to catch and hold snow. The snow will help prevent drastic temperature fluctuations, as well as provide additional moisture as it melts. Remove the dead tops early in spring before new growth starts.
12 Tasty Salad Toppings

Alice Heneman, MS, RDN  
Extension Educator

“You can put everything — and the more things the better — into a salad, as a conversation, but everything depends on the skill of missing.” — Charles Dudley Warner

Sometimes people think green salad = lettuce = blah. Not so. The only limits to exciting salads are limits of the imagination. Begin with salad greens. Enhance the eye appeal and nutrition of a salad by adding colorful fruits and vegetables. Keep it light by limiting the amount of salad dressing to about 1 tablespoon per 1-1/2 to 2 cups of greens. Then make the flavor really POP by adding some of the following ingredients. You can either put them atop or mix them in with your salad.

While some of these salad additions are higher in fat than others, just small amounts (about 1 tablespoon) can give extra flavor without too many calories. Also, many provide a nutrition boost! Add from one to three of these flavor accents, depending on how many other ingredients are in your salad.

1. Artichoke Hearts: Marinated
Enjoy the tangy taste of sliced marinated artichoke hearts in your salad. It’s as easy as opening a jar and adding as desired.

2. Cheese: Parmesan
If your experience with Parmesan cheese is limited to shaking it from a can, try using a vegetable peeler to shave about a tablespoon per serving from a block of cheese. Or, sprinkle freshly grated Parmesan on salads. Just a small amount kicks up the flavor, you may find you can afford trying some of the more expensive Parmesan cheeses. Add flavor and bone-building calcium, too!

3. Croutons
Add crunch, flavor and fiber with homemade whole grain croutons.

4. Dried Fruit: Cherries, Cranberries, Raisins
Add these dried fruits for their flavor. Benefit from their antioxidants that may help protect against such diseases as cancer and heart disease.

5. Fresh Herbs: Basil, Chives, Dill, Parsley
Toss small basil leaves or chopped larger ones in with your greens. Try chopped fresh dill. Add some minced chives or parsley. Start with about a teaspoon of herbs per person and adjust according to taste preference. Herbs boost flavor without increasing calories. Researchers also are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease.

6. Fresh Fruit: Apples and Pears
Slice apples with their skins into salads. The skin adds eye appeal and important dietary fiber, as well. Research shows an apple a day may indeed help keep the doctor away by helping reduce your risk of heart disease and cancer.

Some commonly available apples that may be especially tasty in salads include Braeburn, Fuji, Gala, Golden Delicious, Granny Smith, Jonathan, Red Delicious and Winesap. The juicy sweetness of pear slices, skin included, also tastes great in salads. Pears continue ripen after they’re picked. To test if your pear is ripe, gently press it at the stem end. Most types yield to pressure when ripe.

To speed the ripening of pears, put them in a ripening bowl or in a loosely closed brown paper bag at room temperature. Or, just set them in a pretty bowl on your counter and enjoy their appearance as they ripen. Plastic bags don’t work for ripening. Refrigerate pears when ripe in an open or a perforated plastic bag in your refrigerator crisper drawer. (If you don’t have access to commercial perforated bags, use a sharp object to make several small holes in a regular plastic bag.)

7. Olives: Black or Green
Add extra oomph with olives. For ease of eating and to distribute their flavor throughout the salad, pit slice olives before placing them in your salad.

According to the USDA National Nutrient Database, one tablespoon of olives provides about 10 calories. Experiment with different types for different flavors. For example, many people enjoy the rich flavor of kalamata olives, a black olive frequently found in Greek salad, pasta and pizza recipes. (By the way, did you know olives are a FRUIT?)

8. Nuts: Toasted Almonds and Walnuts
Though almonds are a source of fat and calories, they contain mostly unsaturated fat that may help protect against heart disease. They also provide vitamin E, a nutrient that may be good for your heart. Almonds have about 7 calories apiece. Likewise, the fat in walnuts is mostly unsaturated. Walnuts also provide heart healthy omega-3 fatty acids. A tablespoon or two of walnuts adds just 50 to 100 calories to a meal.

Toast nuts to crisp their texture and bring out their rich aroma and taste.

9. Onions: Red
Sip thin slices of sweet red onions into salads.

10. Oranges
Sliced oranges juice up the flavor of salads and add brightness with their sunny color. Plus, they give you a healthy dose of vitamin C and folate.

11. Sunflower Seeds: Toasted
Add some vitamin E by tossing a tablespoon of sunflower seeds per serving into salads. One tablespoon provides about 50 calories and mostly unsaturated fat. Toast them for extra flavor.

