



# Students Engaged in Culinary Experience With Local and Indigenous Foods

The Local and Indigenous Foods Training (LIFT) program educated food service staff, students and farmers on the benefits of using local foods in school meal programs. Implemented in the 2022–23 school year, 16 schools across Nebraska participated.

## Program Promoted Nebraska Foods in Schools

The LIFT program highlighted recipes using Nebraska food items such as apples, aronia berries, beef, bison, rhubarb, turnips, as well as the following identified indigenous foods: corn, dry beans, winter squash, summer squash and native herbs.

Funded by a grant from Team Nutrition, LIFT was part of the Nebraska Farm To School program which is a collaboration between the Nebraska Department of Education and Nebraska Extension, in partnership with the U.S. Department of Agriculture.

A unique feature of LIFT is that it engaged students in creating and testing recipes, while developing and marketing recipes and local foods for use in the school meal programs. The program also provided school food service staff with resources to connect with local farmers to bring more local foods into the cafeteria.

Each school sampled, evaluated, marketed and menued two recipes created for the program. Students experi-



During the Chef's Table activities, a small group of Pius X students sampled a recipe made with a local food. They also learned about the food and explored marketing considerations.

enced the recipes through two formats:

- Small group activity in a classroom — called Chef's Table — where students sampled the recipe and learned facts about the food, including historical, nutritional and agricultural aspects, and then explored in-depth sensory and marketing considerations.
- Cafeteria taste test for the entire school.

## Pius X Only Urban School to Participate

Pius X was the only urban school which participated in LIFT. The project involved school nutrition services, teachers, staff, students and administration. Alyssa Havlovic, Extension Educator in Lancaster County, served as a coach and helped implement activities. The school was

selected to test recipes using local black beans and bison.

## Pius X's Fall Recipe Featured Black Beans

Last fall, Havlovic led Pius X's first Chef's Table activity with students in AP Biology and AP Agriculture classes. They tasted Brownie Batter Hummus (see recipe on next page) made with local black beans. Students were willing to try the recipe and gave excellent feedback on the texture, flavor and suggestions for what to serve with the brownie batter hummus.

Two members of the foodservice staff attended the Chef's Table and then implemented the students' suggested changes for the cafeteria taste test. Students created marketing materials to promote the

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During the cafeteria taste tests, all Pius X students had the opportunity to try the food and give feedback. Extension Educator Alyssa Havlovic (above left) helped with the activities. Both recipes tested by Pius X students exceeded an 85% acceptability rate, which means both will be sent to the USDA to post to the Child Nutrition Recipe Box.

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from previous page

cafeteria taste test and to encourage their peers to participate.

During the cafeteria taste test, students were surprised to learn that the recipe was made with black beans but couldn't detect the "bean texture" they were expecting. Of the 247 students who sampled the brownie batter hummus, 91% of students reported they either "liked it" (48%) or "loved it" (43%).

### Pius X's Spring Recipe Featured Bison

In the spring, students in the same classes at Pius X tested the Bison Pizza Topping (see recipe at right) for the second Chef's Table activity led by Havlovic. Many students tried bison for the first time. During this activity, students learned about the history of bison in Nebraska, its nutritional benefits, sampled the recipe and then created marketing materials encouraging peers to participate in the second cafeteria taste testing. They even gave the recipe a new name — "Pizza of the Plains" — to highlight the history of the importance of the bison to the indigenous people of the North American plains.

During the classroom taste test, many students requested an additional sample, and the same thing happened in the cafeteria. The cafeteria taste test results revealed that of the 239 students who sampled the recipe, nearly 98% of students "loved it" (80%) or "liked it" (18%). When the bison pizza was offered as an entree on the cafeteria lunch menu, the foodservice staff served 976 servings of bison pizza! It is safe to say this recipe was a success and will appear on the menu again at Pius X High School.



Students at Pius X created marketing materials, like this one, to encourage their peers to try the bison pizza during the cafeteria taste testing.

### Benefits of the Program

Each LIFT school received a grant reward for their participation in the project. Pius X elected to spend a portion of their funds on a new digital board for their cafeteria to display the menu for the day, along with information on what local foods are being served and about the local farmers providing these foods as a way to promote the foods and educate students.

