



HORIZONS

Educating You Today For Your Success Tomorrow!



September - November, 2016

Southeast Wyoming Extension Quarterly Newsletter

Volume 1, Issue 3



UNIVERSITY OF WYOMING
EXTENSION

Our office will be moving in December. We will be located on the 4th floor of the new Student Service Building on the Laramie County Community College campus. We will have more storage space and will be able to have all our personnel housed in one location! We will have a wet lab, kitchen units, classroom space and much more! We are excited to move to our new location! We apologize in advance for any disruption of business during the month of December.

This move will help us better serve you!

Laramie County Announcements:

SUMMER COMPETITIONS

Congratulations 4-H members who participated in contests throughout the summer. It's always awesome to see how much our 4-Her's have learned over the year. Their projects reflect their passion and willingness to complete their projects and compete with great success. Way to go 4-H youth, you did a great job!

- * County Presentation Contest
- * County Cake Decorating
- * County Shoot
- * Showcase Showdown
- * State Shoot
- * Laramie County Fair
- * Wyoming State Fair

HOLIDAY CLOSURES:

The County Courthouse/ Extension Office will be closed the following days:

- Monday, September 5th
Labor Day
- Monday, October 10th
Columbus Day
- Friday, November 11th
Veteran's Day
- Thursday, November 24th
& Friday, November 25th
Thanksgiving Holiday



NEXT YEAR'S FAIR DATES: (TENTATIVE)

Laramie County Fair
July 30th - August 12th, 2017

Wyoming State Fair
August 13th - 19th, 2017

WE ARE MOVING!

The Laramie County Extension Office will be relocating to the Laramie County Community College campus in December!

During the Month of December our office will be closed periodically to move to our new location. We apologize for any inconvenience this may cause you. Once we are set up and established, we'll invite you to tour our new facility!

Thank you in advance for your understanding!



Our new contact information will be:
University of Wyoming
Laramie County Extension
1400 E. College Drive
Cheyenne, WY 82007

307-633-4383 (same)
Laramie@wyoextension.org (NEW)
All our emails - (same)



Wyoming Bee College



SAVE THE DATE!

The Wyoming Bee College will be March 18-19, 2017. It will be held at the Laramie County Community College in Cheyenne, Wyoming. There will be vendors, honey, lecturers, workshops, hands on hive building and much, much more!

The cost is \$75 per person, lunch and dinner are included. Visit our website at www.wyomingbeecollege.org and register for the event at www.eventbrite.com. Host Hotel is the Comfort Inn, ask for the Bee College Rate of \$89.00 per night.

SAVE THE DATE: WILD WEST GARDENING CONFERENCE April 22-23, 2017 Cheyenne, Wyoming

Taking gardeners and specialty crop growers to a new level of success. Featuring; Neil Diboll, Kathy Kimbrough, Jeff Lowenfels plus many more.

There will be workshops and programs of all levels. Registration is \$85 per person, you can register at www.eventbrite.com for more information call Catherine Wissner at 307-633-4383.



FARM TO MARKET CONFERENCE November 11-12, 2016 Cheyenne, Wyoming

Taking specialty crop growers to the next level of production, food safety, processing and marketing. Workshops on Food Acidification, Seed Saving, GAP, Market Manager and general programs. Registration is \$75 on www.eventbrite.com for more information contact Catherine at 307-633-4383. *See Page 3 for more information on this conference.*



19th Street CLOSED!

The 19th Street Phase III construction Project will begin the week of August 29th and run through the end of November. Parking will be limited and not easily accessible, please be patient. We are sorry for any inconvenience this may cause you.



Farm to Market Conference; taking specialty crop growers to the next level of production, food safety, processing and marketing.

Most states have adopted “Food Freedom” and “Cottage Food” laws reducing barriers getting foods like: pickled (acidified) products and other homemade foods to local markets. However: it’s still very important for people to know, understand and practice food safety. This conference was developed to help you have garden to table-safe vegetables, process vegetables safely, have a better farmers market and even save a few of your favorite seeds along the way.

The Wyoming Department of Agriculture Specialty Crops division and the University of Wyoming Laramie County Extension will be hosting a Farm to Market Conference at Laramie County Community College, in Cheyenne, Friday and Saturday, November 11-12. On Friday you have a choice of full day workshops (please choose one). On Saturday there will be four tracks with multiply programs for you to choose from.

Everyone is welcome. The conference cost is \$75 (plus Eventbrite site fees) and includes two lunches, coffee and snacks for both days.

Friday, November 11, your choice; one of the following all day workshops:

Food Acidification with Dr. Brian Nummer (<http://food-safety.guru>). Just what are acidified foods? They are: pickles (cucumbers), pickled vegetables, meat and eggs. The variety of products and flavors are limited only by the creativity of the person in the kitchen. However; learn how to do this safely and keep your customers coming back for more. Dr. Nummer will

address food processing pH, different methods of thermal process, sugar syrups and much more.

GAP Training. Food safety starts on the farm through Good Agriculture Practices (GAP). Reducing microbial risks in fruits and vegetables starts with the grower, how food is handled from seed to final packing and shipping off to the market can make it consumer safe or not. We have a team of experts that want to help you keep it safe and wholesome farm fresh.

Plant Breeding for Seed Saving with Organic Seed Alliance, (<http://www.seedalliance.org/>). Learn about breeding plants for seed saving from your favorite vegetable or flower. OSA has a 13 year track record as the leading organic seed institution in the US.

Market Manager. As a market manager you need to know a lot about running a market. In this track we address everything from Food Freedom act for better clarification, social media how to use it to bring customers to the market, learn the basics of mediation to help keep the peace between vendors or even unhappy customers, also included, record keeping, board roles and responsibility, market rules and code of conduct.

Saturday, November 12, your choice of what programs will help you best.

We are offering four different tracks for you to pick and choose which program will help you best with your farm, processing, food safety, marketing, what else to grow or just doing it right.

Saturday’s Line Up

Mike Lambert from the Wyoming Entrepreneur Market Research Center will cover basic marketing and how to develop a marketing plan to help you get the word out.

Get out your colored pencils with artist Jill Van Overbecke and learn how to create a winning logo for your business.

Dr. Ron Godin Soil Scientist from Colorado State University Grand Junction area will share his 20+ years of experience on soil health issues and working on building soil health with cover crops for nitrogen production, tillth and productivity.

More than just kimchi! Food fermentation safely with Dr. Brian Nummer.

Where’s the money, grants for value added products, farmers markets and more.

Del Jiménez from New Mexico on Hoop House Production.

If we can grow wine grapes in northern Wyoming so can you. Take the mystery out of Vineyard Management with Dr. Sadanand Dhekney.

Dr. Gayle Volk will update us on seed preservation for specialty crops at the USDA seed bank at Colorado State University.

Another outlet for all those great vegetables you grow learn from the person who wrote the book on running a CSA’s.

Tips for staying safe with the foods and vegetables you sell.

Latest updates on FDA/FISMA

Grow your own Nitrogen, Cyanobacteria for an all- natural on farm nitrogen that all your plants can use.

More demand than supply, Hops, growing methods, harvest and tips on selling. Dr. Ron Godin.

Plus much more!

REGISTER HERE:

www.eventbrite.com





Commodity Chef

Save the Date!

