



HORIZONS

Educating You Today For Your Success Tomorrow!

**Southeast Wyoming Extension
Quarterly Newsletter**

**June—August 2017
Volume 2, Issue 2**



UNIVERSITY
OF WYOMING
EXTENSION **Laramie County Office**
SUMMER HOURS

Our office will be changing
to summer hours starting
June 1, 2017 through August 18, 2017

7am to 4pm (M-F)



UNIVERSITY
OF WYOMING
EXTENSION **Laramie County Office**
REGULAR HOURS

Our office will be changing
back to regular hours
starting
August 21st!

8am to 5pm (M-F)

*“A wise person knows that
there is something to be
learned from everyone.”*

- Unknown

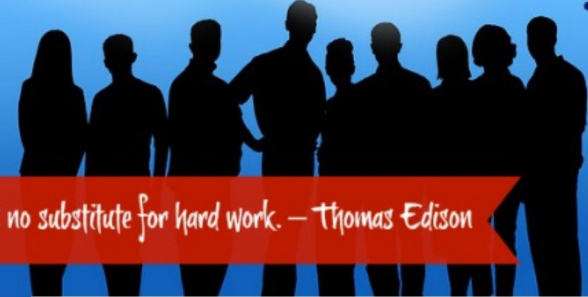
The Extension Office is planning on being open during the Laramie County Fair week. However, we will close the office as needed during the weeks of July 31st through August 12th, as all our staff may be needed to assist with fair activities. Please call our office to ensure we are onsite before coming to our facility.





Our office will be closed
Tuesday, July 4, 2017
in observance of Independence Day

Celebrate Labor Day



There is no substitute for hard work. — Thomas Edison

Our office will be closed
Monday, September 4th
in observance of Labor Day.

Office Closed To The Public

The Laramie County Community College campus is the main viewing site of the United States Air Force Thunderbirds on “Cheyenne Day”, July 26th. Buildings will not be open to the public for safety precautions.

Our office will be closed to the public, we will open at 7am on July 27th. Have a fun and safe “Cheyenne Day”!



CHEYENNE DAY - WEDNESDAY, JULY 26, 2017

2017 Plants, Pests & Pathogens Webinar Series

June 8th

12:00 PM - 1:30 PM

July 6th

12:00 PM - 1:30 PM

August 3rd

12:00 PM - 1:30 PM

September 7th

12:00 PM - 1:30 PM

Laramie County
Community College
1400 E. College Drive
Pathfinder Bldg. Rm 419
Cheyenne, WY 82007

Back by popular demand, is the “Plants, Pest & Pathogens live Webinar Series” presented by the University of Wyoming Extension Horticulture specialists.

Extension specialists Karen Panter, Bill Stump, Scott Schell, Alex Latchininsky, and Chris Hilgert will cover many of the seasonal challenges gardeners throughout Wyoming are facing. We’ll also take gardening questions from attendees.

Bring in your strange plants, weird pest, and diseased leaves to try and stump the experts or solve a yard or garden problem.

Everyone is welcome to attend and learn more about gardening issues.

Webinars will take place once a month at LCCC in the new Pathfinder Building, room 419 from 12:00pm to 1:30pm. There are no fees to attend, you may bring a light snack or your lunch.

** Time spent at the webinar counts toward your Master Gardener hour requirements.*

For more information contact:
Catherine Wissner at 307-633-4383 or cwissner@uwyo.edu



Gardening Basics in Laramie County

Article By:
Catherine Wissner
Horticulturist/Master Gardener— Laramie County
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307-633-4383

1-Soils here in Laramie County are not that bad, despite what people think. However; a little help goes a long way to being successful in the garden. Soil amendments come in all forms, but the best and easiest to use is peat moss. Peat moss adds organic matter, helps the soil retain moisture and lowers the soil pH making nutrients more available to plants. Soil pH in Laramie County varies from 5.5 up in Granite Canyon to 8.5 in Pine Bluffs; Cheyenne soil typically runs 7.0 to 7.5. Plants take up nutrients more efficiently when the soil pH is around 6.5 to 7. The best way to purchase peat moss is in bulk cubic foot size bags. You do not want to let peat moss dry out, as re-wetting it can be difficult. Spread a minimum of 1 inch of peat moss over the garden area, then work peat moss into the soil 4 to 6 inches deep.