12. Radishes
Thinly slice radishes and sprinkle into salads for their crisp texture and peppery flavor.

If the leafy radish tops are attached, remove them before storing. Radishes keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator crisper drawer that is separate from the one in which you store fruits. Wash radishes and trim their roots just before using.
The Importance of Play in Early Childhood Development

Ruth Vonderohe
Extension Educator

Have you ever laughed until your sides ached? Well, if it has been awhile take time to play with your children. Give yourself permission to have a wonderful experience listening and laughing with each child.

In today’s world of trying to balance work and home schedules, parents find it hard to spend quality time with their children. It is essential for parents to make the best use of the time they have with their children. Your child needs time to be with you to relax and play.

“When was asked me what I did in school today and I say, ‘I just played.’ Please don’t misunderstand me. For you see, I am learning as I play. I am learning to enjoy and be successful in my work. Today I am a child and my work is play.”—Anita Whitney, 1974

Lots of playing with children builds lasting bonds. Playing allows parents to appreciate the uniqueness of each child. Playing with your children can be a stress reducer. Laughing and relaxing are important to your own well-being as well as your children.

Keep in mind parents are their children’s first and favorite playmates. From the very beginning of your child’s life, she is engaging in play with you, whether following your face as you move it slowly from one side to the other or listening to your voice as you sing to her during a diaper change. Children love it when you are “silly” with them in play, and learn social skills by modeling your behavior. Over the years your children may have lots of fun toys to play with, but they don’t compare to you.

Play allows children to develop their imagination, dexterity, and physical, cognitive and emotional strength. Play is important to healthy brain development. It is the through play children at a very early age engage and interact with the world around them. Play allows them to explore new things at their own pace, master physical agility, learn new skills and figure things out in their own way. During play with others, children learn leadership skills by directing the action or by following a leader.

Children do not do this all at once. Each child’s behavior in play develops in stages:

• Onlooker Behavior: Watching what other children are doing, but not joining in the play.
• Solitary Play: Playing alone without regard for others; being involved in independent activities like playing with blocks or other materials.
• Parallel Activity: Playing near others but not interacting, even using the same play materials.
• Associative Play: Playing in small groups with no definite rules or assigned roles.
• Cooperative Play: Deciding to work together to complete a building project or pretend play with assigned roles for all of the members of the group.

Safety is of the utmost importance.

Toys should be:

• Well made with no sharp parts, splinters or broken pieces
• Strong enough to hold the child’s weight
• Non-toxic and lead-free
• Shatterproof and easily cleaned
• Non-electric
• Checked frequently for safety
• Out of children’s reach if they have small parts
• Properly supervised by adults

Play is a cherished part of childhood that offers children important developmental benefits and opportunities to fully engage with their children. Play starts in the child’s infancy and ideally, continues through their life. Play is how children learn to socialize, to think, to solve problems, to mature and most importantly, to have fun.

Parental involvement in a child’s world of play is not only beneficial for the child but is extremely beneficial to the parent. Playing with children establishes and strengthens bonds that will last forever. Parent-child play opens doors for the sharing of values, increases communication, allows for teachable moments and assists in problem solving. Finally, it allows the parent to view the world through the eyes of a child once again.

References:

• Denoon, Tonia, Early Childhood Extension Specialist, Gardens, Jennifer, Poppa, Lisa, Extension Educator. “Play and Learning in the Primary Years.”

http://child.unl.edu

Expanded With More Resources

Nebraska Extension’s Learning Child team of specialists and educators is proud to announce a major expansion of the Early Childhood Development website, http://child.unl.edu. The website provides research-based information, resources and strategies to help parents, grandparents, child care professionals, preschool teachers, early elementary teachers and other adults to support the holistic development of children ages newborn to 8.

Household Hazardous Waste Collection Events

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, battery chargers, rechargeable batteries, shatterproof light bulbs, compact fluorescent light bulbs, plant materials, latex paint, fertilizers, electronics & computers, large propane cylinders, tires, used oil, batteries, antifreeze or automobile.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln/Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov (keyword: household).