The LIFT recipes tested across the state that reached an 85% acceptability rate will be sent to the USDA to post to the Child Nutrition Recipe Box (CNRB). The CNRB provides Child Nutrition Program operators with recipes to prepare healthy and delicious meals that are standardized to meet meal pattern requirements and provide meal pattern crediting information. Pius X will be recognized on the database for their role in testing both the Brownie Batter Hummus and Bison Pizza Topping, which both exceeded the 85% acceptability rate.

Carmen Goeden, Director of Nutrition Services at Pius X, said, "Introducing and incorporating Nebraska indigenous foods in our classrooms and cafeteria at Pius X High School ignited a whole new learning experience for students, teachers and kitchen staff. This program gave the opportunity to learn how to prepare new foods, meet new producers and gave the students a voice to express their preferences with the kitchen staff and market new foods to their peers. We are excited to continue to add and introduce more local food and producers to the Pius X community."

#### FOR MORE INFORMATION

Learn more about the Local Indigenous Foods Training (LIFT) program and other Farm to School programs at <https://education.ne.gov/ns/farm-to-school/local-and-indigenous-foods-training>.

## RECIPES OF THE MONTH

By Alyssa Havlovic, MS, RDN, ACSM-EP-C, Extension Educator in Lancaster County

You can try the recipes the Pius X students sampled as part of the Local and Indigenous Foods Training (LIFT) program. Consider sourcing local black beans or bison for your own home taste test.

### BROWNIE BATTER HUMMUS

(Serves 10)

- 2 (15 ounce) cans black beans**
- 1/3 teaspoon iodized salt**
- 1/2 cup chocolate syrup**
- 1 teaspoon Espresso powder**
- 1 teaspoon vanilla extract**

1. Drain black beans in a strainer, rinse well. Pat dry.
2. In a food processor, add beans, chocolate syrup, instant espresso powder and vanilla extract into the processor bowl.
3. Using the food processor, puree until well blended and is a smooth consistency, about 3 minutes.
4. Serve with fresh fruit (sliced apples, strawberries, bananas), graham crackers or pretzels.

Nutrition Information: Serving size 1/4 cup: Calories 74; Saturated Fat 0.05g; Sodium 127mg; Carbohydrates 15.5g; Protein 4g.



Carmen Goeden, Pius X Food Service Director

### BISON PIZZA TOPPING

(Serves 10)

- 1 Tablespoon Italian seasoning**
- 1 Tablespoon granulated garlic**
- 1 teaspoon iodized salt**
- 1/2 teaspoon black pepper**
- 1 Tablespoon vegetable oil**
- 1 pound ground bison\***
- 1/2 cup water**

1. In a bowl, mix dried seasonings and blend evenly to combine.
2. Heat oil in a skillet and then add bison and dried seasonings. Break bison apart using a long metal spoon or masher. Brown bison as seasonings bloom.
3. Add water and bring to a boil.
4. Immediately reduce to simmer and continue to break apart large pieces of bison as it cooks. Allow water to evaporate during the cooking process. Cook until the internal temperature has reached 165°F.
5. Drain cooked topping of any grease or extra water. Use as a pizza topping, in a calzone, in a pasta dish or as a pizza burger.

\*Note: Beef can be substituted for bison.

Nutrition Information: Calories 132; Saturated Fat 3.7g; Sodium 258mg; Carbohydrates 1g.



Vicki Jedicica, Nebraska Extension in Lancaster County

# Time to Order Tree Seedlings

Diseases, insects, drought and age take a toll on windbreak plantings. Plantings of all sizes, from a few trees on a city property to miles of trees around a farm, will eventually require tree replacement or renovation. Late fall is a good time to assess your windbreak and order trees for spring planting. Most windbreaks, even those with a few gaps, can be renovated to maintain or enhance their effectiveness.

November is the time Nebraska's Natural Resource District (NRD) offices begin taking orders

for windbreak seedlings to be delivered next spring.

Deciding on plant species and purchasing plants is a critical step in the establishment of a windbreak. This is the best opportunity to avoid plant species susceptible to insect or disease problems. Key points to keep in mind when purchasing tree seedlings include:

- Purchase your stock from a reliable source. In addition to an NRD office, bare-root tree and shrub seedlings can also be purchased from some nurseries. Your seedlings

*continued on page 7*

## Love Gardening? Become a Master Gardener!

Do you want to learn more about vegetable gardening & landscaping?

Do you have a passion for tree planting?

Do you enjoy volunteering and sharing your knowledge with others?

In exchange for 40 hours of training, Extension Master Gardeners (EMGs) volunteer 40 hours of their time. EMGs serve an important role extending the horticulture education and outreach from Nebraska Extension in Lancaster County. The 2024 training begins in February. Application deadline is Jan. 12.

