

Preserving the Harvest: Canning, Freezing and Drying Tips

By Kayla Colgrove, MS,
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Is your garden producing more than you can use? Preserve the extra produce by canning, freezing or drying. This helps reduce waste and lets you enjoy your harvest long after the growing season. Each method has specific steps to keep your food safe, nutritious and delicious for months.

Canning

Canning is an economical and safe way to preserve food if practiced properly. It involves placing foods in jars and heating them to a temperature that destroys harmful microorganisms.

The acidity of the food determines whether to use a boiling water canner or a pressure canner.

High acid foods like fruits, pickles, jams and jellies can be processed in a boiling water canner. Low-acid foods like vegetables, meats and soups require a pressure canner to eliminate botulism risks. Tomatoes need added acid, such as bottled lemon juice or citric acid, to ensure a safe product.

Always follow the latest research-based canning methods. Avoid using untested or old recipes. Tested recipes are available from the National Center for Home Food Preservation and state Extension offices like Nebraska Extension.

Elevation affects canning, since water boils at lower temperatures as the elevation



increases. Canning directions for each food will give proper processing times or pressure for elevation adjustments. To find your elevation go to <https://food.unl.edu/elevation-and-food-preservation> (in Lancaster County, use elevation of 1227).

Pressure canner dial gauges should be tested annually for accuracy. Nebraska Extension in Lancaster County offers free testing. For more information, visit <https://lancaster.unl.edu/food> or call 402-441-7180.

To learn more about canning, visit <https://nchfp.uga.edu/how/can>.

Freezing

Freezing foods is easy, quick and convenient. Freezing temperatures stop microorganism growth and slow down chemical reactions that degrade food quality.

Blanching is essential for most vegetables to slow or stop enzyme action that affects flavor, color and texture. Blanching times vary by vegetable and size, but onions, peppers and tomatoes do not need blanching.

Fruits can be prepared for freezing in three ways: dry pack, sugar pack or syrup pack. Peaches, apples, pears and apricots darken and lose flavor quickly when exposed to air, but using ascorbic acid, citric acid or lemon juice can reduce discoloration.

For best quality, use frozen fruits and vegetables within 8-12 months. While freezing keeps food safe indefinitely at 0°F or below, rotating foods to use older items first ensures you enjoy them at their best quality.

To learn more about freezing, visit <https://nchfp.uga.edu/how/freeze>.

Drying

Drying is one of the oldest food preservation methods. It removes moisture to prevent the growth of bacteria, yeast and mold. Dried foods need little storage space. Some, like fruit leathers, are eaten as is; others

need conditioning like fruits. Package and store dried foods in tightly sealed containers and store in a cool, dry place.

To learn more about drying, visit <https://nchfp.uga.edu/how/dry>.

What's the Best Method for You?

The best food preservation method depends on your needs. If you have ample storage space and prefer convenience, freezing is great. For long-term storage without refrigeration, canning is ideal. If you want lightweight, portable snacks, drying is perfect. Consider your resources, the type of food and your preferences to decide.

Sources:

- *USDA Complete Guide to Home Canning*, <http://nchfp.uga.edu/resources/category/usda-guide>
- *National Center for Home Food Preservation*, <https://nchfp.uga.edu>
- *Nebraska Extension Food Preservation*, <http://food.unl.edu/food-preservation>
- *University of Georgia Extension Preserving Food: Drying Fruits and Vegetables*, http://nchfp.uga.edu/papers/UGA_Publications/uga_dry_fruit.pdf

How Savvy Are YOU With Home Canning?

Is it safe to can green beans in a boiling water canner?

- Yes
 No

No — Green beans are low in acid and need pressure canned to know they are safe.

Can you tell by looking if a food contains botulinum toxin?

- Yes
 No
 You can tell if you are an experienced canner

No — Botulism normally can't be seen, smelled or tasted.

Which of the following should be added to acidify tomatoes during the canning process?

Yes or No to each answer:

- Freshly squeezed lemon juice
 Vinegar, 5% acidity
 Commercially bottled lemon juice
 Citric acid

No — Freshly squeezed lemon juice — Vinegar, 5% acidity Yes — Commercially bottled lemon juice Yes — Citric acid

No — Canning times are based on acidity and thickness of the product. When you add thickeners, it takes longer for the middle of the jar to get hot. So add thickeners after you open the jar to use it.