Saturday, May 30 • 9 a.m.–1 p.m.
Zoets: 601 W. Cornhusker Hwy.
Friday, June 19 • 9 a.m.–1 p.m.
Union College: S. 52nd & Cooper Ave.
Saturday, Aug. 22 • 9 a.m.–1 p.m.
Veyance Technologies: 4021 N. 56th St.
Saturday, Sept. 26 • 9 a.m.–1 p.m.
Lincoln Industries: 600 W. E St.
Saturday, Oct. 24 • 9 a.m.–1 p.m.
Woods Park: S. 31st & J St.
Friday, Nov. 13
Appointment Only: Call 402-441-8021 to schedule

Latex paint is not accepted at Household Hazardous Waste Collections. Usable latex paint can be taken to EcoStores Nebraska paint exchanges May 30 & Sept. 26 at 530 W. P. St., 402-477-3606.
Control of Perennial Weedy Grasses

Sarah Browning
Extension Educator

Perennial grasses, such as nimblewill, quackgrass, and windmill grass are some of the most difficult weeds to control in an acreage lawn. Whenever lawns are thinned, openings are created allowing weedy grasses to hold.

Nimblewill, Muhlenbergia schreberi, is a native, warm season, weedy grass that is a frequent turf invader. Nimblewill is a thin, wiry, pale green grass. The leaf blades are short and emerge at 45 degrees angles from the stem, which are slender, smooth and tend to lie flat on the ground. It spreads by short stolons, or above ground branches attached to a central stem. Many homeowners also dislike the fine-bladed texture of nimblewill and its habit to lie very flat on the ground, making it difficult to mow.

Quackgrass, Elymus repens, is a European native, cool season grass that have become naturalized throughout Nebraska. It prefers to grow in moist areas of the lawn, but can survive well in dry areas once established, becoming a serious invasive weed. It spreads through an aggressive rhizomatous root system, choking out more desirable grasses. The leaf blades are flat and thin, with few hairs, and no noticeable ridges or folds.

Windmill grass, Chloris virgata, is a native, warm-season bunchgrass. It is found throughout Nebraska, but is most common in eastern and southern parts of the state. It grows in all types of soil, and is common in lawns. As a warm-season grass it begins growth late in spring, but grows and seeds quickly during the summer from May through September. As a bunchgrass, it spreads primarily through seeds. Plants have coarse, light green leaves and produce seedheads at a short height, becoming unsightly in a mowed lawn. The seedheads consist of 6–20 spike-like branches attached to a central axis, which resemble small tumbleweeds and can roll across the lawn in fall dispersing seeds.

Control
Nimblewill and windmill grass can be controlled selectively with the herbicide Tenacity (mesotrione). Several applications, usually at least 3, should be made on 3–4 week intervals for the best control. Susceptible grasses will then white following the application, as chlorophyll in their leaves breaks down. Tenacity is labeled for use on Kentucky bluegrass, tall fescue, fine fescue, perennial ryegrass and buffalo grass. It should not be used on zoysia grass unless damage or grass death can be tolerated. Tenacity can be applied by commercial pesticide applicators or purchased online by homeowners. Quackgrass is more difficult to control since there are no herbicides to selectively kill it without damaging the lawn. Also, pulling or digging is often unsuccessful since only a small portion of rhizome remaining in the soil is needed to generate a new plant. So the best way to control quackgrass is to spot treat the weed-infested areas with glyphosate (Roundup, Kleenup, etc.).

Glyphosate is a systemic, non-selective herbicide. Glyphosate is absorbed through the foliage and is then translocated to all plant parts. It kills nearly all plants that are directly sprayed. Visible symptoms usually develop in 7–10 days of the application. Death occurs in 2–4 weeks.

Always read and follow all label directions when using any pesticide.

Efforts to control undesirable perennial grasses in the lawn should begin in mid-summer. This allows adequate time to kill the weedy grasses, then prepare the areas for seeding or sodding in late summer. Complete destruction of the weeds is necessary to prevent their reappearance. If the treated areas are not dead in 2–4 weeks, a second application is necessary. Aerial applied with glyphosate can be seeded or sodded 7 days after application.

If you plan to sow seed, it’s not necessary to dig up the destroyed areas. Vigorously rake these areas with a stiff tined garden rake to remove some of the dead debris and to break the soil surface. After seeding, work the seeds into the soil so that the grass can begin to grow and the area can be used as a new lawn. The best time to seed bare spots is mid-August through September. If you plan to sod, remove the dead debris before laying the sod.

The establishment of a thick, healthy lawn and its proper maintenance will help prevent future weed infestations.
Fragrance in the Perennial Garden

As a gardener, you know there are hundreds of garden plants to choose from when you are designing a landscape. Fragrant plants are an added bonus to your garden site. Consider adding these fragrant perennial plants to your outdoor living area.