For more information, visit <https://lancaster.unl.edu/emg> or call Mary Jane Frogge at 402-441-7180.



## GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Winter is a good time to start reviewing your garden notes to help with next year's plans.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce insects and diseases the following season.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for strawberries.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.

Clean power tools of all plant material and dirt. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Check fruits, vegetables, corms and tubers that you have in storage. Sort out any that show signs of rot and dispose of them.

Winter is a good time to inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them, too.

Minimize traffic on a frozen lawn to reduce winter damage.

## ProHort Lawn & Landscape UPDATE

Nebraska Extension will present a virtual workshop for nursery & green industry professionals, public works employees, landscape managers, arborists, tree board volunteers and cemetery & groundskeepers.

**Thursday, Nov. 9**  
**10 a.m.–12 p.m.**  
Virtual via Zoom

Cost \$20/person

Topics:

- What's Wrong with My Tree?
- Drought: Repairing Turf this Fall and Prevention of Future Damage

Details and registration link at <https://go.unl.edu/prohort>

## Upcoming Green Industry Conferences

### NEBRASKA TURFGRASS CONFERENCE

• JAN. 9–11

LaVista Conference Center, LaVista, NE

Agenda and registration –

<https://nebraskaturfgrass.com/conference>



### GREAT PLAINS GROWERS CONFERENCE

• JAN. 11–13

Missouri Western University, St. Joseph, MO

Agenda and registration – <https://greatplainsgrowersconference.org>



### NEBRASKA ARBORIST ASSOCIATION WINTER CONFERENCE • JAN. 16–17

Embassy Suites, Lincoln, NE

Agenda and registration – <https://nearborists.org>



### NEBRASKA NURSERY & LANDSCAPE ASSOCIATION • JAN. 25–26

Nebraska Innovation Campus Conference Center, Lincoln, NE

Agenda and registration –

<https://nebraskanurseryandlandscapeassociation.com/event>



# Problematic Frozen Pipes Can be Prevented With Routine, Pre-Winter Maintenance

By **Becky Schuerman**,  
Extension Associate,  
Domestic Water/Wastewater  
Management

Winter is on its way which means it is time to assess and insulate the pipes in your home's crawl spaces and attic. Both plastic and copper pipes can freeze, and frozen water pipes affect folks who live in both cold and warmer climates. By conducting routine preventative maintenance, you can greatly reduce the risk of potentially expensive damage frozen water pipes can cause.

Exposed pipes within your home's plumbing system are

most susceptible to freezing. Insulation, heat tape or thermostatically controlled heat cables can be used to wrap pipes. Be sure to use products approved by an independent testing organization, such as Underwriters Laboratories Inc. or NSF/ANSI 61, and use only as intended (exterior or interior). Always closely follow all manufacturer's installation and operation instructions.

Seal any leaks that allow cold air inside, near where pipes are located. Look for air leaks around electrical wiring, dryer vents and pipes. Use caulk or insulation to keep the cold out and the heat in. With severe



wind chill, a tiny opening can let in enough cold air to cause a pipe to freeze.

Disconnect garden hoses and, if practical, use an indoor valve to shut off and drain water from pipes leading to outside

faucets. This reduces the chance of freezing in the short span of pipe just inside the house or within the faucet itself.

When the temperature drops, a trickle of

hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet on an outside wall. Open cabinet doors to allow

heat to reach uninsulated pipes under sinks and appliances near exterior walls

Keeping your home thermostat at the same temperature during both day and night can also help reduce the risk of frozen water pipes. If you're away during the winter months, set the thermostat in your house no lower than 55°F and replace the battery in your thermostat on a regular basis. Ask a friend or neighbor to check your house daily to make sure it's warm enough to prevent freezing.

*\*Some information for this article is from "Ideas on how to prevent pipes from freezing," State Farm Insurance.*

## Successful Farmer Series Will Dig Into Cropping Systems Hot Topics

Crop producers — learn about several hot topics from university and industry experts at Nebraska Extension in Lancaster County's "Successful Farmer Series." Sessions will be held on Thursdays, Nov. 30, Dec. 7 and Jan. 4 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Each session will also be livestreamed and archived on YouTube. All sessions will be 9–11:30 a.m.