Is it safe to can fruits without sugar?

- Yes
 No
 It depends on the fruit

Yes — Sugar will help the fruit look better longer, but is not needed for safety.

Can a food be canned at the same pressure (pressure canner) or same time (boiling water bath) at all elevations?

- Yes
 No
 It depends on the food

No — Water boils at different temperatures at different elevations. So, canning times and pressure will vary depending on your elevation.

Which of the following ingredients may be safely adjusted in amount when canning salsa? Yes or No to each ingredient:

- Tomatoes
 Peppers
 Vinegar
 Cumin
 Onions

No — Tomatoes No — Peppers No — Vinegar Yes — Cumin No — Onions Only spices can be added when canning salsa.

Is it safe to add rice, barley or other grains, noodles or other pasta, flour, cream, milk, or thickening agents when canning soups?

- Yes
 No

No — Canning times are based on acidity and thickness of the product. When you add thickeners, it takes longer for the middle of the jar to get hot. So add thickeners after you open the jar to use it.

Is it safe to scrape off surface mold from jellies and jams and eat the remaining jelly/jam?

- Yes
 No

No — Mold can be further into jellies and jams than the eye can see, best to toss.

If my grandmother canned a recipe using open kettle canning, can I safely can the food that way?

- Yes
 No

No — Would you trust a heart surgeon who was using techniques from 50 years ago? Be safe when canning, use current tested methods.

My electric pressure cooker (i.e.: Instant Pot) has canning instructions — so it is safe to can in this appliance?

- Yes
 No

No — These appliances haven't been tested to know they can safely can.

Can you leave out salt when canning vegetables?

- Yes
 No

Yes — Salt is used as a preservative in canning veggies.

Source: food.unl.edu



RECIPE OF THE MONTH

By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster Co.

One of my favorite ways to preserve food is to freeze onions for easier meal prep. I like to add frozen onions in my recipes such as taco meat, sloppy joes and goulash. For most dishes, frozen onions may be used with little or no thawing.

FREEZING ONIONS

1. Select fully mature onions.
2. Peel onion and then scrub with clean vegetable brush under running water.
3. Chop or dice onion (about 1/4-inch to 1/2 inch pieces). There is no need to blanch onions.
4. Freeze onions using one of the following methods:
 - Dry Pack — Pour onions in freezer bags. Placing packages flat in the freezer helps the onions to freeze faster and makes it easier to break off sections as needed. Express out the air and place bags on cookie sheets or metal pans until onions are frozen. Then, restack bags to take up less room.
 - Tray Pack — Freeze onions in a single layer on a clean cookie sheet with sides, about an hour or longer until frozen prior to packaging. Transfer to a freezer bag when frozen, excluding as much air as possible from the bag. The onions will remain separated for ease of use in measuring out for recipes.



PACKAGING FOOD FOR THE FREEZER

Suitable freezer containers include:

- Plastic freezer bags
- Freezer paper
- Freezer aluminum foil
- Plastic containers with the snowflake symbol

Containers not suitable for long-term freezer storage (unless they are lined with freezer bag or wrap) include:

- Plastic food storage bags
- Milk cartons
- Cottage cheese cartons
- Whipped cream containers
- Butter or margarine containers
- Plastic bread or other product bags

Deep, Infrequent Irrigation Makes Lawns and Trees Healthier

By Sarah Browning, Extension Educator in Lancaster County

Using good irrigation or watering techniques is key for maintaining plant health and conserving water. But, most gardeners water too frequently and/or apply too little water at each irrigation. No matter what plant you're watering — lawns, perennials, shrubs, trees — applying water deeply promotes a more extensive root system and makes plants healthier overall.

With just a few simple techniques, you, too, can up your irrigation game!

Deep and Infrequent

What's the problem with frequent irrigation? Frequent, light applications of water, such as 15–20 minutes three or more times per week, often results in a shallow layer of continually wet soil, which prevents oxygen movement into the soil. Plant roots use oxygen in the soil pore spaces for the normal growth process, and without it, they will eventually begin to die. This type of watering is particularly harmful to woody plants.

What does “deep” mean? Try to keep soil moist about 1/2-inch deeper than the deepest living roots of whatever plant you are irrigating. Generally, 6-inches for turf, 8–12 inches for ornamentals and vegetables and 12–24 inches for trees and shrubs.