Never work the soil when it is wet and always add organic matter into the soil when you do work it.

2- Watering can be challenging between the wind blowing it and our dry summers plants do not always get what they need. The best way to water, a vegetable or flower garden is with soaker hose or drip tape. Vegetables do best when the watering is right on the soil and not sprayed on their leaves. When using an over-head sprinkle for vegetables 40 to 60 percent of the water either blows away or evaporates on a hot day, requiring more water than necessary. Water on vegetable leaves can contribute to disease and insect problems.

3-Fertilizer, what works and what are those numbers. On a bag or box of fertilizer you will find three numbers and always in the same order of; Nitrogen, Phosphorous and Potassium. Nitrogen

tells a plant to put on a lot of top growth; this can attract insects and cause weak growth if over used. Excess nitrogen in a vegetable garden can delay fruit set especially with tomatoes. Phosphorous tells a plant to put down strong roots, flower and put on fruit. This is essential with most vegetables. Potassium helps a plant adapt to cold, drought and helps vegetables be productive. A good fertilizer for a vegetable garden will have numbers like 5-10-5 or 10-20-10, you want the first number, nitrogen, to be low.

4- Trees and general rules-of-thumb for their care. Fertilize trees before Memorial weekend with a fertilizer around 10-20-10. Again, too much nitrogen, the first number, and you can have insect problems. Typically, trees stop putting on height around the middle of June. New growth starts to get ready for winter, but continues to put out more leaves for photosynthesis. Trees need 10 gallons of water for every 1 inch of trunk diameter, watering depends on the weather, but plan on a good soaking

once or twice a month.

5- Tomatoes, so many varieties so little time.

Tomatoes do not like an over fertile soil, so keep the nitrogen low and no higher than a 10 on the box.

Too much nitrogen fertilizer and the tomato



produces lots of leaves grows tall, but does not produce much in the way of fruit. They like their soil very warm; this is best achieved with a black plastic ground cover. Watering is critical, never let them wilt, always water after the tomato plant has warmed up about 10 am or later in the morning. Water should be direct at the soil and never on the leaves.

6- Sweet Corn, nothing like sweet corn from your own garden here is how to get the best. When you buy sweet corn seed, the days to maturity or days to harvest should be 70 or less especially if you plant after Memorial Day weekend. If you plant before that time make sure the corn seed will tolerate cold soil, otherwise you risk the seed rotting in the soil. The packet should have that information on it. Corn needs more water and nitrogen fertilizer than most vegetables about one to 2 inches a week especially when the silk starts to show. Corn is not drought tolerant so do not let them dry out.

Good luck with your 2017 garden, please call me at 633-4480 if you need any gardening advice.

- Catherine Wissner

Dangers Lurking in Your Spring Pasture

Spring is finally here and plants are coming out of dormancy or germinating as seedlings. As both livestock managers and livestock are anxious to graze fresh green pastures, it is a good idea to take a look at pastures before animals start grazing new areas. In general most plants are not poisonous and serve important roles for many livestock and wildlife species. However, there are some very bad plants that can cause some major problem for livestock and livestock owners.

Poisonous plants are usually categorized by means of death from consumption. Acute poisoning is when death is sudden or takes a short amount of time for the poison to affect the animal. Chronic is the second category which takes a longer amount of time and exposure before death occurs. There are 13 major types of toxins found in plants including several other miscellaneous types.

Poisoning most often occurs when livestock consume too much of the wrong plant species. But how much is too much? Let's use a sheep for an example. The toxicity of a plant is based on the amount of a specific forage an animal can consume before poisoning occurs based on a percent of the animal's total body weight. For example, most sheep can consume 0.6-6.0% body weight of a plant named death camas before death occurs. This means if a 150-pound ewe consumes between 15 ounces and 9 pounds of death camas she will become acutely poisoned. Fifteen ounces is not a large value and would only take several plants to cause poisoning.