Scheduled topics are:

- Thursday, Nov. 30 – Ag Policy and Marketing
- Thursday, Dec. 7 – Weather & Climate Projections, Cover Crops and Farmer Panel

- Thursday, Jan. 4 – Nitrogen Management Tools, Water Quality & Nitrate Management

Multiple sessions and topics allow producers to pick the topics most relevant to them and their operation. Cost is \$10 per session or \$20 for the entire series. Refreshments will be provided. No cost to watch online.

Each topic will feature two to three speakers from the University of Nebraska–Lincoln or related organizations. Industry experts are invited to attend and address more specific questions, or interact with attendees during the breaks. The Dec. 7 session will include a panel

of local producers discussing innovations they are trying. The Successful Farmer Series is also a great opportunity to visit with other area producers in attendance.

Please register at least two days before each session. More information and registration link is online at <https://lancaster.unl.edu/farmerseries>. You may also register by contacting Karen Wedding at [kwedding2@unl.edu](mailto:kwedding2@unl.edu) or 402-441-7180. Pay at the event with check (payable to Lancaster County Extension), cash or credit/debit card (small additional fee).

CAA credits will be available at relevant sessions for certified crop advisors attending in person.

## Cover Crop Grazing Conference, Nov. 7

Nebraska beef producers and corn growers can explore ways to enhance their operations by attending Nebraska Extension's 2023 Cover Crop Grazing Conference on Tuesday, Nov. 7, 8:30 a.m.–2:30 p.m. at the Eastern Nebraska Research, Extension and Education Center near Mead.

The expo will help first-time or experienced farmers utilize cover crops as an alternative forage source. Agenda includes Extension speakers, a producer panel session, live field demonstrations and a trade show. Speaker topics will be:

- Rotational/strip grazing.
- Grazing of perennial and annual forages.

Cost is \$20 and includes lunch. Register online by Wednesday, Nov 1. Cash or



check (payable to University of Nebraska–Lincoln) can be paid at the conference or checks can be mailed in advance. More information and registration link is at <https://enreec.unl.edu/covercroprazingconference>.

Agribusiness stakeholders are sought as sponsors and trade show exhibitors. Contact Connor Biehler at [cbiehler2@unl.edu](mailto:cbiehler2@unl.edu) or 402-624-8007 for more details.

# Pester the Pests or Leave the Leaves?

By Kait Chapman, Extension Educator in Lancaster County

Whether it be a vegetable garden or beautiful landscape, cleanup is an important component in keeping things picturesque. Cleaning up garden or landscape beds typically involves trimming back dead stems, raking leaves and removing other dead plant material and debris. While fall can be a tempting time to accomplish this, you may want to decide whether to “pester the pests” or “leave the leaves” for beneficial insects.

## A Case For Fall Clean-up

The best justification for cleaning up the garden in the fall is to provide your landscape

with some relief next year from this year’s insect pests. Just like other animals, insects find ways to survive the winter, most relying on shelter from the cold. Plant-feeding insects that overwhelm and damage plants are no exception. If you’ve been finding yourself overwhelmed with the same pesky bugs eating your plants year after year, you may be inadvertently providing a cozy place for them to shelter.

Common garden and landscape pests such as squash bugs, cucumber beetles, flea beetles, asparagus beetles, bean leaf beetles, three-lined potato beetles, cabbage looper, cabbageworm and cutworm pupae overwinter in leaf litter and other debris in and around the garden. For gardens and landscapes with a history of

these pests, practicing proper garden sanitation is an important component for integrated control. Eliminating hiding spots by removing leaf litter and other vegetation in the fall will help reduce next year’s population.

## A Case For Waiting Until Spring

Some pest management through garden cleanup can wait until spring. Phlox bugs, for example, overwinter as eggs in the dead stems of their host plant. While it might be tempting to cut the stems down in the fall to deprive the bugs of their shelter, leaving stems intact through the winter could



By Joby Green, Ext. Educ. in Douglas/Serpy Co.

Leave dead stems at least 8 inches high to protect any overwintering insects inside, and set aside the cut-off shoots.

also provide a temporary home for beneficial insects.

Pollinators, predators and more also rely on nature for protection in the cold: bumble bee queens will use leaf litter or soil, and mason and leafcutter

bees will use hollow stems. A good practice is to delay garden cleanup until temperatures reach 50°F in the spring. Instead of cutting all the way back, leave stems at least 8 inches high when trimming and bundle and set aside the cut-off shoots so next year’s bees can emerge. If you’re someone who likes their landscape tidy in the fall, consider raking and leaving a pile of leaves for valuable habitat that protects biodiversity.