What does “infrequent” mean? It depends on air temperature and your soil type. Clay soil holds more water and stays moist longer, while sandy soil holds less water and will require more frequent irrigation. During cool periods with no rain, infrequent may mean one deep irrigation per month on clay soil. During hot periods, it may mean 2–4 deep irrigations per month. It all depends on how quickly the soil dries out and the root depth of the plants being irrigated.

Use the screwdriver method to determine your current soil moisture, then decide if conditions have gotten dry enough to warrant irrigation. For turf, the following signs indicate irrigation is needed:

- A color change from bright blue green to a duller green as plants get drier.
- Wilting of leaf blades or foot prints left in turf after it is walked on.

Screwdriver Technique

A long-bladed screwdriver or other metal probe can be used to assess current soil moisture or the depth of moisture penetration in soil after irrigation. Phillips or flat head? It doesn't matter, just use the same screwdriver consistently so you develop a feel for soil resistance. Ideally, the blade should be about 12-inches long or more.

To assess current soil moisture, push the screwdriver into the ground. It should move easily through moist soil and may even come out wet or muddy when moisture is very high.

If it's difficult to push the screwdriver into the soil, moisture is low and your plants may need irrigation. With time and practice, you'll develop a feel for your soil and the resistance level which indicates watering is needed.

After irrigation, probe the soil until you reach a layer of greater resistance. Remove the probe and measure the depth of soil moistened.

Soak and Cycle Technique

How do you get irrigation water to go deep and not waste water to runoff? Try the soak and cycle technique.

Cycle through your zones once using a run time short enough to end irrigation before water starts to run off the landscape. Then cycle through the zones a second time in the same day to push the water down deeper.

Your plants, both turf and trees, will thank you for changing to a deep and infrequent watering schedule.

FOR MORE INFORMATION

For more tips on watering, check out the online article, *Summer Watering for Trees*, at <https://lancaster.unl.edu/summer-watering-trees>.



Nebraska Extension in Lancaster County is presenting Water Dogs programs to help homeowners learn how to water more efficiently, maintain a beautiful lawn and reduce overall water use. The upcoming programs will focus on:

- How much water does my grass really need?
- How often should a lawn be watered?
- Is soil compaction affecting my lawn's health?
- What's the best fertilization schedule for my lawn?
- What difference will changing watering practices have on my lawn?

The program is offered on three dates: choose the day that works best for you! Friday, Aug. 9, Saturday, Aug. 10 and Saturday, Aug. 24 — all programs start at 10 a.m. at Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Cost is covered by Nebraska Extension. Register online at <http://go.unl.edu/water-dogs>

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

Every weed that produces seed means more weeds next year. Control weeds before they go to seed.

Look for and hand pick bagworms from your evergreen and deciduous trees.

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

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

September is a good time to root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year's garden.

Hot peppers will keep best if stored after they are dry. Thread the peppers on a string to dry. Hang in a cool, dry place.

Pears should be picked at the hard-ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

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

Save seeds from favorite flowers, such as marigolds, by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

Get the Jump on Jumping Worms

By Kait Chapman, Extension Educator in Lancaster County

As summer unfolds, gardeners are noticing an odd and unwelcome presence in their soil: the invasive jumping worm. Originally from East Asia, these invasive worms were first found in Wisconsin in 2013, causing significant ecological disruption. Invasive jumping worms have now been found in several Nebraska counties, including Lancaster.

What Are Invasive Jumping Worms?

Invasive jumping worms are distinct from the European earthworms and nightcrawlers most of us are familiar with. They are named for their erratic, thrashing, snake-like movements when disturbed. Jumping worms are smooth and rubbery in texture and are identifiable by a distinct cloudy-white band (clitellum) that encircles their body.



Comparison of the clitellum of an invasive jumping worm (left) and nightcrawler (right).

Ecological Impact

The presence of invasive jumping worms can significantly alter soil health. These worms consume organic matter rapidly, stripping soil of essential nutrients. The resulting soil is granular and



Photo by UNL Entomology

loose, resembling coffee grounds, which can erode easily and support fewer plant species. This leads to decreased plant diversity, negatively impacting native plants and the wildlife that depends on them.