There are several strategies to reduce the impact of poisonous plants: 1) properly identify poisonous plants and make routine checks of pastures each year 2) minimizing the exposure or completely avoid poisonous plants (implement fencing for certain problem areas) 3) change the timing of grazing some pastures to avoid certain plants during high toxicity windows 4) diversify the diet by making sure other plants are consumed and decreasing the amount of poisonous plants is a small percentage of diet) 5) do not stress animals by moving them quickly into new pastures or through areas with poisonous plants 6) clean water is important for animal health and reducing effects of some poisonous plants 7) develop and implement a strategy for avoiding and controlling problem plants well before grazing certain pastures.

If you have more questions related to poisonous plants please consult your local extension educator or veterinarian. Here are just a few plants to keep an eye out for this spring in Southeast Wyoming: 1) low larkspur 2) death camas 3) poison hemlock 4) water hemlock 5) houndstongue 6) arrowgrass 7) lupine 8) locoweed 10) selenium accumulating plants such as two-groove milkvetch, princes plume, and woody aster.

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Low Larkspur



Death Camas

**DEADLINE
JUNE 30th!**

WYOMING'S OLDEST & LARGEST COUNTY FAIR

HOME | ABOUT | EVENTS | FAIR | GET INVOLVED | FACILITIES | CONTACT | SITE MAP | PRIVACY & TERMS

2017 FAIR INFORMATION

The Laramie County Fair registration will open on April 1, 2017! You have two months to register for fair, please **DO NOT DELAY!** You can start registering for fair by visiting their website at:

laramiecountyfair.com on April 1st.



Dates & Deadlines

- ◆ Entries accepted April 1st through June 30th of the current year.
- ◆ Camp space reservations will be available beginning June 1st of current year, 8:00am - 4:00pm. The \$50.00 fee must accompany reservation form. RV's can be placed no sooner than the first Saturday of Fair. Please note the Laramie County Fair board voted on November 3, 2014 to increase the camp space rental fee to \$50.00 per space.
- ◆ Horse Show, 4-H & FFA Animal & Static and Open Class Animal & Static entry deadline is June 30th of current year.
- ◆ Entry tags can be picked up July 24th, 25th, 27th and 28th, 2017 from 8:00am - 4:00pm at the Fair Office at 3967 Archer Parkway. The Fair Office will be closed on July 26th for Cheyenne Day.
- ◆ Only entry corrections will be done July 24th - 28th, 2017. No additional entries will be accepted. If you are unable to pick up your tags during this time, entry tags will be available for pick up at the Exhibit Hall starting on Thursday, August 3rd.
- ◆ OPEN CLASS entries must be picked up Saturday, August 12, 2017 from 8:00am - 3:00pm



More information on how to register will be coming soon! Please check your emails for tagging information, fair registration and other information related to the Laramie County Fair.

so it BEGINS...

Where are the Fair events located?

- ◆ ARCHER FAIRGROUNDS ARENAS:
July 8 - Ranch Rodeo - 1:00pm
July 31 - August 2 - 4-H & FFA Horse Show - 8:00am
August 3 - Open Horse Show - 8:00am
- ◆ ARCHER FAIRGROUNDS K BUILDING:
July 31—August 1 Poultry Show - 9:00am
- ◆ ARCHER FAIRGROUNDS M BUILDING:
August 3 ONLY!
4-H Dog Show - 8:00am
Open Dog Show - 4:00pm
- ◆ CHEYENNE EAST HIGH SCHOOL
August 4th ONLY!
4-H Judging: Fabric & Fashion, Food & Nutrition - 9:00am
4-H Fashion Revue Show - 7:00pm
- ◆ FRONTIER PARK
August 5 - 12 - Exhibit Hall Open Everyday - 10am-8pm
August 5 - 12 - Livestock Shows Everyday - 9am-5pm
August 5 - 11 - Midway Entertainment Everyday 10am-8pm



Good luck to all our County & State Contest and Fair Competitors! Wishing you great success!



4-H Beef Fitting Clinic

\$20 Lunch is included
Per Person

Saturday
June 17, 2017
10am-3:00pm
School Farm
1705 W. Riding Club Rd.