## FOR MORE INFORMATION

See article by Sarah Browning, “Create Good Insect Habitat in Your Spring Garden,” at <https://lancaster.unl.edu/create-good-insect-habitat>.

# Promoting Language Development in Young Children

By Hayley Jackson, Extension Educator in Lancaster County

Language development in young children is a process that lays the foundation for their future communication skills, cognitive abilities and overall success in life. Parents, caregivers and educators play a crucial role in supporting this development. Let’s look at some effective strategies and tips adults can use to help children flourish in their language skills.

## 1. Talking and Listening.

From the moment a child is born, they take in the world around them. It is never too early to start talking to your child! Engage in regular conversations with your child. Talk to them about their day, ask them questions and even simple things such as narrating what

you are doing are helpful for children. Exposing children to lots of language and a variety of words is a great way to foster their language development. It is also important to actively listen to what they have to say when they speak to you. As a caregiver, you can help to expand the words your child is using in back-and-forth communication. For example, a young child may come up to you and say “horse!” while holding a blue plastic horse in their hand. To expand their language, you could respond “Yes, you’re right! You are holding a blue horse. The horse says neigh!” This back-and-forth exchange started with your child’s words and then expanded to include more



words as well as information about the subject they’re speaking about.

2. **Reading Aloud.** Reading books with your child is another excellent, fun way you can help support their language development. Find developmentally appropriate

books and read to your child on a regular basis. This can be included in some of your daily routines as well, such as reading a few favorite books during bedtime. While reading the books, ask your child questions and listen to their response. Point out different aspects of the pictures in the books and talk to your child about what they are seeing. Another helpful tip for book reading is to use your finger to follow along while you read the words. This helps children understand that the words you are saying correspond to the text written on the page. Book reading is a fun and easy way to help children’s language while also enjoying time together.

3. **Pretend Play.** Playing with your child in an imagi-

native and creative way is not just fun, but it can also help give children the opportunity to use their language skills. Play with them when they are pretending to play house or pretending to be a superhero and encourage them to describe what they are doing. You can facilitate their play by expanding on their ideas and giving them new vocabulary words. For example, if they are playing superhero, you could ask them who the villain is and explain that the word ‘villain’ is another name for a bad guy.

Talking, listening, reading aloud and pretend play are all fun and easy ways parents and caregivers can help build their children’s language skills while getting to spend quality time together.



## HEART OF 4-H VOLUNTEER AWARD

### Anna Kelley

Lancaster County 4-H is proud to announce Anna Kelley of Lincoln as winner of the November "Heart of 4-H Award" in recognition of outstanding volunteer service.

Anna is a 4-H alumni from Sarpy County, and about 1-1/2 years ago, she contacted Lancaster County 4-H to find out how she could volunteer. A replacement leader was needed for the Super Shamrocks 4-H Club, and Anna agreed to step in. This club for youth ages 8-18 includes several members who aged out of the Clover Kids club for youth ages 5-7. Both clubs meet at the same time and place for the convenience of families with children in both age groups. Anna has led Super Shamrock members in projects such as making vegetable seed ID boards. At this year's Lancaster County Super Fair, she helped in the photography project area during 4-H static exhibit check-in and judging day.

"As a club leader, I can watch each member grow in their confidence, leadership and knowledge in various STEM areas in every meeting we hold," Anna says. "Making connections with youth in my community is such a rewarding and fulfilling experience, and it is my way of giving back to 4-H as a 4-H alumni. My favorite experience as a 4-H volunteer is watching members of my club enter exhibits in the fair, as well as seeing them improve year after year!"



## HEART OF 4-H VOLUNTEER AWARD

### Mary Delhay

Lancaster County 4-H is proud to announce Mary Delhay of Eagle as winner of the December "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has volunteered with 4-H since 1992, when she started the Rabbits R Us club (which still exists with different leaders). For many years, Mary was heavily involved with the rabbit program as a member of the Rabbit Volunteers in Program Service (VIPS) Committee, helping organize the annual Spring Rabbit Show and assisting with 4-H rabbit shows at the Lancaster County Super Fair.

Currently, Mary helps during 4-H Fashion Show judging day and volunteers to judge 4-H general area projects at the Lancaster County Super Fair. She also helps other club leaders when needed, such as mentoring a new leader and stepping in for a leader during a temporary absence.