Join The Laramie County Cent\$ible Nutrition Program and Salvation Army Cheyenne Corps for a battle of creative cooking featuring commodity ingredients. Sample the culinary delights prepared and vote for your favorite.

Date: Saturday, September 24, 2016

Time: 1:00-3:00

Location: Salvation Army Cheyenne Corps
601 E 20th St, Cheyenne, WY 82001

For information: Contact Jill (307) 633-4494 or
jperson@uwyo.edu

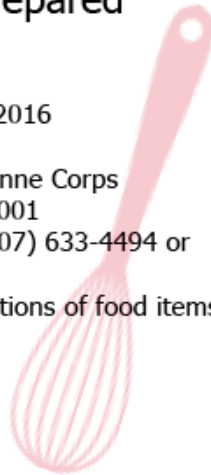
Admission: Free; Optional donations of food items for our food banks are appreciated



DOING
THE MOST
GOOD™



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.



EVERY SATURDAY

August 6th through

October 1, 2016

7am - 1pm

Cheyenne Depot Plaza

What can you expect to find at the Cheyenne Farmers Market?

- ◆ Huge selections of fruits and vegetables
- ◆ Fresh salsa
- ◆ Honey, honey candy, beeswax
- ◆ Marmalades, jams and jellies
- ◆ Spices and rubs
- ◆ Coffees and teas
- ◆ Breads, strudel, pretzels and sticky buns
- ◆ Burritos and tortillas
- ◆ Frozen local beef, pork and bison
- ◆ Trees and plants
- ◆ Pastas
- ◆ Soup mixes
- ◆ Roasted chilies

Canner Testing

FREE Canner Testing at the Laramie County Extension Office:

CALL OUR OFFICE TO SET UP AN APPOINTMENT

You can wait for us to test it or you can drop it off and we'll call you when it's ready to be picked up - just let us know

UNIVERSITY OF WYOMING EXTENSION 310 W. 19th Street, Ste. 100 Cheyenne, WY 82001

307-633-4383



The University of Wyoming and the United States Department of Agriculture cooperate. The University is an equal opportunity/affirmative action institution.

PATHFINDER BUILDING

Student Services & University Center

This is a depiction of our future office location located on the campus of Laramie County

Community College. It is the new Pathfinder Building, which will house the following departments:

- * Admissions
- * Bookstore
- * Student Records

- * Financial Aid
- * Counseling & Campus Wellness
- * Disability Services
- * Advising & Career Services
- * University of Wyoming Outreach
- * University of Wyoming Extension of Laramie County
- * Classrooms
- * Offices
- * Assembly Space

[To view the Pathfinder Building floor plan PDF document click here.](#)



REMINDER:

The month of December is unknown to us at this moment in time. We will be packing and transitioning to our new location in December and will be out of the office on the University of Wyoming Winter Break December 23rd through January 2nd. We will be open at our new location January 3, 2017.

The Pathfinder Building will serve as the new heart of the campus and starting point for students. The state-of-the-art new building will provide an easy-to-navigate process for students at LCCC.

We are excited to move to our new office where we will be able to better meet the needs of our clients with more office space, classrooms, meeting rooms, computer rooms, kitchen units and storage for the numerous activities our 4-H program

provides throughout the year. We are also excited that all of our staff (Centsible Nutrition, Community Development, Horticulture and 4-H) will all be together in one area! We have had to split into two separate offices in our current location due to space constraints.

Once we are moved in and settled into our new location, we will have an Open House the first of the year to invite you to check out our new location.

Cent\$ible Nutrition Program
The University of Wyoming Family
and Consumer Science Department
3354, 1000 E. University Avenue,
Laramie, WY 82071. Visit us on
the web: www.uwyo.edu/centsible
USDA and the University of Wyo-
ming are equal opportunity provid-
ers and employers. Materials are
funded by USDA's SNAP-EDd.



LARAMIE COUNTY EDUCATORS

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Sandi Arnold

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sarnold9@uwyo.edu

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Assistant
rlemley1@uwyo.edu



Thank you for
your many years
of service Karen!
Enjoy your
Retirement!

**HAPPY
RETIREMENT!**

Karen Hruby

Cent\$ible Nutrition Program

Join the *Cent\$ible Nutrition Program* and receive:

- * Free Computer Diet Analysis
- * Nutrition Lessons Adapted to You
- * A Cent\$ible Nutrition Cookbook

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FREE for those who qualify: to be eligible, income must be less than \$21,257 per year for a household of 1, less than \$27,694 per year for a household of 2, less than \$36,131 per year for a household of 3 and less than \$43,568 per year for a household of 4. If your income is over these levels, the cost for this 8-week series of classes is \$25.00 to cover the cost of the cookbook and supplies. For further questions, give us a call or we can discuss it after our first class meeting.

Coordinator

SAVE MONEY & SHOP SMART

Are you interested in learning about
money saving tips, lowering your grocery
bill, learning to cook and eat healthy?
Join a *Cent\$ible Nutrition* Class today!



NEW CLASSES STARTING:

Tuesday Morning
10:00-11:30am

Wednesday Evening
5:30-7:00pm

Thursday Morning
10:00-11:30am

Thursday Afternoon
2:00-3:30pm

Thursday Evening
5:00-6:30pm



Cent\$ible Nutrition Program



"Helping Families Eat Better For Less"
FREE Classes for qualified applicants

Call For More Information:

307-633-4383

Sponsored by:  UNIVERSITY OF WYOMING
EXTENSION



4-H Youth Educator
Tansey Sussex
Sussex@uwyo.edu

4-H Military Educator
Brittany Johnson
bjohns92@uwyo.edu

4-H Administrative Assistant
Kristi Nagy
knagy@uwyo.edu

IMPORTANT DATES:

September 5th

Extension Office Closed
Labor Day Holiday

September 15th

Portfolios/Club Books
Due by 5pm at the
Extension Office

October 1st

4-H enrollment begins for
the 2017 year. You **MUST**
re-enroll and pay enrollment
fees each year, you are not
automatically re-enrolled!

October 4th

4-H Open House
5-7pm at LCCC
Multi-Purpose Gym

October 10th

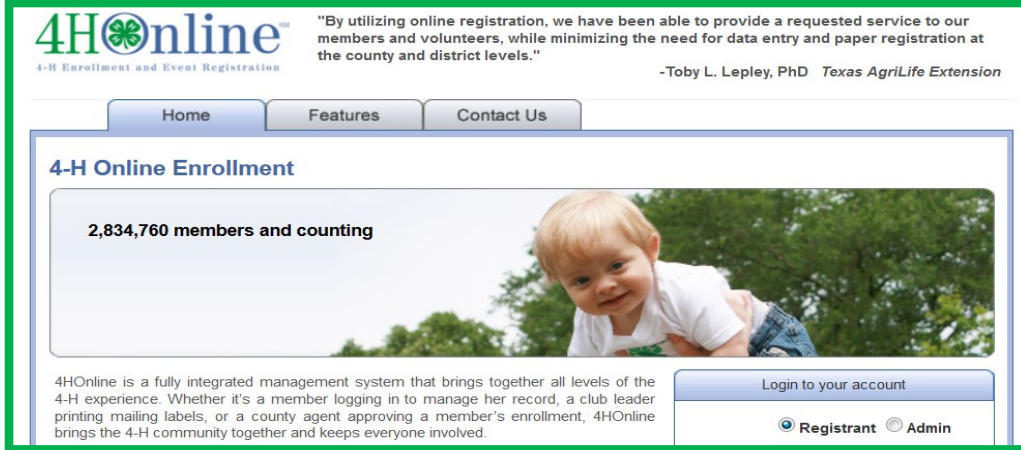
The Extension Office is
closed - Columbus Day

November 12th

Achievement Night
LCCC- Multi Purpose Gym
4pm Dinner, 5pm Awards

November 24th & 25th

The Extension Office is
closed - Thanksgiving
Holiday



It's that time again...