Please RSVP the
Extension Office at
307-633-4383
to reserve your spot!

Come learn how to
fit your animal and
ask questions!



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

CONTACT INFORMATION:
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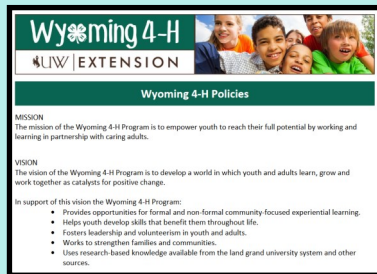
Helpful 4-H Links

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Portfolio Record Books and Club Secretary & Treasurer Books are due by Sept. 15th. We will need adult volunteers to help judge books. If you are interested contact the Extension Office.



Wyoming 4-H has a new policy manual. Policies can be found at <http://www.uwyo.edu/4-h/resources/>



The National Child Traumatic Stress Network - Information on how to help children cope and help talk to children about natural disasters. <http://www.nctsn.org/trauma-types/natural-disasters>



Amazon Smile: You can support 4-H when you use Amazon! Amazon has a charitable giving program (Amazon Smile) where they will donate to Wyoming 4-H every time you make a purchase on Amazon.com. All you have to do is go to <https://smile.amazon.com>, log into your Amazon account and select "Wyoming State 4-H Foundation" as the charity. After that, remember to shop at Amazon through the "Smiles" URL (bookmark it!) and Amazon will make a donation to Wyoming 4-H for every purchase- that's it. As you buy your typical purchases from Amazon, they will make a donation.

Spread the word and thanks for helping 4-H make the difference in the lives of Wyoming youth!



Wyoming 4-H Youth Development Program

University of Wyoming Extension



Promoting Good Sportsmanship

Helping good kids become good sports

4-H teaches young people how to become contributing, competent, and capable adults.

Parents can help by setting a good example and demonstrating the qualities of good sportsmanship before, during, and after competitions.

Tips for good sportsmanship

- Do not boo, heckle, or make insulting comments.
- Praise your children and their friends.
- Keep quiet during all introductions and announcements.
- Do not leave an event immediately after your child finishes competing.
- Be polite. Use constructive criticism in private and compliment in public.
- Do not block other people's views when taking pictures or video taping.
- Be honest and respectful, using good judgment and acceptable language at all times.
- Do not sit or stand in aisles or main traffic areas.
- Don't litter.

Teach and encourage your child to:

- Follow rules
- Be honest and fair in words and actions
- Treat people and animals with kindness and respect
- Be prompt for all events during competition
- Accept judges' suggestions and results with a positive attitude
- Congratulate the winners
- Represent the county with pride, leaving a good impression with others
- Refrain from complaining or blaming others when he or she doesn't win
- Be proud of accomplishments but not to brag or act conceited Say thank you

The Health Benefits of Giving

Find article at:

<https://www.rush.edu/health-wellness/discover-health/health-benefits-giving>

Four ways working to improve others' lives may improve — and lengthen — your own. You don't need a doctor to tell you giving feels good. "Anyone who has given time, money or other resources probably already knows this from experience," says Mitchell Popovetsky, MD, a primary care physician at Rush University Medical Center. But research can shed light, he says, on the science behind that helper's high — and long-term physical and psychological benefits that may follow it.

Why giving feels good

Popovetsky cites one study on charitable donation in which researchers performed functional MRI scans on donors' brains. (These scans are used to detect neurological activity.) After people donated, the part of their brains that "lit up," or became active, was the mesolimbic system.

"This is the part of the brain that controls feelings of reward and pleasure," Popovetsky says. "It's also activated by things like food, drugs and sex."

"But that's just the physiology of it," he adds. There's also a growing body of research that links different types of giving to greater quality of life, including the following potential health benefits:

1. Greater self-esteem and satisfaction with life.

Much of the research focuses on volunteering for organizations or informally helping loved ones. Researchers consistently find that these activities can lead to greater self-esteem, life satisfaction and sense of purpose.

Younger adults may not benefit as much as older adults because they are more likely to volunteer out of obligation. (For example, they may feel they have to help out at their children's school.) Older adults are more likely to seek out purposeful volunteer roles in their communities.