—Mary Jane Froge, UNL Extension Associate

The Migratory Bird Treaty Act Protects All Native Birds

Soni Cochran
Extension Associate

All native birds are federally protected in the United States by the Migratory Bird Treaty Act (www.fws.gov/birds). This includes the majority of birds we enjoy in this area.

There are some birds considered non-native and non-protection exotic. These birds are not covered by the Migratory Bird Treaty Act. Common birds found in our area not covered include the House Sparrow (Passer domesticus), European Starling (Sturnus vulgaris), Domestic Pigeon or Rock Dove (Columba livia).

Game birds full under another category and are managed by individual states. In Nebraska, you would contact Nebraska Game and Parks Commission at 402-471-0641 for information on game birds. The Migratory Bird Treaty Act is a strict liability law with no requirement to prove intent. This means enforcement is absolute and not discretionary.

Basically, the law says you may not pursue, hunt, take, capture, kill or possess at any time any migratory bird or any part, nest or egg. While a feather may be beautiful or a nest might look nice on a display shelf, this

law prohibits the possession of all feathers, eggs, shells, nests or other parts related to protected birds. Federal salvage permits are required to possess any bird. So why does it matter whether you keep a feather or a nest? Historically, plume from many migratory birds was desirable to adorn women’s hats. This market was devastating to bird populations.

More recently, with the popularity of Native American artifacts increasing, a lucrative market still exists for migratory bird feathers and eagle feathers to decorate many curios and art objects. Enforcement officers have no way to determine whether feathers used in artwork were found on the ground in a backyard, or if the feathers came from a bird killed illegally. The regulations are intended to eliminate any commercial market for the birds themselves, as well as their feathers and parts.

There are situations where birds are a nuisance or cause damage and control is necessary. In these cases, contact Nebraska Game and Parks Commission at 402-471-0641 for necessary permits/permission. If you are unsure how to handle a problem bird, contact the Extension office. The best advice is to leave all birds alone and as you find them.

If you find an injured or orphaned bird, contact Wildlife Rescue Team at 402-473-1951 or visit their website at www.wildliferescueataminnce.org. If you find an injured hawk or owl, contact Raptor Recovery at 402-994-2009 or 402-488-7586 or visit their website at www.fennerforest.org/raptor-recovery.

There are also additional laws in place to protect specific birds. For more information on the Bald Eagle Protection Act visit www.fws.gov/midwest/ or www.midwestbirds/iaglpermits/lgm.html. For information on the Endangered Species Act, visit www.fws.gov/endangered/ laws-policies.

Tick Check!

Soni Cochran
Extension Associate

Whether you are planning a camping trip, taking a hike at a local park or doing some clean-up around the home, be sure to take steps to reduce your exposure to ticks.

At home, keep grass and weeds mowed and control areas trimmed. Ticks can feed on mammals, birds, reptiles and amphibians. These are host animals. Most ticks prefer to have a different host animal at each stage of their life. By keeping the area around your property well-maintained, you reduce places where some tick hosts can live.

Whenever possible, stay out of tick-infested areas, grassy pastures, prairies and wooded areas. Of course, if this isn’t possible, then plan ahead.

Wear long-sleeved shirts and pants. Tuck your pants into your socks so ticks cannot crawl up the inside of your pants. Wear light-colored clothing. Ticks are easier to see on a light background.

Use insect repellent containing the active ingredient diethyl toluamide (DEET). Apply to clothing and areas of exposed skin such as hands, wrists, ankles and neck. Be sure to read and follow label instructions. Conduct a body check when returning from potentially tick-infested areas. Promptly remove any attached ticks you find using the following procedure:

1. Use fine-tipped tweezers.
2. Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure. Do not twist or jerk the tick; this may cause its mouthparts to remain in the skin.
3. Do not squeeze, crush or puncture the body of the tick because this may release infectious organisms and get into the wound area.
4. After removing the tick, thoroughly disinfect the bite site and wash your hands with soap and water. If you have any lingering concerns and have flu-like symptoms later or the bite area appears infected, contact your physician.

FOR MORE INFORMATION Nebraska Extension in Lancaster County has several resources about ticks at http://lancaster.unl.edu/pest.
If you have questions, contact Marty at 402-441-7180.

Information can be found at Lancaster County 4-H Council. Contest entry forms and office Monday, June 15. All entry fees will be paid by the Salt Creek Wranglers and Purina have teamed up to offer a stock quality assurance certification for State Fair and/or Ak-Sar-Ben 4-H. Participants must complete the stock quality assurance training by June 15.