Enrollment for the 2016-2017 4-H year will begin soon. Although the new 4-H year technically begins on October 1st, **PLEASE DO NOT RE-ENROLL UNTIL WE TELL YOU VIA EMAIL AND FACEBOOK!** We have to roll over our online database system before we can accept new enrollments into the system. This is a state database and we have no control as to when it will roll over. Please be patient, we will give you more information closer to the end of September. Information will be sent out in our daily updates and newsletters.

We understand there are clubs who have enrollment quotas, we will let you know as soon as possible when the online system is ready to accept enrollments. However until we inform you, please do not re-enroll as it will place you in the 2015-2016 year again and error the online system. Please wait for further instructions, we just wanted to give you a heads up that enrollment is coming!

Thank you in advance for your patience and cooperation.

We are MOVING! We will be moving in December to our new office location on the LCCC campus. We will be transitioning offices in early December and will be out of the office on Winter Break December 23rd through January 2nd. We will reopen in our new location. This new facility will provide us with more space and resources to better serve you.



LIKE US ON FACEBOOK!

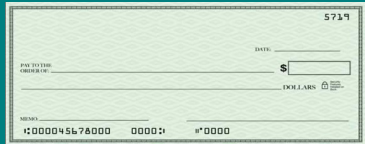
Click the link below and it will take you to our page!



<https://www.facebook.com/Laramie-County-4-H-163617733698423/?fref=ts>



4-H Portfolios Are Due!



LIVESTOCK SALE CHECKS

Sale checks are usually ready for pick up mid-fall.

You can send your "Thank You" cards now. Please bring them UNSEALED, addressed, and stamped to our office. We will keep a log of who has turned in a thank you card.

We need to be sure to thank our buyers for their contributions. It's better to thank the buyer twice than not at all, so if you've already given a thank you card, it won't hurt to give them an additional one.

We will let you know as soon as the checks are ready for pick-up at our office.

Again, the estimated date checks will be available is around October 1st and we will contact you when they are ready for pick-up.

4-H Portfolios (record books) are due to the Extension Office by Thursday, September 15th at 5pm. Books must be turned in for members to receive their achievement points for the year. Information on how to complete books can be found on our website. If you have questions please contact our office. Club Leaders should be providing their club with training on record books. Visit our website at:

<http://www.wyoming4h.org/laramiecounty4h/members/record-portfolio/>

Your Portfolio should be in a hard bound folder or 3-ring binder. Hard bound 4-H folders can be purchased from our office for \$3.00 each. Please do not turn in a plain stapled copy of your record book as they tend to get torn and damaged. Please place them in something hard with your name, 4-H age, and club on the





JOIN US

4-H OPEN HOUSE



HOUSE

OCTOBER 4th 2016

5pm to 7pm

1400 E. College Dr. LCCC Multi-Purpose Gym

Join us in celebration of National 4-H Week October 2nd-8th

SCHEDULE:

- Information on the 4-H program
- Meet some of our 4-H clubs
- Project Demonstrations
- Question & Answer Session
 - Science Experiments
 - Light Refreshments

For More Information contact us:

Tansy Sussex
4-H/Youth Educator
sussex@uwyo.edu

Brittany Johnson
4-H/Military Educator
bjohns92@uwyo.edu

Kristi Nagy
4-H Sr. Admin. Asst.
knagy@uwyo.edu

310 W. 19th Street Suite 100
Cheyenne, WY 82001
307-633-4383
www.wyoming4h.org/laramiecounty4h



4-H GROWS HERE

The University of Wyoming and the United States Department of Agriculture cooperate. The University is an equal opportunity / affirmative action institution.



ACHIEVEMENT NIGHT!



In Memory

We said goodbye to a dear friend of 4-H, Kay Moyer on Saturday, August 27th. She was in 4-H as a child and then became a leader and assisted with many projects including shooting sports, leathercraft, sheep and anything else that our community kids needed.

Kay has touched the lives of many her legacy will live on in the lives of all she helped. Her skills, training and laughter will be missed.

Happy Trails to you dear friend!



I pledge...



my HEAD to clearer thinking,



my HEART to greater loyalty,



my HANDS to larger service,



my HEALTH to better living,

For my club, my community, my country and my world.

It's that time of year again to look back over the year's accomplishments and honor our members for their success. All 4-H families are invited to join us on Saturday, November 12th at the LCCC Multi-Purpose Gym at 4pm for a catered dinner and 5pm for the awards ceremony. Following the awards join us for some fun with our popular "Bingo with Brittany" come win some cool prizes.

We would like to get a confirmed food count to assist us with budgeting our expenses. **Please RSVP by November 1st** for everyone who will be joining us for dinner.

[Click on this link to RSVP Thank You!](http://bit.ly/2bR21vi)
<http://bit.ly/2bR21vi>



Join Us At

ACHIEVEMENT NIGHT

SATURDAY, NOVEMBER 12, 2016

LCCC MULTIPURPOSE GYM

DINNER - 4:00PM

AWARDS - 5:00PM


We need to know how much food to order: **PLEASE RSVP** by Nov 1st for everyone who will be joining us for dinner at <http://bit.ly/2bR21vi>

All 4-H families are invited to join us! Achievement night is a great time to meet other 4-H families outside your club. We will be using round tables and seating is limited so please be generous about sharing your table with other 4-H families. Clubs please refrain from reserving tables. Dinner will be catered, followed by the awards ceremony. Join us afterwards for some fun BINGO entertainment with cool prizes!

WIN PRIZES!

Join us after the awards for **BINGO with Brittany!**



WE NEED MORE VOLUNTEERS!



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Good News: We have lots of members in our Laramie County 4-H Program, we have the largest county enrollment in the state of Wyoming.

Bad News: We don't have enough adults willing to help or lead new clubs.

How you can help: In the coming months we will have new Leader

Training classes for those (awesome) adults willing to start a new club or be a project leader in Laramie County. We would love to have more adult volunteers to be leaders. We need people willing to help with static areas like crocheting, sewing, visual arts, photography, cake decorating, leather craft, pocket pets, etc. We know we have lots of talented and capable people in Laramie County with great

knowledge in these areas! We have youth who want to learn, we need more adults willing to teach and mentor our members.

Please consider how you can help pass along your skills to better equip our Laramie County 4-H kids, together we can make a difference!

Laramie County Community College Foundation presents the
First Interstate Bank Progress & Prosperity Community Conversation Series

Peterson Farm Brothers ADVOCATING FOR AG

6:30 p.m., Wednesday, Sept. 14

LCCC's Center for Conferences & Institutes

Free and open to the public



Greg Peterson, agricultural expert and part of the tremendously popular YouTube sensation Peterson Farm Bros, will speak at Laramie County Community College. Discover how they tell their story through social media and the need for agriculture advocacy in our country. **Don't miss out!**

For more information call 307.778.1285



The application process for the Daniels Scholarship fund opens on September 30, 2016.