Prevention is Key

Invasive jumping worms spread primarily through human activities, including hitching rides in potted plants, mulch, compost, and on land-

scaping equipment. People often find themselves dealing with jumping worms by inadvertently purchasing infested plants and soil that is then introduced into their landscape.

Because there are currently no EPA-registered products labeled for jumping worms, preventing the worms through thorough inspection is essential. Be cautious when transferring soil, plants or compost to prevent spreading worms or cocoons. You can also spread awareness about the impact of these invasive worms and encourage neighbors to be vigilant.

FOR MORE INFORMATION

To find more information on invasive jumping worms in Nebraska, or to report a sighting, visit the Nebraska Invasive Species Program website at <http://neinvasives.com>.

Preparing Water for Use in an Emergency

Becky Schuerman, Domestic Water/Wastewater Extension Associate

It's that time of year again in Nebraska, when we can experience severe weather such as flooding, thunderstorms and tornados. These events can create power outages. If you are a private well owner without power, your well pump won't work, therefore you will not have running water. Public water customers can also experience disruptions in their water supply. Having an emergency water supply on hand can be very helpful in these situations. One option is to purchase bottled water, but another option is to prepare and store water from your private or public drinking water source.

While everyone's needs will differ, the general rule-of-thumb is to store at least one gallon of water per person or pet, per day. Store at least a three-day supply (or three gallons) for each person or pet in your household. Consider storing more water if you have the space to do so.

Water Storage Containers

Your current source of drinking and cooking water is probably suitable for storage. Water to be stored for consumption should be free of bacteria and pathogens. It is safest to store water



in food grade, durable, unbreakable containers that have secure caps. Food-grade glass containers may also be used, but present a risk because they are breakable. Avoid recycling plastic milk containers because traces of fat may remain that can contaminate the water. Wash all containers and lids thoroughly with hot, soapy tap water and rinse everything thoroughly with hot tap water. Containers can be sanitized by pouring 1 quart of water and 1 teaspoon of non-scented bleach into the container. Securely cap it and shake well, making sure the entire inner surface of the container has come into contact with the bleach solution. Let the container sit for at least 30 seconds before emptying the solution out. You can either let the container air-dry or rinse with the clean water you plan to store.

Treating Water Before Storage

The introduction of bacteria into the water during the collection and storage

process is always a possibility. If the water collected for storage is non-commercially treated, you should consider treating it with bleach after filling your storage container, and definitely before consuming it to kill any pathogens that may exist. Use non-scented, liquid household chlorine bleach that contains at least 4–6% sodium hypochlorite. It is important to use the freshest container of bleach available, preferably not more than three months old.

Add 6 drops of bleach per gallon of water using a clean, uncontaminated medicine dropper. Securely cap the container and shake to thoroughly mix the water and chlorine, and let it sit for 30 minutes. Uncap the container; if you do not smell chlorine after letting it sit for 30 minutes, add another two drops of bleach per gallon being treated. Cap and shake to mix, and let it sit for another 15 minutes. Be sure all containers are securely capped and labeled with the date of preparation before storing.

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Storing Water

Store containers in a cool, dry place away from direct sunlight. Never store any water supplies, particularly those in plastic containers near gasoline, kerosene, pesticides or similar substances, because vapors from some of these products can penetrate plastic. Storage shelving needs to be sturdy and stable because water weighs over eight pounds per gallon. Stored water supplies should be replaced every six months, particularly if water hasn't been commercially treated.

You can also store water in the freezer. Be sure to use freezer safe containers, particularly avoiding the use of glass containers. Leave 2–3 inches of air space in the top of each container to allow for expansion as the water freezes. If you lose electricity, frozen water containers can help to keep foods frozen for approximately two days.



HEART OF 4-H VOLUNTEER AWARD

Nicole Miller

Lancaster County 4-H is proud to announce Nicole Miller of Lincoln as winner of the August “Heart of 4-H Award” in recognition of outstanding volunteer service.

For three years, she has taught workshops at 4-H Clover College, teaching youth how to decorate glass bottles and plates with a variety of techniques. Nicole is willing to help as needed, such as assisting with a 4-H club meeting.

As a member of the Lancaster County Extension Board since 2022, she helps provide direction for Extension’s program areas, including the 4-H youth development program.