NOTE: this is a correction from an earlier issue which said Quality Assurance training is not required for the Super Fair. Livestock exhibitors showing only breeding animals and livestock exhibitors do not have to complete it. Quality Assurance certification for State Fair and Ak-Sar-Ben must be done online — this year, there is a $5 per youth charge. Instructions are online at http://4h.unl.edu/qualityassurance. If you have any questions, contact Cole at cmeador2@unl.edu or 402-441-7180.

4-H Projects Updated

4-H members’ projects must be updated by June 15 using “4-H Online” (see enrollment information above). These project area(s) must be completed and submitted to the Super Fair (specific classes within each project area not needed). NOTE: only 4-H members or their parents/guardians may update projects.

4-H Volunteer Enrollment Forms

For more information or questions, contact Tracy at 402-441-7180 (there is no entry form). There is a $5 per youth charge. Instructions are online at http://pase.unl.edu. If you have any questions, contact Cole at cmeador2@unl.edu or 402-441-7180.

4-H Bicycle Safety Contest

The 4-H Bicycle Safety Contest will be held Saturday, June 13, 8 a.m. 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 skills and safety. 4-H’ers also take a multiple choice quiz. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

4-H Volunteer Award

Jill Hattan

Lancaster County 4-H is proud to announce Jill Hattan as winner of June’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Jill has helped with the 4-H home environment areas at the Lancaster County Super Fair for eight years — five years as a superintendent. She has also helped with future painting workshops and 4-H Clover College tie dye classes.

“Being a 4-H volunteer gives me a chance to share with kids things that I love to do,” says Jill. “I have always enjoyed arts and crafts and working with kids. My favorite experience as a 4-H volunteer is working one-on-one at the future painting workshops, teaching the kids a new painting technique and then watching them perfect it. I love how proud the kids are of their finished project and excited to have something to take to the fair. I have enjoyed teaching and watching these kids grow over the years.”

Lancaster County 4-H thanks Jill for donating her time and talents. Volunteers like her are indeed the heart of 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 enrollees, need not be entered at the Super Fair (specific classes within each project area not needed). NOTE: only 4-H members or their parents/guardians may update projects.

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Premier Animal Science Events, June 29–30

The statewide Premier Animal Science Events (PASE) will be held at the Lancaster County Extension Education Center, 444 Cherry creek 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 skills and safety. 4-H’ers also take a multiple choice quiz. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

4-H Horse Identifications Due June 1

Each horse which will be showed at Super Fair must be identified on form “4-H Horse Identification Certificate” and submitted to Extension by June 1. All of the written horsemanship level requirements must be completed and submitted to Marty before the June 15 deadline. All entry fees will be paid by the Salt Creek Wranglers and Purina have teamed up to offer a stock quality assurance certification for State Fair and/or Ak-Sar-Ben 4-H.

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4-H Volunteer Enrollment Forms

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Discover, Learn and Grow at 4-H Summer Camps

4-H Summer Camps, offered June 6–Aug. 6, are open to all youth ages 5–18 (need not be in 4-H). With locations at Gretna and Halsey, there are nearly 50 camps ranging from half day to seven days/six nights! More information is online at http://4h.unl.edu/camp and the Extension office.

# 4-H’ers Qualify for Regional Speech & PSA Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held March 22. Nineteen 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 21 at University of Nebraska-Lincoln East Campus.

Speech contest:
- Junior (8–10 years): Livia Swanson, Sarah Lange, Aleyna Cartlidge
- Senior (13–18 years): Peter Greff, Sheridan Swotek

Public Service Announcement contest:
- Junior (8–10 years): Riley Peterson
- Intermediate (11–12 years): Ella Hendricksen, David Swotek, John Boesen
- Senior (13–18 years): Sheridan Swotek

Congratulations to all participants!

# Clover College

Tuesday, June 16–Fri., June 19
Lancaster Extension Education Center, 444 Cherry Creek Road

Four days of “hands-on” workshops full of fun and learning! All supplies will be provided unless otherwise noted. If you have questions, contact Tracy at 402-441-7180.