A couple of important things to know about this year's application process include:

Applicants must first complete the 2017/2018 FAFSA using their 2015 tax information before they can complete our Eligibility Questionnaire to determine if they **are** or **are not** eligible to apply for the Daniels Scholarship.

The 2017/2018 FAFSA will be available online at <https://fafsa.ed.gov> beginning October 1, 2016.

Students must have completed the ACT or SAT test and received confirmation of eligible scores by our November 30, 2016 deadline. They will be required to upload the score sheet from a single test. No super-scoring is allowed. For more info on the Daniels Fund CLICK HERE at <http://www.danielsfund.org/Apply.asp>

WHY DO WE RECOMMEND PORTFOLIOS?



Article By:
Mary Louise Wood
Albany County Educator
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mwood8@uwyo.edu

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The purpose of 4-H recordkeeping is to teach how to keep records, which is an important life skill. The 4-H record keeping process encourages members to develop skills in observation, gathering data, collecting and manipulating data, and general bookkeeping skills. Other life skills learned through record portfolios are: organization, time-management, record-keeping, communication, critical thinking, self-discipline, and planning. Completing a 4-H Portfolio is a process where 4-H members record project and club work. Records management (RM) is an industry-standard practice of identifying, creating, classifying, archiving and preserving records. The 4-H Portfolios teaches 4-H members these skills through a standard format. Recordkeeping is an ongoing process that does not end when the 4-H year ends. Portfolios earn recognition – pins, ribbons, certificates, and possibly area, state and national awards and scholarships.

Objectives

1. To learn how to set goals, how to make plans for action, and how to decide how well you did (evaluation).
2. To learn the skills of record keeping and organization to use now and in the future.
3. To learn to communicate and summarize.
4. To learn responsibility by completing a task.
5. To evaluate information that will market personal skills through future resumes and application forms.
6. Appreciate what you've learned this year from the goals you reached
7. Recognize what things you learned in your 4-H project



8. Explain what you've learned
9. Keep track of costs of your project
10. Gather information needed to apply for awards and scholarships

Every county has a different due date for Portfolios but the main process is the same in all counties. Please remember- **DO NOT PROCRASTINATE!** Completing Portfolios is a lot like eating an elephant; take it one bite at a time!!

Please contact your local Extension Office for specific details for your county.



**** Check with your local Extension Office to see how you can help judge Portfolios! Your help is always appreciated!**

THANK YOU!



4-H T-shirt Design Contest

Kids Make the Rules – Rules of Kindness

generationOn's Rules of Kindness campaign, powered by the Hasbro Children's Fund, challenges kids and teens to build empathy, be kind and show they care. Hasbro envisions a world where all kids have the compassion, empathy and courage to stand up for others, that's why the Hasbro Children's Fund is proud to power the Rules of Kindness Campaign with generationOn.

It's as easy as 1-2-3!

Go to rulesofkindness.generationon.org and Pledge to create your kindness rules.

- Create your rules of kindness and develop a plan for putting them into action using free tools and resources from Ashoka and generationOn.
- Share your story! Tell what you did and how your rules of kindness helped the community.
- Chance to win grants!!



WYOMING



ASSOCIATION OF EXTENSION 4-H AGENTS

WAE4-HA announces the Wyoming 4-H t-shirt design contest!

The winning design will be featured on the official Wyoming 4-H t-shirts for 2016!

Contest Rules:

- Must be a current Wyoming 4-H member
- Design must be received by October 31, 2016
- The design must promote 4-H and fit on the front or back of a t-shirt
- Entries must include name, age, club, and county affiliation
- Files, in pdf or jpeg format, should be emailed to sfleenor@uwyo.edu



For more information, please contact your local extension office or email sfleenor@uwyo.edu.



Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071. The University of Wyoming is an equal opportunity/affirmative action institution.



Calendar Contest



Open to all Wyoming 4-H members

Contest Rules:

- Pictures will be accepted until September 30, 2016.
- Pictures must be the original work of the person submitting the entry.
- Each Wyoming 4-H member can submit 2 pictures.
- Pictures will be judged by the WAE4-HA fundraising committee. The top 13 member pictures will be placed in a calendar that will be available for purchase in November for 2017 calendars.
- Pictures will become the property of the Wyoming State 4-H office upon entry into the contest and will not be returned. They will also be used for promotional purposes. No amount of the money for the calendars will be returned to the contest entrants.
- Winners will receive a free calendar and recognition for their work.
- Entries must include Name, age, club, and county affiliation
- Entries will be accepted online at sfleenor@uwyo.edu

Sponsored by

WYOMING



ASSOCIATION OF EXTENSION 4-H AGENTS

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071. The University of Wyoming is an equal opportunity/affirmative action institution.





4-H Military Partnerships: Making A Difference For Military Youth

4-H Military Partnerships: Making a Difference for Military Youth

Wyoming is one of about 40 states that utilize military funds to support military youth of Army, Navy, Air Force, Coast Guard, Reserve and National Guard in the United States and at military installations throughout the world. 891 military 4-H clubs around the world support military youth, families and staff as they serve or support those who serve our country. This partnership has four major goals:

- Support 4-H clubs and programming for all military connected youth on installations and in communities.
- Professional development opportunities for military youth programs staff and Extension staff
- Curriculum Development: Develop, implement, and train staff through various curriculum, including 4-H 101, 4-H 201, Tech Discovery and Teen Babysitting Certifications.
- Youth and Family Camps: support and provide camp grants through state 4-H programs.

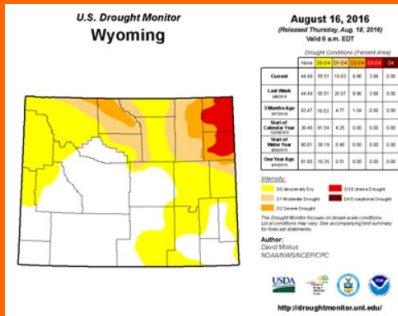
In Wyoming, Laramie County 4-H supports FE Warren Air Force Base Youth Programs and outreach of the 2500 youth on base. Two 4-H clubs on base, The Patriots and the Handy Helpers, average a total of 90 members. The Handy Helpers is mostly made of Cloverbud age members (5-8 years old) and explores a variety of 4-H projects. The Patriots have monthly club meetings and focus on STEAM, community service and College/Career Preparedness projects. Members of both clubs annually participate in county fair and summer day camps.

The Wyoming 4-H Military Partnership grant also supports outreach to geographically dispersed youth in Wyoming. By partnering with Wyoming National Guard, the roughly 3000 military youth that live throughout the state are supported and provided opportunities to connect with 4-H in their community. Teen resiliency camps, babysitting certifications, Yellow Ribbon events and much more are supported by 4-H.

For more information about 4-H military partnership program, www.4-hmilitarypartnerships.org or contact Brittany Johnson at bjohns92@uwyo.edu or 307-633-4383.



Something To Think About



1st WY Drought Impacts & Outlook Summary.

The summary can be viewed and/or downloaded at:

<http://www.wrds.uwyo.edu/drought/reports/WY-Drought-Report-20160818T.html>

Windy K. Kelley

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Invite connection, soothe distress and build a bridge to understanding while upholding the message that the limits are non-negotiable.