“I love watching children create art and items that they can share with their families, as well as exhibit at the Lancaster County Super Fair,” Nicole says. “My favorite experience as a 4-H volunteer is when children and young people support each other in their creative endeavors and when trying new things. I see it at Clover College when children encourage the person they are sitting next to, or standing by at the glue station, to try a different design or add a new material to their art. By serving on the Extension Board, I feel I am part of a network of people who care about improving our quality of life and educating children through 4-H, agriculture, healthy lifestyles, teamwork and a host of other positive experiences.”



HEART OF 4-H VOLUNTEER AWARD

Cole Meador

Lancaster County 4-H is proud to announce Cole Meador of Waverly as winner of the September “Heart of 4-H Award” in recognition of outstanding volunteer service.

He goes above and beyond in his duties as an Extension Educator in Saunders County to help the Lancaster County 4-H program. A former Lancaster County Extension staff member, Cole has continued to assist Lancaster County 4-H since his promotion in 2019 to Extension Educator in Saunders County. He helps present at the Agricultural Literacy Festival, teaches Embryology presentations in classrooms, provides various fertile chicken and duck eggs to hatch on 4-H EGG Cam, and assists 4-H staff as needed.

“I enjoy giving back to a program that made me into the person I am today,” Cole says. “I was active in 4-H growing up, which taught me life lessons, the ability to problem solve and give back to my community. It also gave me connections to caring adults. My 4-H experience led me to a career with 4-H and Extension, and I have loved it ever since. My favorite experience as a 4-H volunteer is working with 4-H’ers, volunteers and staff to provide positive experiences that youth learn from and remember their whole lives.”



4-H Teen Council Invites New Members

Attention youth in 7th–12th grade! Want to have so much fun making new friends, doing community service projects and participating in other activities that you won’t realize you are learning important leadership skills? Join 4-H Teen Council! Guest presenters provide fun, hands-on activities at meetings! Teens help determine community service projects, such as creating hygiene kits for people in need and planning and facilitating a 4th & 5th grade overnight Lock-In.

Meetings are held the second Sunday of each month, September through April, 3–5 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Upcoming meetings will be Sept. 8, Oct. 13 and Nov. 10. For more information or to join, contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.

4-H Announcements

FOR ENROLLED 4-H'ERS OR 4-H VOLUNTEERS

The 4-H e-newsletter at <https://go.unl.edu/lan4hnews> has up-to-date information about upcoming 4-H opportunities.



VIDEO COMPANION ANIMAL SHOWMANSHIP

The Nebraska 4-H Video Companion Animal Showmanship Contest is open to youth ages 10–18 who are enrolled in a companion animal (including cat) project. Videos should be recorded at the youth's home and submitted at <https://4h.unl.edu/companion-animal-showmanship> following the instructions at this website. Entries can be submitted starting July 1 and are due by Monday, Aug. 12 at 5 p.m.

4-H AT NEBRASKA STATE FAIR

The 2024 Nebraska State Fair will be Friday, Aug. 23–Monday, Sept. 2 at Fanner Park in Grand Island. 4-H events will be featured the first weekend. Nebraska 4-H has lowered the age eligibility requirements for all in-person events to 8 years of age (by Jan. 1 of the current year), including animal shows, contests and the Fashion Show. This change does not affect static exhibits which are selected by judges. For a schedule of 4-H activities at the State Fair and more, go to <http://4h.unl.edu/state-fair>.

- **STATIC EXHIBITS ARE SELECTED AT SUPER FAIR** — 4-H static exhibits must be selected by judges at county fairs to advance to the State Fair. Note: In most cases, level 1 projects are not eligible. At the Lancaster County Super Fair, a purple State Fair sticker will be placed on all exhibits selected for State Fair along with a general information sheet. After Super Fair, exhibitors will be mailed a detailed State Fair instruction sheet.
- **ANIMAL ENTRIES DUE ONLINE BY AUG. 10** — Animal exhibitors are eligible to participate at the Nebraska State Fair regardless of county fair placing. To be eligible, livestock nominations and payment must have been completed online at <https://showstockmgr.com> by June 15. 4-H/FFA youth or their families must submit their final animal entries online via ShoWorks by Saturday, Aug. 10, 8 p.m. Information and link to ShoWorks is at <https://4h.unl.edu/state-fair-livestock-exhibitor>.
- **CONTEST ENTRIES DUE ONLINE BY AUG. 10** — Most of the 4-H contests at the Nebraska State Fair do not require youth to participate or qualify at a county-level contest, including Weed & Grass Identification, Horticulture Judging, Tree Identification, Insect Identification, Dog Skillathon, Culinary Challenge and Dairy Judging. Be sure to review the eligibility requirements for each contest before entering. 4-H/FFA youth or their families must submit their contest entries online via ShoWorks by Saturday, Aug. 10, 8 p.m. Information and link to ShoWorks is at <https://4h.unl.edu/state-fair-contest-participant>. Note an exception: Fashion Show entries must qualify at a county-level contest, and Extension staff submits the entries.