WORKSHOPS WITH OPENINGS AS OF MAY 14

**4-Day Workshops**

**1. Electronic Textiles**
Use special thread and miniature computers to create electronic fabrics such as a bracelet, bookmark and other items. Sewing machines will not be used.
**TUE, JUNE 16; 8-10AM** AGES 8 & up • FEE $8

**2. Clover Chef Tourney**
Play in a unique chess tournament. Children play 2 rounds per day for three days, alternating colors. Time controls Game20, Swiss system. Boards and clocks provided.
**TUE, JUNE 16; 10:15AM-12:15PM** AGES 8 & up • FEE $10

**3. Fox Walking & Stalking**
Learn how to fox walk and the stalking steps needed for quiet, undetectable movement in the wilderness. Dress for the weather and bring a blanket.
**TUE, JUNE 16; 10:15AM-12:15PM** AGES 10 & up • FEE $7

**4. Finger Painting Fun**
Learn a great finger painting technique and create your own masterpiece.
**TUE, JUNE 16; 12:45-2:45PM** AGES 8 & up • FEE $8

**5. Clock, Clock, Quack!**
Poultry will be on hand to help you learn about chickens, ducks, etc.
**TUE, JUNE 16; 12:45-2:45PM** AGES 8 & up • FEE $8

**6. Awesome Science**
Have fun learning the science behind several crazy experiments.
**TUE, JUNE 16; 12:45-2:45PM** AGES 8 & up • FEE $3

**7. T-Shirt Transfer Innovation**
Bring old adult XL T-shirts and learn how to re-style them into new items.
**TUE, JUNE 16; 12:45-2:45PM** AGES 8 & up • FEE $3

**8. Express Yourself**
Express yourself through creative card making.
**TUE, JUNE 16; 3-5PM** AGES 8 & up • FEE $2

**9. Crazy About Aprons**
Sew a fun apron. Bring 3/4 yd each of two contrasting cotton fabrics (no stripes or matching plaid), matching thread, basic sewing supplies and sewing machine. Must have basic sewing skills.
**TUE, JUNE 16; 3-5PM** AGES 8 & up • FEE $5

**10. Control the Flow**
Explore the “Magic of Electricity” by creating a light switch you can enter in the fair!
**TUE, JUNE 16; 3-5PM** AGES 8 & up • FEE $5

**11. Happily Helping Others**
Create a card (for an employee or a teen) in a fun hands-on community service project.
**WED, JUNE 17; 8-10AM** AGES 8 & up • FEE $5

**12. Animal First Aid**
Learn about your pet while making a fun and usable first aid kit.
**WED, JUNE 17; 8-10AM** AGES 8 & up • FEE $10

**13. Wonderful Wildlife**
Come and explore wildlife and nature.
**WED, JUNE 17; 10:15-12:15PM** AGES 8 & up • FEE $2

**14. Terrific Table Setting**
Create an awesome centerpiece and learn all you need to know to participate in the 4-H Table Setting contest at the fair.
**WED, JUNE 17; 10:15AM-12:15PM** AGES 8 & up • FEE $2

**15. Modeling Madness**
Build a styling doll and learn the ins and outs of modeling. Perfect preparation for 4-H Style Revue.
**WED, JUNE 17; 12:45-2:45PM** AGES 8 & up • FEE $2

**16. Hammer! Nail! Build!**
Build and decorate a hanging plant holder to display outside.
**WED, JUNE 17; 12:45-2:45PM** AGES 8 & up • FEE $5

**17. YUM, Is it Real?**
Create an amazingly deceiving “meal.”
**WED, JUNE 17; 12:45-2:45PM** AGES 8 & up • FEE $10

**18. Excellent Electronics**
You’ll be astounded when you create different sounds and lights with an electronic circuit board.
**WED, JUNE 17; 12:45-2:45PM** AGES 8 & up • FEE $10

**19. Dough Fun**
It’s easier than it looks to mix and bake bread and rolls. Participants will learn techniques and take home a creation. It’s easier than it looks to mix and bake bread and rolls. Participants will learn techniques and take home a creation.
**WED, JUNE 17; 3-5PM** AGES 8 & up • FEE $10

**20. Containter Gardening**
Have fun creating your own container garden.
**WED, JUNE 17; 7-9PM** AGES 8 & up • FEE $8

**21. Food Fun**
Learn how to blend colors. Come out why they are GREAT!
**WED, JUNE 17; 7-9PM** AGES 8 & up • FEE $10

**22. Container Gardening 2**
Have fun creating your own container garden.
**WED, JUNE 17; 7-9PM** AGES 8 & up • FEE $8

**23. Great Goats**
Learn how to find out why they are GREAT!
**WED, JUNE 17; 10:15AM-12:15PM** AGES 10 & up • FEE $4

**24. America's Rose**
Learn how to plant, care for, and show roses.
**THU, JUNE 18; 8-10AM** AGES 8 & up • FEE $3

**25. Perfect Purse**
Create your own perfect purse. Bring 3/4 yd of each of two contrasting cotton fabrics (no stripes or matching plaid), matching thread, basic sewing supplies and sewing machine. Must have basic sewing skills.
**THU, JUNE 18; 10:15AM-12:15PM** AGES 10 & up • FEE $5