Parents are asking: "Why do we need alternatives to "No?" Don't children need to learn that No means No? Isn't this the reason children have no respect nowadays?"

If we want children to USE their THINKING SKILLS and make good decisions - then, we need to prompt the development of those

skills by stimulating the areas of the brain that govern logic, reasoning, thoughtfulness, planning, consideration, attention, focus, and empathy.

"No" doesn't create connections in the pre-frontal cortex where those skills are housed (the decision-making center). So, unless there is a safety or danger issue - the goal is not to "teach kids that no means no." It is to create new connections in the executive center of the brain that will help kids make better decisions in the future. Ask your child to THINK about the situation by using words that offer more than an obstacle.

We're not saying "never say No."

We're saying teachable moments begin with connection and conversation.

Source: www.teach-through-love.com



SAVE THE DATE:

EFFECTIVE MEETINGS SEMINAR

Wednesday, October 26, 2016

Laramie County Library

2200 Pioneer Avenue
Cheyenne, WY 82001

- Learn how to conduct in-person and electronic (web based meetings)
- Learn how to plan, execute and follow up
- Learn how to accomplish your meeting agenda

Fitting the pieces together



FALL RECIPES TO TRY

This time of the year is a great time to harvest squash. Here is a simple, healthy, delicious recipe to try.

Orange Honey Acorn Squash

- 3 small acorn squash
- 2 TBSP orange juice frozen concentrate
- 2 TBSP soft butter
- ½ tsp salt
- ¼ cup honey
- 1/8 tsp nutmeg (optional)

Cut squash in half. Remove seeds and place halves in a 9x13 inch baking pan.

Combine orange juice, honey and salt. Put some of the orange-honey mixture in each squash cavity.

Add 1 tsp of the butter in each squash half. Sprinkle with nutmeg.

Cover pan with aluminum foil to keep steam in and speed cooking.

Bake at 400 degrees for 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Makes 6 servings.



FOOD SAFETY

Keeping it Safe With Fruits & Vegetables

Extra care should be taken when cleaning fresh fruits and vegetables. Wash produce just before use, not ahead of time. Wash before you peel or cut the fruit or vegetable, even if you do not eat the peel. This will help keep bacteria from contaminating the fruit or vegetable when it is cut or peeled. Water should be cool or room temperature, not cold or hot. Gently rub the outside of the fruit or vegetable to remove dirt. For hard skinned produce, like melons, use a vegetable brush to help clean. It is not recommended to use soap or chemical washes. After washing, pat dry with a paper towel.

Source: Cent\$ible Nutrition Newsletter
August/September 2016



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Grilled Peaches with Fresh Raspberry Sauce

Yield: 3-6 servings

A tantalizing and unique dessert that allows you to use those perfect BBQ coals at the end of your meal!

Ingredients:

- 2 1/4 cups (lightly packed) fresh raspberries (about 13 ounces)
- 3 tablespoons water
- 2 to 3 tablespoons honey
- 1 tablespoon fresh lemon juice (more to taste)
- 2 to 3 tablespoons canola oil
- 6 medium-size ripe but firm peaches, halved, pitted

Directions:

Puree fresh raspberries along with water in food processor until puree is smooth. *OPTIONAL: Strain raspberry puree through fine-mesh strainer, pressing on solids to release as much liquid as possible; discard solids in strainer.* Stir in honey and fresh lemon juice until blended.

*Fresh raspberry sauce can be made 1 day ahead. Cover and refrigerate. This sauce will keep in the refrigerator for 5-7 days and can also be frozen and used later.

Prepare barbecue grill (medium heat). Brush peach halves all over with canola oil. Grill 3 minutes on the flat side of the peach until marked and just tender. Serve with warm sauce. Excellent served over vanilla ice cream or by itself.

Source: Jackson Whole Grocer
<http://www.jacksonwholegrocer.com/>

FALL RECIPES TO TRY

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Pumpkin Chili

Yield: 8 servings

Ingredients:

- ½ pound lean ground beef
- ½ cup chopped onion
- ½ cup chopped green pepper
- 3 cups (or 2 cans) cooked kidney or pinto beans
- 1 can whole tomatoes
- 1 8-ounce can tomato sauce
- 2 cups cooked fresh pumpkin (or 1-16oz can)
- 1 4-ounce can green chilies (optional)
- 2 cups water
- 2-3 teaspoons chili powder
- Salt to taste

Directions:

1. Brown ground beef, onion and green pepper in large pan. Drain fat.
2. Add remaining ingredients. Cover and simmer for 30 minutes or longer. Add a small amount of water if chili gets too thick.

Source: Cent\$ible Nutrition Cookbook



Roasted Vegetables

Yield: dependent on amount of vegetables used

Roasted veggies add flavor & nutrition to pizza, sandwiches, pasta & more.

Cooking times for roasted vegetables:

Lighter density vegetables have the fastest cooking times.

- Tomatoes
- Summer squash
- Eggplant

These vegetables can take as little as 20 minutes to roast at 350-375 degrees F. To bake them along with higher density vegetables heat oven to 400 degrees F and simply cut the lighter density vegetables into larger, thicker pieces and they will handle the higher temperature and longer cooking time just fine.

Medium-density vegetables take a bit longer to cook.

- Onions
- Peppers
- Celery
- Winter squash

Higher density vegetables have the longest cooking times.

- Potatoes
- Carrots
- Beets
- Pumpkins
- Parsnips

Medium- and high-density vegetables tend to roast better at 400 degrees F and can take up to 60 minutes to cook.

Note:

Cut vegetables into evenly sized pieces and drizzle with olive oil and sprinkle with salt and pepper if desired. Roast in oven (according to directions above) until tender; can be pierced easily with a fork.

Roasting a combination of potatoes, onions, carrots and beets is a wonderful winter medley!

Source: Jackson Whole Grocer <http://www.jacksonwholegrocer.com/>



Pumpkin Bran muffins

(Source: Cent\$ible Nutrition Cookbook Ed. 2007)

Yield: 12 muffins

This is a healthy, yet indulgent, way to enjoy pumpkin which provides a healthy dose of beta carotene and fiber.

Ingredients:

- 1 cup all-purpose flour
- 1 cup brown sugar
- 1/3 cup whole-wheat flour
- 1/4 cup wheat bran
- 3/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 16-ounce can solid pack pumpkin or 2 cups of fresh pumpkin puree
- 3 eggs
- 2 tablespoons molasses

Directions:

Grease muffin tins or line tins with muffin papers. Mix all-purpose flour and brown sugar. Stir in whole-wheat flour, bran, baking soda and spices. In a separate bowl, combine remaining ingredients. Stir into flour mixture. Pour into 12 muffin cups, no more than 2/3 full. Bake at 375 degrees F for 20-25 minutes.

Weather Variability in Wyoming

Article By:
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As a University of Wyoming Extension Educator, I enjoy the opportunity to travel throughout our state during every season of the year. We have beautiful, wide-open space; albeit some of it appears desolate. However, the space itself is filled with life: trees, grasses, shrubs, and animals. Water is what sustains it all.

This past year, as I traveled, I became more observant and began to detect nature's nuances. Small details were of particular interest to me. Of course, I noted lush, verdant grasses in some parts of the state and withered, brown grasses in others. In some parts of the state, I noticed pronghorn with horn growth far exceeding those in other parts of the state, which can, in part, be related to forage condition and weather severity at certain points in the growth cycle.