"I like being a 4-H volunteer because I enjoy helping 4-H'ers acquire and develop new skills," Mary says. "It is exciting to watch young people flourish in the 4-H program knowing that what they are learning today will help them thrive as adults in the future. My favorite experience as a 4-H volunteer is watching 4-H'ers overcoming obstacles and fears to achieve their goals."



## 4-H Specialty Clubs Invite New Members

Several Lancaster County specialty 4-H clubs are looking for new 4-H members. For more information about these clubs, go to <https://go.unl.edu/specialty> or call 402-441-7180.

**4-H TEEN COUNCIL** — a leadership organization for youth in 7th-12th grade. Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln.

**CLOVER KIDS CLUB** — for youth ages 5-7. The club meets once or twice a month, October through July, on Mondays, 6-7:15 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Rd., Suite A, Lincoln.

**UNIFIED SHOWING** — empowers youth with disabilities ages 8-18 through learning about and showing lambs with the aid of youth buddies ages 14-18. Lambs are provided. Applications accepted Jan. 1-April 1.

**4 ON THE FLOOR DOG CLUB** — for youth ages 9-18. Will restart on Monday, Jan. 8 at the Lancaster Event Center Fairgrounds - 4-H office located by Pavilion 3. Meetings will be held every other Monday at 6:15 p.m. Contact club leader John Croghan at 402-957-3651 by Dec. 25.

**RABBITS R US** — focuses on rabbits, as well as a variety of other projects. Open to all youth ages 8-18. Usually meets monthly.

**PET PALS** — for youth ages 8-18 and their small animals! Meetings to be arranged.

**WONDER CATS CLUB** — Open to all youth ages 8-18. Meetings will be held the last Thursday of every month at 4:45-5:45 p.m. Location will rotate and will be held virtually every other month.

**LINCOLN SHOOTING STARS** — open to all youth ages 8-18. Club meetings are Wednesday evenings 5:30-8 p.m. at the Nebraska Game & Parks Outdoor Education Center, 4703 N. 44th St., Lincoln.

## Ag Society Annual Election & Meeting

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting and Board election on Thursday, Dec. 14 at the Lancaster Event Center Fairgrounds, 4100 N. 84th St, Lincoln NE 68507, in the Lancaster Room on the north side of fairgrounds. Voting will take place 5:30-6:30 p.m. for three positions on the Lancaster Agricultural Society Board (three-year terms). Any registered voter in Lancaster County may vote. The Ag Society Annual Meeting, starting at 6:45 p.m., is an opportunity for the public to learn more about the Super Fair and the Lancaster

Event Center Fairgrounds, as well as hear the election results.

Any Lancaster County resident interested in running for a position on the board must submit a short biography with a photo to arrive at the Lancaster Event Center office by Wednesday, Nov. 15 in order to be placed on the ballot.

For more information, visit <http://lancastereventcenter.org> and click on "About Us" or contact Lancaster County Ag Society Board President Kendra Ronnau by leaving a message at 402-441-6545, option 0, during regular business hours.

## Outgoing 4-H Council Members



(L-R) Clare Bauman, Sheri Ramirez and Sara Hansen (Kylie Hansen and Riley Peterson not pictured).

The October 4-H Council meeting marked the final meeting for five outgoing 4-H Council members.

### Youth members:

- Clare Bauman served two years, one as secretary.
- Kylie Hansen served four years, two as vice-president.
- Riley Peterson served two years.

### Adult members:

- Sara Hansen served six years, two as president.
- Sheri Ramirez served six years.

Lancaster County 4-H thanks them for their leadership!

## Tree Seedlings

from page 3

should come from nurseries using locally collected seed or seed from Northern origins. This ensures plants are well adapted to local growing conditions.

- Choose plant material that is suitable for your soils and can survive the environmental extremes of your site.
- Select insect- and/or disease-resistant plants whenever possible.
- Don't be too quick to buy the cheapest seedlings; they may not be the best value in the long run.
- When ordering trees from your local NRD office, a minimum order of 25 seedlings is required; plant species are sold in bundles of 25 each. If 25 of one species is more than you need, then talk with

your neighbors. Maybe you can place a joint order and split the bundles. Plants cost approximately \$1.20 each, plus tax. You must pick up your tree seedlings at the NRD office when they arrive in spring.

Usually, windbreak seedlings are 2 years old and 12–24 inches tall, with full, healthy root systems. Bare-root seedlings must be handled carefully to ensure good survivability.