For 4-H/FFA Super Fair-related announcements, see the Fair Book, 4-H e-newsletter or 4-H Facebook page.

Follow the NEW Lancaster 4-H Facebook Page



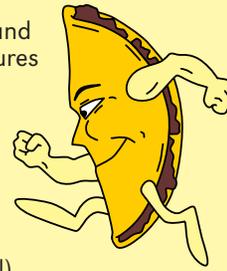
LANCASTER COUNTY Super Fair

Aug. 1–10, 2024

4-H & FFA Exhibits & Events Aug. 1–4
4-H Horse Shows July 31–Aug. 4
Sandhills Global Event Center
84th & Havelock, Lincoln

SUPPORT 4-H BY EATING AT THE 4-H FOOD STAND

4-H Council's food stand at the Super Fair features a variety of snacks and beverages, including the popular "Walking Taco," snow cones and cotton candy! The Clover Cafe (in the Ag Society Hall) and the Horseshoe Cafe (in the FR8Star Pavilion) will be open Aug. 1–4, 10 a.m.–9 p.m. (Sunday closes at 8 p.m.). The food stand is 4-H Council's primary fundraiser. Proceeds support 4-H youth programs, activities and scholarships.



4-H Will Livestream From the Fair!



Lancaster County 4-H will livestream several animal shows and the Fashion Show via YouTube at <https://youtube.com/4HLancasterNE>. Videos will be available to watch later. Schedule and direct links will be posted at <http://lancaster.unl.edu/liveevents>.

CHICKEN DINNER & SILENT AUCTION, AUG. 2

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 2, 5:30–7:30 p.m. at the South Hall - Lancaster County Farm Bureau Room (enter Gate 3 off Havelock, park near South Hall). Dinner features Slim Chickens chicken tenders, side dishes and dessert! To-go boxes will be available. Tickets at the door are \$10. Advance tickets are \$9 at the Extension office before the fair or at the 4-H food stand during the fair. A silent auction will be held during the Chicken Dinner, 5–7 p.m. Top bidders may pay for and pick up items after 7:30 p.m. If you wish to donate items or gift certificates for the silent auction, contact Sheri Ramirez at 402-805-2696 or Skr0701@windstream.net no later than Wednesday, July 24. Both events are fundraisers for 4-H Council.

4-H Premiere Communication Event Top Results

The statewide Nebraska 4-H Premiere Communication Event was held on June 17–18 at the University of Nebraska–Lincoln East Campus. Over 216 4-H'ers from 51 counties across the state competed in five communication events. Congratulations to all Lancaster County 4-H members who participated! Complete results can be found at <https://4h.unl.edu/premier-communication-event-contests>. Here are the Lancaster County purple ribbon winners:

PREPARED SPEECH CONTEST

- **Senior division:** Acacia Carlson
- **Intermediate division:** Brooklynn Nelsen (2nd place), Amorita Payne, Alexa Smith, Callia Thompson (5th place)
- **Junior division:** Gracelyn Mittan-DeBuhr



(L-R) Callia Thompson and Alexa Smith

RADIO PUBLIC SERVICE ANNOUNCEMENT CONTEST

- **Senior division:** Emma Thomson
- **Intermediate division:** Alexa Smith (1st place), Callia Thompson (3rd place), Amorita Payne (5th place)
- **Junior division:** Korben Payne

IMPROMPTU SPEECH

- **Intermediate division:** Grace Tetzlaff (3rd place)

ILLUSTRATED PRESENTATION

- **Senior division:** Kamryn Wanser (5th place)
- **Intermediate division:** Andrea Bettenhausen (5th place), Brooklynn Nelsen, Alexa Smith

DIGITAL VIDEO COMMUNICATION

- **Intermediate division:** Silas Pracheil (4th place)
- **Junior division:** Cora Pracheil (Top 5, blue ribbon)

4-H Clover College: 55 Hands-on Workshops



In "Robot Challenge" presented by N-Bots 4-H club members, youth built robots from Legos.