The residents of Carbon County experienced an extreme winter, while others in the state enjoyed a mild winter. The difference in winter severity manifested itself during our spring thaws. In my travels, I often pondered the difference in regions that were several weeks, if not a month, separated in experiencing high water and/or flooding. Coupled with normal or abnormal spring weather, what impact did it all have on land management practices?

In the larger scheme of things, what part does weather variability play in the success of any enterprise? On both the professional level, as an Extension Educator, and the personal level, as a private gardener, I believe that learning more about variability in weather provides the opportunity to enhance plant and animal productivity. A deeper knowledge and understanding of weather variability enables land managers to make more proactive, rather than reactive, decisions with regard to the plants and animals in their charge. Additionally, using sound, science-based knowledge about weather variability, Wyoming citizens can offer an informed voice in public forums where decisions are made that affect us all. Variability *is* uncertainty; of course there will be surprises, but understanding trends helps mitigate impact.

As variation in weather patterns continue, I would argue that management decisions require a "micro" rather than "macro" approach to finding viable solutions. While a common practice used to be talking about rain events in terms of month or season (macro – big picture), perhaps it is time to view the events through the daily or weekly (micro) lens. As unpredictability persists, it is more important to identify *exactly when* events are happening – time of day, part of month – as well as their duration. Management decisions based on a light, refreshing rain shower every afternoon vary tremendously from those based on an intermittent monsoon followed by a prolonged drought.

Timing of precipitation events is directly related to forage production. Spring moisture is critical to vigorous growth. Follow-up autumn moisture has potential to give improved pasture plants a late season boost, but more commonly banks moisture in the soil to be used in the spring. Anticipation of variation in these significant weather patterns requires preparation and planning. Successful managers in Wyoming never underestimate the volatility of our weather!

Precipitation events have always been difficult to predict; however, working together, we can make informed decisions by adjusting the weather lens and moving from sweeping generalities to a more refined, focused view of daily events and mini-trends. If climate and weather patterns are of interest to you, Community Collaborative Rain, Hail, and Snow Network (CoCoRaHS), can be a tremendous resource. Their mission is to house and share data points with interested parties in an effort to aid more informed management decisions. Additionally, CoCoRaHS volunteers help the National Weather Service and others to better grasp precipitation events on the landscape, and better inform forecasts.

To learn more about CoCoRaHS visit www.cocorah.org, contact me at 307-328-2642 or ajacks12@uwyo.edu. I would love to share more about this valuable resource.

Poisonous Plant Watch List For Late Summer Grazing

Article By:

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With the summer winding down and fall on the horizon most of us do not have poisonous plants on our radar. While it is true that the threat of most poisonous plants has passed by, there are still problems lurking in our pastures and rangelands. As we move from bright green pastures to lower quality forage later in the year, the species of poisonous plants change. Livestock stand a greater chance of becoming poisoned by seeking out areas of green forage with higher palatability (i.e. sub-irrigated pastures or riparian areas) or the few green plants left in dry pastures and upland sites. Listed below are some potential problem to watch out for during the late summer and early fall.



The rosette stage of Hounds Tongue after it has been grazed

Plants to keep an eye out for in wet areas with moisture present in the top layer of soil and subsoil include: water hemlock (*Cicuta douglasii*), arrow grass (*Triglochin maritima*), and horsetail (*Equisetum* spp.).

Species that can be found in soils with some subsoil moisture at lower elevations include: hounds tongue (*Cynoglossum officinale*), poison hemlock (*Conium maculatum*), hemp dogbane (*Apocynum cannabinum*), chokecherry (*prunus*

virginiana), and Russian knapweed (*Rhaponticum repens*). Plants with some moisture in the subsoil at higher elevations include: bracken fern (*Pteridium aquilinum*), tall larkspur (*Delphinium occidentale*), and orange sneezeweed (*Hymenoxys hoopesii*).

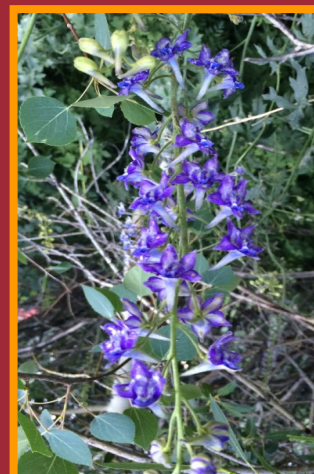
Poisonous plants found in dry or upland sites with very little or no moisture in the subsoil of concern are: greasewood (*sarcobatus vermiculatus*), halogeton (*Halogeton glomeratus*), and nightshades (*Solanum* spp.).

Keeping an eye out for different symptoms of fall poisonous plants compared to spring poisonous plants is critical. For example, hounds tongue is responsible for liver damage to cattle and horses. These symptoms may not occur right away like that of some spring poisonous plants. Other plants such as chokecherry grow during the spring and early fall. However, the leaves of this plant become toxic once they are damaged or stressed. The later part of the growing season is a prime time for livestock to graze these green leaves that may be under water stress or damage from grazing earlier in the year.

Green poisonous plants that are the only option for livestock is another common problem. Good grazing practices and understanding the good and bad plants in a pastures while making sure there is ample forage available for livestock is imperative. Plants such as water hemlock may be one of only a few green and succulent plants in a pasture. Livestock that are located in a pasture with limited access to highly palatable plants might be more willing to out a poisonous

plant such as water hemlock if there are very few other option available.

Luckily there are sources available to help landowners that might suspect they have a poisonous plant issue or would like to learn more about what to look for. A great source that can be found online and help understand the types of symptoms to expect, where plants tend to grow, and what these plants look like is bulletin #415 from the U.S. Department of Agriculture. http://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5410125.pdf Contacting your local University of Wyoming Extension is another option that can get you pointed in the right direction. UW Extension has offices across the state with a willing person that can make a site visit or identify pictures that are submitted.



Tall Larkspur is a common species of moist areas at higher elevations.

The Importance of the ING: Plan vs. Planning

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“Plans are of little importance, but **planning** is essential.”

Prime Minister Winston Churchill (1874-1965) is known for his many quotes and sayings, including this one referencing military strategy: *“Plans are of little importance, but planning is essential.”* Another leader of the same era, President Dwight D. Eisenhower (1890-1969) shared a similar perspective in his famous words: *“Plans are worthless, but planning is everything.”*

In these brief but important quotes, both Churchill and Eisenhower focused on a subtle but critical difference that hinges on “ING”. They are describing the difference between a PLAN and PLANNING. Who knew 3 small letters could make such a big difference!

The subtlety is the difference between having a plan, and going through the process of planning. Having a PLAN means having some type of finished product ... a document or timeline that outlines what-happens-when, and the steps that will be taken. The process of PLANNING, on the other hand, is putting time and effort into discussion around these topics, but being less focused on the finished product, and more focused on the process.

Just like these world leaders from generations ago, whose nations were changing in unprecedented ways, today’s business and community leaders exist in a similar environment. We have an ever-changing and

unpredictable world with twists and turns in our community, industry and clientele around every corner. A detailed PLAN might not survive a major upheaval of markets, or a new competitor showing up on the scene, or a change in industry regulations. A PLAN is only valuable if it is built to weather these unpredictable, often unforeseen storms.