Many NRD offices also offer, at a minimal cost, machine planting for large orders. Preparation of the land prior to planting is the responsibility of the landowner. Contact your local NRD office for a list of additional services offered in association with windbreak tree plantings. Locate your local NRD office and find out more about the tree program at <https://www.nrdnet.org>.



## 4-H Announcements FOR 4-H'ERS AND VOLUNTEERS

The 4-H Youth Development Program is open to all youth ages 5–18 and there are no fees to join Lancaster County 4-H. If interested in joining or volunteering, call 402-441-7180.

**HORSE AWARDS NIGHT, OCT. 26** — The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 26, 6:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Rd., Suite A, Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, as well as a few surprise awards! The Horse VIPs Committee will provide snacks. Come help celebrate the outstanding accomplishments of the 2023 Lancaster County 4-H equestrians!

**PAPER BASKET WORKSHOP, NOV. 4** — 4-H youth ages 8 and up are invited to a “Design My Place” workshop to engineer and construct a woven paper basket using recycled newspapers and wire on Saturday, Nov. 4 from 9 a.m.–12 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No cost to attend. Learn paper weaving techniques to make a home décor basket that may be exhibited at the Super Fair. Adults are encouraged to attend to help, especially if their child is 8 or 9 years old. Register by Monday, Oct. 30 by contacting Kristin Geisert at 402-441-7180 or [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu). Bring a needle nose wire cutter for cutting wire. All other supplies will be provided.

**LIVESTOCK BETTER FAIR MEETING, NOV. 30** — All Lancaster County 4-H/FFA beef, bucket calf, poultry, sheep, swine, goat and dairy project participants, families and volunteers are invited to a 4-H/FFA Livestock Better Fair Meeting on Thursday, Nov. 30, 6 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. This is an opportunity to discuss changes for the 2024 Lancaster County Super Fair livestock shows. Please bring ideas for changes, your concerns or constructive resolutions which will make next year's fair better! Please RSVP by Monday, Nov. 27 by emailing Tracy Anderson at [tracy.anderson@unl.edu](mailto:tracy.anderson@unl.edu) or calling 402-441-7180.

**LET'S GET ARTSY! WORKSHOP, DEC. 2** — 4-H youth ages 8 & up are invited to a “Let's Get Artsy!” workshop on Saturday, Dec. 2, 9–11 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Youth will create their own piece of art on canvas using watercolor, tempera paint and collage techniques. The art may be exhibited at the Super Fair. Guest Instructor will be Caitlyn Schmidt, Art Educator at Blessed Sacrament School. No cost to attend. Register by Monday, Nov. 20 by contacting Kristin Geisert at 402-441-7180 or [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu). All supplies will be provided. Wear clothes appropriate for painting.

### 4-H AWARDS & SCHOLARSHIP FORMS

**DUE JAN. 3** — Many Lancaster County 4-H award forms and college scholarship applications are due Jan. 3. Forms are available at <http://go.unl.edu/4has> and the Extension office. Recipients will be announced at Lancaster County 4-H Achievement Celebration on Tuesday, Feb. 13, 2024. Families and club leaders are encouraged to submit photos related to award application accomplishments to <http://go.unl.edu/Lan4HPic> by Jan. 3. These photos may be used in the multimedia presentation at Achievement Celebration.

### AWARDS

- Lancaster County 4-H Community Service Awards — based on number of hours of community service through 4-H.
- Lancaster County 4-H Council Leadership Award — youth in grades 10–12 who show outstanding qualities in servant leadership.
- Lancaster County Outstanding 4-H Member Award — an individual 14 years of age or older who has excelled in their involvement with 4-H.
- Lancaster County Meritorious Service to 4-H Award — individuals or organizations who have exhibited consistent and strong support of 4-H.
- Nebraska 4-H Achievement Application — two versions: junior for ages 8–14 (county only) and senior for ages 15–18 (county and state). The senior application is utilized to select delegates for National 4-H Conference and 4-H Congress, as well as Nebraska 4-H Foundation scholarships.
- Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8–18, youth can progress from Level 1–6.
- Nebraska 4-H Gives Back — a 4-H member or team completes a major service-learning project (over 100 hours of service).
- Nebraska 4-H Club of Excellence — meet criteria outlined by the state 4-H office.