**26. Babysitting Basics**
Learn how to develop the skills needed to be a responsible and creative babysitter. Practice babysitting activities, making snacks and toys.
**THU, JUNE 18; 12:45-2:45PM** AGES 11 & up • FEE $5

**27. Food Fun**
Make fun, healthy snacks that are tasty and learn nutrition fun facts.
**THU, JUNE 18; 12:45-2:45PM** AGES 8 & up • FEE $5

**28. Wired for Wind**
Build a wind turbine that generates electricity! Experiment with turbine designs. Take it home and experiment more!
**THU, JUNE 18; 8-10AM** AGES 8 & up • FEE $10

**29. Nail News**
Create your own nails polishes. Learn how to blend colors. Come out why they are GREAT!
**THU, JUNE 18; 3-5PM** AGES 8 & up • FEE $10

**30. The Art of Zen Doodle**
Explore this method of creating fun pictures while also creating a relaxed mood.
**THU, JUNE 18; 3-5PM** AGES 8 & up • FEE $3

**31. Upcycled T-Shirt**
Create a recycled shirt to make a pair of pants. Bring sewing machine, matching thread and scissors.
**THU, JUNE 18; 3-5PM** AGES 10 & up • FEE $3

**32. Decoupageing Details**
Decorate your own storage container. Bring your imagination.
**FRI, JUNE 19; 10:15AM-12:15PM** AGES 8 & up • FEE $5

**33. Rabbits, Rabbits!**
Rabbits will help you learn how to manage for showmanship tips.
**FRI, JUNE 19; 1:30PM-2:30PM** AGES 8 & up • FEE $3

**34. Bottles, Bottles**
Make unique decorated vases. Very cool!
**FRI, JUNE 19; 10:15AM-12:15PM** AGES 8 & up • FEE $5

**35. Habitat Discovery**
Learn about pollinators, make a nature field journal & explore the new pollinator habitat. Wear closed toe shoes & sun protection.
**FRI, JUNE 19; 1:30PM-2:30PM** AGES 8 & up • FEE $5

**36. Candyland Cottage**
Assemble a gingerbread house and adorn it with candy. Bring leftover cookie dough to add the frosting.
**FRI, JUNE 19; 12:45-2:45PM** AGES 8 & up • FEE $4

**37. Delicious, Nutritious**
Make a delicious, nutritious meal for youth.
**FRI, JUNE 19; 12:45-2:45PM** AGES 8 & up • FEE $5

For registration form and current class availability, go to http://lancaster.unl.edu/4h/programs/clovercollege
extension Calendar

**May**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>4-H Interview Judging Regional Contest, UNL East Campus .......... 1–7 p.m.</td>
</tr>
<tr>
<td>28</td>
<td>4-H/FFA Beef, Sheep, Swine and Meat Goat Nutrition and Fitting Clinic, Lancaster Event Center, Pav. 1 .... 5:30 p.m.</td>
</tr>
<tr>
<td>30</td>
<td>Lincoln Shooting Stars 4-H Club Skeet and Sporting Clays Shotgun Shoot, Lincoln Trap and Skeet Club, 4855 N 48th St. .............. 8 a.m.</td>
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<tr>
<td>30</td>
<td>4-H Life Challenge Contest – Junior &amp; County-Level Senior .......... 9 a.m.</td>
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**June**