On the other hand, having ongoing PLANNING conversations in businesses and organizations is something else entirely. Planning conversations are discussions about how to move forward in our current situation, trends and issues we can identify around us, goals and dreams we are striving for, challenges and barriers you might encounter, and ultimately what our future will look like.

PLANNING will help to identify future opportunities and potential pitfalls on the horizon. They can also help you get people aligned behind your efforts through answering important questions and addressing concerns openly and thoughtfully. And even if it doesn’t result in a comprehensive PLAN, these PLANNING conversations can still provide a guiding light to withstand changing times.

Churchill and Eisenhower knew that the world wouldn’t conform to their strategic PLAN, yet they would reap immense benefits of PLANNING nonetheless. The importance if the “ING” was evident to these renowned leaders of the past, and their wisdom is just as valuable to us today!



Plans are worthless, but planning is everything

(Dwight D. Eisenhower)

Preserving Food Safely

Article By:

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It's the time of year when fresh, local produce is available. A successful hunting trip may provide you with extra meat for your family. You may want to can, freeze or dehydrate foods for enjoyment during Wyoming's cold winter months.

When selecting foods to preserve, choose those at the peak of ripeness. Using under or over ripe foods will produce a less flavorful product and can compromise the quality of your preserved food.

Take the time to learn about food preservation before you begin to preserve foods. Be certain home canned foods you choose to eat have been properly processed. Bacteria in these foods can cause mild to severe illness, even death.

There are several choices of methods to preserve food. Canning, freezing and dehydrating. As you choose your food preservation method, some important factors to consider include; storage space for equipment and preserved food. Freezing requires space for the freezer itself and within the freezer the food. Foods will keep best in an upright or chest freezer that is separate from your refrigerator. The freezer that is attached to a refrigerator is typically a frost free freezer and will be more likely to freezer burn (remove moisture from your frozen food). Canning requires large a large boiling water kettle,

steam canner or pressure canner and space for jars of canned foods in a cool dark, dry place. A food dehydrator will take up about as much space as a canner, however, the food will require the least space in comparison to other preserved foods. Dehydrated foods can be stored in glass or plastic containers or plastic bags (freezer bags are heavier than regular storage bags making freezer bags more durable) or you can use a vacuum sealing system to remove the air from the bag which will increase the time you can store the food.

The intended purpose of the food will help to determine the best method of preservation. Dehydrated fruits and vegetables make lightweight easy to transport and eat snacks. Canned and frozen foods are great for use in recipes.

In the interest of food safety when choosing a canning method you must carefully follow up-to-date recipes that have been tested by the U.S. Department of Agriculture. Reliable recipes and information can be found at <http://www.uwyo.edu/foods/educational-resources/food-preservation.html>. It is absolutely necessary to adjust canning recipes for altitude to ensure a safely preserved food. Low acid foods, such as meats, green beans, carrots, dry beans & peas, and soup mixes, must be pressure canned. High acid foods (pH of 4.6 or lower), such as pears, cherries, peaches, and tomatoes, can be steam canned, boiling water canned, or pressure canned. Use official canning jars, not jars from foods purchased in grocery stores (spaghetti sauce, etc.) the glass has not been made for home use and may be thin and prevent proper sealing of the jars or the glass may break. Use new lids (flats) each year, rings can be reused.

Dehydrating foods is easily accomplished in a food dehydrator that has a fan and a heat source.

Many types of food dehydrators available, and the prices vary. You can also dehydrate using your oven, but remember to use low temperatures and watch the food closely to avoid over drying the food or cooking it. Fruits, vegetables, herbs, yogurt, and salsa can be safely dried when you are sure to dehydrate the thinly sliced foods rapidly.

Freezing is a great way to preserve vegetables, meats, fruits, jams, casseroles, soups and breads. Blanching is recommended for vegetables to stop enzymatic action in the foods. Consider the size of your freezer when filling it with foods to be frozen. You will need to freeze food in batches to be sure all foods can get cold enough to freeze within two hours. If the food you are freezing is liquid rather than pieces be sure to allow for expansion of the food during freezing and avoid overfilling the container.

All preserved foods should be labeled. Include the name of the item in the container and the date processed.

Canning classes are available through your University of Wyoming Extension Office. Contact your local Extension office for more information about food preservation and classes.

More canning resources can be found on page 24 of this newsletter.



Weed Management Workshop

When: September 15th, 2016 from 9:00 am to 3:00 pm

Where: Archer Complex, Cheyenne, WY
(3967 Archer Pkwy. - Building "M")

Schedule of Topics:

Morning session 9:00 – 12:00

- Why do we have weeds?
- Good grazing and land practices to avoid weeds
- Weeds of Laramie County and reseeding
- Early detection, rapid response, and mapping

Lunch will be provided

Afternoon session will be outside 1:00 – 3:00 pm:

- Pesticide safety
- Weed identification
- Sprayer calibration
- Chemical selection



RSVP Laramie County Extension Office
(307) 633-4383 by Monday September 12th



Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the Department of Agriculture. Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.



June 29, 2016

Review and Current Conditions

Wyoming experienced above average temperatures and much above average precipitation in May. This said, June has brought record-breaking high temperatures and a sharp decline in the percent of average precipitation – combined with wind, this is resulting in a decline in soil moisture and is causing severe crop stress in parts of the state, particularly the northeast.

The June 23 US Drought Monitor map shows continued moderate drought conditions in the Tongue and Bighorn basins. Severe drought rapidly developed in Crook and Weston counties surrounded by moderate drought in Campbell and Niobrara, and abnormally dry conditions into Sheridan and Johnson counties (eastern and western borders, respectively). The June 16 Seasonal Drought Outlook through September 30 is less optimistic than last month – showing continued drought in areas currently experiencing moderate to severe drought.

Month and Seasonal Forecasts

As of June 16, Wyoming has a high probability of above average temperatures for the month of July and equal chances of above, below, or average precipitation.

The seasonal (July – September) outlook for Wyoming suggests a greater probability for above normal temperatures. The seasonal precipitation outlook for the state is equal chances of above, below, or normal with the exception of northwest Wyoming where there's a greater probability for below normal precipitation.

As readers might have heard, El Niño conditions dissipated at the end of May and the index is currently negative. Looking further out, it appears La Niña will continue to intensify, and we should expect a La Niña winter for 2016 – 2017. La Niña typically see a more northern track for the jet stream, which often results in higher snowfall for the northern states (and drier for the southern ones).

The effects are more defined in the northern (especially northwestern) parts of Wyoming, which would have better chances of seeing the higher snowfall. The dividing line between the effects runs through southern Wyoming (we always seem to be in the middle area where forecasts/predictions are less certain!). The strength of La Niña also plays a part and initial forecasts are not showing this to be an exceptionally strong La Niña, at least not for the upcoming winter. This said, the forecast could change; so producers should stay-tuned for updated forecasts.