### COLLEGE SCHOLARSHIPS for graduating high school seniors

- 4-H Council — up to twelve \$700 scholarships.
- 4-H Teen Council — up to five \$300 scholarships.
- Lincoln Center Kiwanis — one \$1,000 scholarship.
- Dick Fleming Leadership & Communication Scholarship — one \$250 scholarship to a 4-H'er who has excelled in leadership and communication through 4-H.
- Lane Community 4-H Scholarship — one \$200 scholarship to a 4-H'er attending Raymond Central High School.
- Nebraska 4-H Foundation Scholarships — several statewide Nebraska 4-H scholarships (applications are via the 4-H Achievement Application).
- Nebraska Association of Fair Managers Martha & Don Romeo Scholarship (note: deadline is Nov. 30).

**Nebraska Extension in Lancaster County**  
**444 Cherrycreek Road, Ste. A, Lincoln, NE 68528**  
**402-441-7180 • lancaster.unl.edu**

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# EXTENSION CALENDAR

All events held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln, unless otherwise noted.

## October

26 4-H Horse Awards Night . . . . . 6:30 p.m.

## November

4 4-H Paper Basket Making Workshop . . . . . 9 a.m.

7 Youth Science Day for Homeschooled Youth . . . . . 9–11:30 a.m.

7 Cover Crop Grazing Conference, Eastern Nebraska Research, Extension and Education Center near Mead . . . . . 9:30 a.m.–2:30 p.m.

7 ProHort Lawn & Landscape Update (Zoom Webinar) . . . . . 10 a.m.–12 p.m.

7 4-H Council Meeting . . . . . 6 p.m.

10 Extension Office Closed for Veterans Day Holiday

12 4-H Teen Council Meeting . . . . . 3 p.m.

16 Pesticide Applicator NDA "Walk-In" Testing Session . . . . . 9 a.m.–2 p.m.

17 Extension Board Meeting . . . . . 8 a.m.

23–24 Extension Office Closed for Thanksgiving Holiday

30 Successful Farmer Series: Ag Policy and Marketing (In Person and Livestream) . . . . . 9–11:30 a.m.

30 4-H/FFA Livestock Better Fair Meeting . . . . . 6 p.m.

## December

2 4-H Let's Get Artsy! Workshop . . . . . 9–11 a.m.

7 Successful Farmer Series: Weather & Climate Projections, Cover Crops and Farmer Panel (In Person and Livestream) . . . . . 9–11:30 a.m.

8 Extension Board Meeting . . . . . 8 a.m.

10 4-H Teen Council Meeting . . . . . 3 p.m.

14 Pesticide Applicator NDA "Walk-In" Testing Session . . . . . 9 a.m.–2 p.m.

25 Extension Office Closed for Christmas Holiday

## EXTENSION NEWS

### New Nutrition Education Program Staff Members

Nebraska Extension in Lancaster County recently hired two part-time Extension Assistants who will help support the Nutrition Education Program (NEP) in Lancaster County.

- **Alaya Greene** will focus on teaching healthy living classes to limited-resource adults and youth along with Policy, System and Environment changes to make healthy living more accessible for all. She graduated from the University of Nebraska–Lincoln in August with a bachelor's degree in Nutrition and Health Sciences. Alaya previously worked at Performance Nutrition where she helped fuel student-athletes. She also worked with the Food Bank of Lincoln where she assisted in producing and developing programs and activities such as mobile, on-site and child hunger programs.

- **Lori Vossler** will coordinate and teach the Nutrition School Enrichment Kit program for Kindergarten, 1st and 2nd grades of the Lincoln Public Schools Title I classrooms. She will fill this role while Extension Assistant Courtney Eitzmann focuses time and effort on a 10-month statewide Youth Health Equity grant project. Lori taught in classrooms for 18 years and worked in the Curriculum Department at Lincoln Public Schools for 12 years. She recently retired from LPS but is looking forward to helping Extension.



(L–R) Alaya Greene and Lori Vossler

### CHIME Program Earns Regional Award

Nebraska Extension's Cultivating Healthy Intentional Mindful Educators (CHIME) program was recently recognized as the 3rd place central region winner of the "Program Excellence Through Research Award" by the National Extension Association of Family & Consumer Sciences (NEAFCS). This award emphasizes the use of research results to improve existing or develop new programs.

CHIME teaches childcare providers how to incorporate mindfulness into their teaching and caregiving. Extension statewide team members contributing to the CHIME program and credited with the award included three staff members in Lancaster County: Extension Educator Jaci Foged, Extension Educator Hayley Jackson and support staff member Karen Wedding.