But volunteering can give a sense of purpose to people of all ages. "When I was a stressed-out medical student, I helped start an organization that connected medical students with older adults who needed help navigating the health care system," Popovetsky recalls. "It was one of the most satisfying things that I did in medical school. It gave me a feeling of making a direct impact."

2. Lower risk of depression.

Perhaps because of such positive feelings, giving may decrease your risk of depression and depressive symptoms such as sadness or lack of energy.

One study of older adults found that those who helped their loved ones experienced greater feelings of personal control over their lives. This feeling, in turn, decreased the likelihood that they would experience depressive symptoms.

Another study, on people coping with grief after the loss of a spouse, found that those who provided practical assistance to others (such as money, transportation or help with chores) recovered more quickly from depressive symptoms caused by their grief.

3. Better physical health.

Depression and lack of self-esteem have both been linked with heart disease and other health conditions. This link may partially explain why volunteering can lead to both better mental health and better physical health.

One 2013 study, for example, randomly divided 100 high school students into a group of volunteers and a group of non-volunteers. At the beginning of the study, the volunteers and nonvolunteers had equal body mass index (BMI) and cholesterol levels. Afterward, those who had been assigned to volunteer once a week for two months (helping out with after-school programs for younger children) ended up with lower LDL ("bad") cholesterol and a lower average BMI.

The researchers suggested that the volunteers' improvements in mood and self-esteem after might help explain their improved physical health, since these psychological and physical factors have been linked in other studies.

Research on middle-aged and older adults, for example, has had similar findings. Middle-aged volunteers appear to have less belly fat, better cholesterol levels and lower blood sugar,

compared with nonvolunteers. And older adults who volunteer are less likely to have high blood pressure. This means, in turn, that they have lower risk for heart disease and stroke. Working toward a goal and feeling like you are making a contribution to society likely increases your sense of purpose in life, which ... contributes to both psychological and physical health.

4. A longer life.

Even if you already have heart disease, giving your time may have protective benefits.

That was the finding of a recent study in which adults with heart disease who had spent up to 200 hours helping others in the previous year were less likely to have a heart attack or die in the following two years. (However, those who spent more than 200 hours didn't get the same benefit, which might be because giving more time made people more stressed or tired. Other researchers have found that volunteering one to two hours a week offers maximum benefits.)

The above study was one of many in which researchers have linked giving to decreased mortality, or risk of death. The link might have something to do with the sense of purpose it can bring. Researchers at Rush have also linked having a sense of purpose to lower mortality among older adults.

"Volunteering provides many older people with a deep sense of meaning," says Patricia Boyle, PhD, a Rush Alzheimer's Disease Center neuropsychologist who led that research. "Working toward a goal and feeling like you are making a contribution to society likely increases your sense of purpose in life, which we have found contributes to both psychological and physical health."

When giving becomes too much
That said, it might not be a good idea to volunteer just to improve your own life. Some studies have found that the reason you decide to volunteer makes a difference. Volunteering to help others might be more beneficial to the volunteer than doing it to benefit yourself.

Of course, sometimes you don't have a choice. "A lot of people end up needing to become full-time caregivers for loved ones," Popovetsky points out. "And that can be very difficult."

If you give to the point where you are no longer getting enough rest or exercising, or are overly stressed, that may have negative consequences for your health and well-being. "It's easier said than done," Popovetsky says. "But whether you're volunteering or taking time for self-care, try every day to do something that you enjoy."



MONEY MANAGEMENT TRAINING— How can we make a difference in our community?

For communities to be healthy, all the members of the community have to be healthy. One component of health is financial health and unfortunately too many people are struggling in this area. According to the Federal Reserve's 2015 Report on the Economic Well-Being of U.S. Households "31 percent, or approximately 76 million adults, are either 'struggling to get by' or are 'just getting by.'" This is impacting the savings rate of these families and their ability to handle emergency expenses. This same report also found that "Forty-six percent of adults say they either could not cover an emergency expense costing \$400, or would cover it by selling something or borrowing money." These statistics are not helped by the fact that too many people are not comfortable with their knowledge of money management. The 2016 Consumer Financial Literacy Survey prepared for the National Foundation for Credit Counseling found that a large majority of adults feel that they could benefit from advice and answers to everyday financial questions from a professional.