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>1</td>
<td>4-H Super Fair Horse ID’s Due to Extension</td>
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<tr>
<td>2</td>
<td>4-H Horsemanship Level Testing, Lancaster Event Center -</td>
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<tr>
<td>2</td>
<td>4-H Council Meeting ........................................ 7 p.m.</td>
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<tr>
<td>4-5</td>
<td>Tractor Safety Course for Youth, Lancaster Event Center</td>
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<tr>
<td>4</td>
<td>4-H Horse Judging Contest Lancaster Event Center - Pav. 3 .......... 5 p.m.</td>
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<tr>
<td>4</td>
<td>4-H Horse Pre-District Clinic/Show/Fundraiser and Tack Swap, Lancaster Event Center - Pav. 3 ............ 9 a.m.</td>
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<tr>
<td>10–18</td>
<td>4-H Horse District Shows, Bridgeport, Valentine, McCook, Ord, Wayne, Seward</td>
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<tr>
<td>10</td>
<td>4-H Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID ........................................ 10 a.m.–12 p.m.</td>
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<tr>
<td>12</td>
<td>Extension Board Meeting ...................................... 8 a.m.</td>
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<tr>
<td>13</td>
<td>4-H Bicycle Contest ........................................... 9 a.m.</td>
</tr>
<tr>
<td>15</td>
<td>Deadline to Enroll New 4-H Members and for All Members to List Project Area(s) Planning to Enter at Super Fair. Must Use “4-H Online” at <a href="https://ns.4honline.com">https://ns.4honline.com</a>.</td>
</tr>
<tr>
<td>15</td>
<td>Deadline for 4-H Volunteers to Enroll. Must Use Form at <a href="http://lancaster.unl.edu/4h/club/4henrollmentleader.pdf">http://lancaster.unl.edu/4h/club/4henrollmentleader.pdf</a></td>
</tr>
<tr>
<td>15</td>
<td>Deadline for 4-H &amp; FFA Sheep/Goats/Swine/Breeding Beef/ Bucket Calves/Dairy Cattle/Llamas &amp; Alpacas/Rabbits Identification Forms (and DNA for State Fair or Ak-Sar-Ben)</td>
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<tr>
<td>15</td>
<td>Deadline for 4-H &amp; FFA Livestock Market Animal Exhibitors Showing at State Fair or Ak-Sar-Ben to Complete Quality Assurance Training</td>
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<tr>
<td>16–19</td>
<td>4-H Clover College</td>
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<tr>
<td>20</td>
<td>Composting Demonstration, Pioneers Park Nature Center’s backyard composting demonstration area ........................................... 10 a.m.</td>
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<tr>
<td>23</td>
<td>Guardian/Conservator Training ................................ 1:30–4:30 p.m.</td>
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<tr>
<td>25</td>
<td>Co-Parenting for Successful Kids Class ......................... 9:30 a.m.–1 p.m.</td>
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<tr>
<td>29–30</td>
<td>4-H Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus</td>
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<tr>
<td>30</td>
<td>4-H Horsemanship Level Testing, Lancaster Event Center –</td>
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<tr>
<td>30</td>
<td>4-H Countyman Farmer Arena ................................... 5:30 p.m.</td>
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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 22–23 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, Swine, Dairy, Poultry, Corn & Soybeans, Water, Ag Technology, By-products, and Composting.

The final session of each day was “Ask a Farmer,” where fourth graders asked two Lancaster County farmers questions. The farmers were 4-H volunteer Linda Meyer (left) and Extension board member Paula Peterson (holding microphone). Pictured second from left is Extension Assistant Cole Meador, who organizes the festival.

Lancaster Event Center Help Wanted

The Lancaster Event Center is growing and looking for new team members. The Operations team is looking for people with experience who enjoy active work which is often outdoors. Knowledge of animals is a plus. The Cafe team is looking for crew members to handle cash registers, prepare food and beverages, and work banquets. Both crews offer flexible hours (day, night, weekends and number of hours per week). Employment applications are online at http://lancastereventcenter.com, or stop at the Lancaster Event Center, 84th & Havelock, Monday–Friday 8–4:30 p.m. and ask for Mike Wulf.

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. A training will be held in Lincoln at the Lancaster Event Center (48th & Havelock streets) on June 4-5.

Pre-registration is strongly encouraged at least one week in advance. Cost is $60. Registration form is online at http:// Kearney.unl.edu. Mail to Tyler Williams, Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln NE 68528. For more information, call 402-441-7180.

Lancaster County 4-H Council is part of

To Lincoln Day

May 28, 2015

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 28, 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 local youth:

- Pay for state 4-H contest fees for eligible Lancaster 4-H youth
- Pay for 4-H project manuals for income-eligible 4-H families
- Offset costs for Lancaster 4-H youth to attend a national 4-H event
- Pay for local youth to attend a 4-H Summer Camp

For more information or to make an online donation, go to http://givetolincoln.razoo.com/story/Lancastercounty4-Hcouncil.

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 Nates. Congratulations to Lloyd Anderson of Kearney whose name was drawn from submitted entries. He received a Weed of the Great Plains book published by the Nebraska Department of Agriculture. The Weed Control office thanks everyone for participating and hopes you learned something about invasive plants.

Extension Educator Tyler Williams helped present the Corn & Soybeans session. He is pictured with a 1 square foot piece of paper as part of teaching students 1 acre = 43,560 square feet.

For more information on growing and learning about agriculture, visit http://ag30.lincoln.ne.us.