4-H Clover College is a four-day series of hands-on workshops for youth presented by Nebraska Extension in Lancaster County. The emphasis is on science, agricultural literacy, healthy living, career development and citizenship/leadership. Many of the projects made during the sessions are eligible to be exhibited at the Lancaster County Super Fair in August.

This year's Clover College was held June 11–14 and featured 55 workshops with a total of 1,028 session registrations. New workshops this year included: "The Sweet Scoop — the Science of Ice Cream," "Marble Run Challenge," "Paintstik T-shirts," "Mosaic Seed Art," "Fun Thyme With Herbs" and "Animal Adaptations."



Photos: Vicki Jedicica, Nebraska Extension in Lancaster County

Youth propagated plants in "Green Thumb Science" taught by UNL Professor Christian Stephenson.

- Feedback included:
- "I enjoyed discovering what hobbies suit me. I enjoyed coming home with arms filled with tons of projects and memories."
 - "Learning new things and making cool crafts, petting horses & bunnies, and making ice cream."
 - "How to build a rocket and that's how I met a friend."
 - "Marbling. I might teach it to my family if they want me to."

A special thank you to the 75 instructors and assistants! This is the 28th year of Clover College. More photos will be posted at <https://flickr.com/photos/unlxtlanco/albums>.



New this year was "Snack Attack" presented by Extension staff members Sam Isaacson (pictured) and Alyssa Havlovic (not pictured).



Youth looked for insects outdoors in "Busy Bugs" taught by Extension Educator Kait Chapman.

4-H Premier Animal Science Event Top Results

Congratulations to the Lancaster County 4-H'ers who competed at the statewide Premier Animal Science Event (PASE) held at University of Nebraska–Lincoln East Campus on June 20–21. During this two-day event, 4-H'ers from across the state participated in six animal science contests. A huge thank you to Lancaster County livestock judging coach Sarah Dilley! Complete results can be found at <https://4h.unl.edu/pase>. Here are the Lancaster County top placings:

LIVESTOCK JUDGING CONTEST

- **Senior division:** Individually, Lilee Chevalier earned 10th place high overall in cattle.
- **Intermediate division:** as a team, Tenley Bauman, Grace Chevalier, Hannah Chevalier

and Madalyn Chevalier earned 9th place high overall and 1st place high in reasons; 2nd place high overall in cattle and 9th place high overall in swine. Individually, Hannah Chevalier earned 5th place high in reasons and 7th place high overall in cattle; and Grace Chevalier earned 8th place high in reasons and 3rd place high overall in cattle.

- **Junior division:** as a team, Gracen Byrne, Corrine Byrne and John Chevalier earned 5th place high overall and 5th place high in reasons; 3rd place high overall in cattle, 9th place high overall in sheep and goats, and 5th place high overall in swine. Individually, Corrine Byrne earned 4th place high overall

and Gracen Byrne earned 10th place high in reasons.

POULTRY JUDGING CONTEST

- **Intermediate division:** as a team, Grace Chevalier, Hannah Chevalier and Madalyn Chevalier earned 2nd place. Individually, Hannah Chevalier earned 5th place and Grace Chevalier earned 9th place.
- **Junior division:** Individually, John Chevalier earned 6th place.

LIVESTOCK SKILLATHON

- **Intermediate division:** as a team, Grace Chevalier, Hannah Chevalier, Madalyn Chevalier and John Chevalier earned 9th place.

ANIMAL WELFARE JUDGING

- **Intermediate division:** Individually, Tenley Bauman earned 2nd place.