Ag Considerations

Noting the above conditions and forecasts, we should be prepared to see more areas in Wyoming become abnormally dry or increase in drought severity particularly in eastern and central Wyoming. If these conditions persist it could result in elevated fire potential throughout Wyoming given the fuel load, and hotter – dryer conditions. Eastern Wyoming and bordering areas with Colorado and South Dakota have already experienced wildfires this season. You can learn more about fires in Wyoming and other states at the following 2 websites: <http://inciweb.nwcg.gov/> / https://www.nifc.gov/fireInfo/fireInfo_maps.html

We can't forget the value and importance of identifying and mapping weed infestations this time of year. And if appropriate treat and/or remove weeds. Visit <http://www.wyoweed.org/weeds/state-designated-weeds> to view state designated noxious weeds, and the 2016 list of county declared weeds. Contact your local Weed and Pest or Extension office to ensure you use the best method(s) to manage weeds.

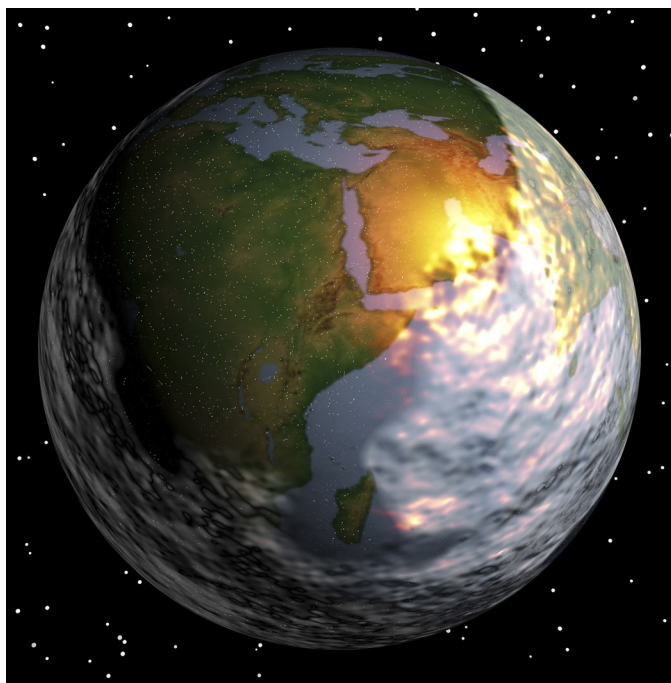
And join the Play, Clean, Go™ movement and ensure your farm and ranch equipment are clean to help stop the spread of invasive species.

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Regional Climate Hub Regional
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USDA Agricultural Research
Service



WYOMING HOME, FARM, AND RANCH PUBLICATIONS
University of Wyoming Extension and Agricultural Experiment Station



EXTENSION

[Return to UW Publications](#)

2016
RESOURCE
CATALOG

www.wyomingextension.org/publications

MP-128R
August 2016



PRESERVING FOOD IN WYOMING

[Fruit \(publication B-1210.2\)](#)

[Jelly \(publication B-1210.1\)](#)

[Meat \(publication B-1210.7\)](#)

[Pickles \(publication B-1210.5\)](#)

[Tomatoes \(publication B-1210.4\)](#)

[Vegetables \(publication B-1210.6\)](#)

[Wild Berries and Other Fruit \(publication B-1210.3\)](#)

2007 MP 121.1

University of Wyoming
Cooperative Extension Service
Nutrition and Food Safety

Estimating Serving Sizes

It's all in the HANDS



[Estimating Serving sizes Brochure](#)

Baking at High Altitude



Baking at High Altitude is a 76 page document with altitude adjustments to help you bake in Wyoming.

Many folks who move to Wyoming are not familiar with changing their recipes to adjust to the higher altitude. If you know friends who might benefit from this resource, please share with them!

[Click Here for the Baking at High Altitude document.](#)

* Due to the large file size, it may take a few minutes to download.



TurkeyTalk



UNIVERSITY OF WYOMING
Cooperative Extension Service

It's almost "Turkey Time"... here is a great booklet on preparing turkey, food safety, and recipes for leftovers.

[Click Here for the Turkey Talk booklet.](#)



RESOURCES - Knowledge in one click!

Are you a Non-Profit Board in need of assistance?

Our Community Development Educators can assist your boards in:

- * Conflict Resolution
- * Communication
- * Effective meetings
- * Legal Responsibilities
- * Ethics
- * Decision Making
- * Governance
- * And so much more!

[Click Here to access the available services offered.](#)



Welcome to the Wyoming Hay-Pasture-Seed List

- [Learn about the Wyoming Hay-Seed-Pasture List Brochure](#)
- Find Hay, Pasture, Seed, or Services on Wyoming Hay-Seed-Pasture List:
 - [Hay](#)
 - [Pasture](#)
 - [Seed](#)
 - [Services](#)
- Add Hay, Pasture, Seed, or Services to Wyoming Hay-Seed-Pasture List:
 - [Add a new listing](#)
 - [Remove a listing](#)
- [Wyoming Hay Marketing Opportunities](#)
- [Return to UW Extension](#)

[Click Here to go to the Wyoming Hay-Pasture Seed List.](#)

Programs & Services - Nonprofit Governance

[About the Team](#)

[Programs & Services](#)

[CDE Home](#)

To create strong Wyoming entities, the CDE team offers a variety of ways to build knowledgeable and effective nonprofit organizations.

Board Training

An effective and sustainable organization requires a governing board that understands its responsibilities, is mission driven and strategic and is competently staffed. The CDE team is available to provide workshops and develop programs for nonprofit boards and their staff.

Additional board training resources are available as a complement to the workshops:

- [Board training resources](#)

Examples of Workshop Topics

- Governance & Legal Responsibilities
- Effective Meetings
- Conflict Resolution
- Communication
- Ethics
- Decision Making (including parliamentary procedure)
- Fiscal Responsibility
- Board Building



Contact your [area educator](#) about developing programs to address your specific needs.

Wyoming Renewables



[Click Here to learn more about Wyoming Renewable Energy solutions](#)

Pesticide Safety Education Program

Wyoming pesticide applicator information



UNIVERSITY OF WYOMING EXTENSION

[Home](#) [Commercial Applicators](#) [Private Applicators](#) [Extension Educator Resources](#) [Calendar](#) [Links](#) [Pollinators](#)

The Wyoming Department of Agriculture and University of Wyoming Pesticide Safety Education- al Program cooperate in providing Private and Commercial Applicators licenses. If interested, please click on the following link. [Pesticide Safety Education Program](#)

Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, veteran status, sexual orientation, or political belief.
 Issued in furtherance of Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, University of Wyoming, Laramie, Wyoming 82071.

307-633-4383

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Got Questions? Let us know:

310 W. 19th Street, Ste. 100
 Cheyenne, WY 82001



Laramie County

EXTENSION



Change Service Requested

Laramie County Staff

					
Juliet Daniels Community Development	Catherine Wissner Horticulturist/ Master Gardener	Tansey Sussex 4-H /Youth Ed. County Coordinator	Brittany Johnson 4-H Military Educator	Kristi Nagy Sr. Administrative Assistant - 4-H	Tracy Navarro Sr. Administrative Assistant

					<p>Call our office for other Area Educators</p> <ul style="list-style-type: none"> * Agriculture * Rangeland Management * Food Safety * Natural Resources
Debbie Russell Cent\$ible Nutrition Program Coordinator, Sr.	<p>Happy Retirement</p> Karen Hruby	Jill Person Cent\$ible Nutrition Program Associate	Sandi Arnold Cent\$ible Nutrition Program Assistant	Rita Lemley Cent\$ible Nutrition Program Assistant	