4-H Companion Animal Challenge Top Results

The 2024 statewide 4-H Companion Animal Challenge was held during PASE at UNL East Campus. Youth had the opportunity to display their companion animal knowledge through six contests. Complete results are at <https://4h.unl.edu/pase-contests#companion>. Here are the Lancaster County purple ribbon winners:

- **Intermediate Cat Skillathon:** Elizabeth Hilkemann (Reserve Champion)
- **Junior Photography:** Josiah Schmoll (Grand Champion) (3 purples), Noah Schmoll (Reserve Champion) (2 purples)
- **Intermediate Photography:** Elizabeth Hilkemann (Grand Champion) (3 purples), Tenley Bauman (1 purple)
- **Senior Photography:** Jocelyn Schmoll (Grand Champion) (2 purples)
- **Intermediate Art:** Brooklynn Nelsen (Grand Champion) (3 purples)
- **Senior Art:** Kamryn Wanser (1 purple)

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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.

July

23	4-H Fashion Show Judging Day	8 a.m.
23	4-H Horse VIPS/Superintendent Meeting	6 p.m.
25	Pesticide Applicator NDA "Walk-In" Testing Session	9 a.m.–2 p.m.
26	4-H Horse Incentive Program Forms Due to Extension	
30	Babysitting Clinic	9 a.m.–3 p.m.
30	4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Sandhills Global Event Center - Ag Society Hall	4–8 p.m.
31	4-H & FFA Static Exhibit Interview Judging at Lancaster County Super Fair, Sandhills Global Event Center - Ag Society Hall	9 a.m.

August

Aug. 1–Aug. 11	Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug. 1–4; 4-H Horse Shows July 31–Aug. 4), Sandhills Global Event Center	
9, 10 & 24	Water Dogs Program – Update Your Lawn Irrigation Skills	10 a.m.
10	Deadline for State Fair Animal Entries – Must Enter at http://nebr.fairwire.com	
22	Pesticide Applicator NDA "Walk-In" Testing Session	9 a.m.–2 p.m.
Aug. 23–Sept. 2	Nebraska State Fair, Fonner Park, Grand Island	

September

3	4-H Council Meeting	6 p.m.
8	Teen Council Meeting	3 p.m.
12	Horse VIPS Meeting	6 p.m.
13	Extension Board Meeting	8 a.m.
19	Pesticide Applicator NDA "Walk-In" Testing Session	9 a.m.–2 p.m.
28	Composting Demonstration, Pioneers Park, Across from the Nature Center	10 a.m.
30	4-H Council's Alumni Scholarship Deadline	

EXTENSION NEWS

Summer 4-H Interns

Each summer, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance.

Extension Interns

Four full-time college interns are helping with ongoing summer programming, including contests, Clover College, Lancaster County Super Fair and other activities.

- **Cameryn Brandt** assists Extension Associate Kristin Geisert with Clover College, Super Fair static exhibits and contests. Cameryn was a Saline County 4-H member for 9 years. This is her first summer as a 4-H intern. Cameryn is an upcoming junior at the University of Nebraska-Lincoln, majoring in Family and Consumer Science Secondary Education.
- **Rayley Fankhauser** assists Extension Educator Tracy Anderson and Administrative Services Officer Jenny DeBuhr with office responsibilities; she also helps with Clover College and multiple project areas at Super Fair. This is her first summer as a 4-H intern. Rayley was a 4-H member in



Extension interns (L–R): Rayley Fankhauser, Jacie Pelikan, Breanna Gilmore and Cameryn Brandt

Lancaster County for 6 years. She is an upcoming senior at UNL, majoring in Agricultural & Environmental Science Communications and minoring in International Agriculture & Natural Resources.

- **Breanna Gilmore** assists Extension Assistant Madelaine Polk with the livestock projects. This is her first summer as a 4-H intern. Breanna was a 4-H member in Adams County for 7 years. In December, she will graduate from UNL with a bachelor's degree in Animal Science.
- **Jacie Pelikan** assists Extension Associate Kate Pulec and Extension Assistant Elizabeth Thiltges



Teen interns (L–R): Kallie Vance and Angage Alwir

with the horse, rabbit, dog, cat and household pet projects. This is her third summer as a 4-H intern. Jacie is an upcoming senior at UNL, majoring in Applied Climate Science and Animal Science.

Teen Interns

Two part-time teen interns are working with Tracy Anderson in 4-H outreach and education. **Angage Alwir** and **Kallie Vance** — who are part of the Girls Inc. of Lincoln's Eureka! program — assist with 4-H outreach and education. Angage will be a sophomore at Northwest High School and Kallie will be a sophomore at East High School this fall.