Money management training can and does make a difference. In 2007 the Federal Deposit Insurance Corporation (FDIC) conducted a longitudinal analysis of the impact of their Money Smart curriculum. They found that following the training 69% of respondents reported that they had increased their savings and 53% had decreased their debt. Almost half of the respondents indicated that the training made the management of their finances "much better" while 38 percent said a "little better."

The real question is, "do you really have to be a financial literacy professional to help people increase their money management skills?" The University of Wyoming Extension community development education (CDE) initiative team doesn't think so. They know that the best way to help someone increase their



money management skills is through a caring relationship. Knowing this, the CDE team developed the Master Money Manager Coach (M3C) program to help individuals and groups help others to increase their money management skills.

Article By:
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The M3C program provides training on coaching others and introduces participants to the FDIC's Money Smart curriculum. Groups that work with financially at risk families are especially encouraged to attend so they can incorporate money management training into their existing programs. The number of spaces for participants in the program is limited to ensure that the area CDE educator can provide plenty of one-on-one support. The program will be launching in Cheyenne this summer on August 16th and 17th.

If you are interested in participating or know an organization that should, email Juliet Daniels (juliet.daniels@uwyo.edu) for more information and to be kept informed of registration details.

Cent\$ible Nutrition News

Helping Families Eat Better for Less

June/July 2017

Volume 20 • Number 5

Farmers' Markets

Summer is just around the corner and that means farmers' market season is about to begin. Farmers' markets are a great way to get outside, introduce your kids to new foods, meet new people, and best of all, find fresh, locally-grown produce. To make the most out of your farmers' market experience this summer, keep these tips in mind.

Before the market

- Find out what produce is in season and if possible, what produce will be at the market the coming week.
- Make a list of the produce you need and can use in 5-7 days.
- Bring a reusable bag with you to the market.

At the market

- Walk around the market before buying anything to see what is available and to compare prices between vendors.
- Ask the market manager if SNAP benefits are accepted and if there is an incentives program.
- Ask vendors about their produce and ways to prepare it.
- Look for recipe ideas, samples, and nutrition and food safety information.

After the market

- Use fresh produce in 5-7 days and store it properly to make it last.
- Wash produce before using.

You can find out more about in-season produce, storage guidelines, food safety information, and nutrition information by contacting your local CNP educator. Your CNP educator may even be at the farmers' market with samples and recipes. Look for the red tent!

Grilled Fruit

Ingredients

- Fresh fruit (pineapple, peaches, plums, pears, etc.)
- 1 Tablespoon lime, lemon, or orange juice
- 2 Tablespoons honey
- ½ Tablespoon cinnamon

Directions

1. Wash hands in warm, soapy water.
2. Preheat grill or broiler.
3. Peel pineapple if using. Slice fruit into ½-inch thick slices.
4. Mix together juice, honey, and cinnamon in a small bowl to make glaze.
5. Spread glaze on each side of the fruit.
6. Grill or broil 4-5 inches from the heat for 5-10 minutes, turning once, until heated through and tender.

Makes 8 servings.



From the Cent\$ible Nutrition Cookbook, pg. 146

Grilling Guidelines

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Grilling is a flavorful way to prepare meals. Grill meat, vegetables, fruits, and even pizza. There are multitudes of great recipes. Add flavor variety to your foods by using marinades, spice and herb rubs, sauces, flavored butter, salsa or chutney.

Jazz up a burger with jalapenos, pineapple and barbecue sauce. Drizzle balsamic vinegar on a steak and sprinkle with feta or blue cheese. Rub a steak with equal parts: salt, brown sugar and coffee (freshly ground, dry) for a quick flavor variation. Vegetables are fabulous grilled whole or chopped, add fresh herbs or seasoned salt or flavored oils to enhance the rich grilled flavor. Grill marinated chicken and top with Muenster cheese and roasted tomatoes. Grill pineapple spears, nectarine halves, or apple slices for a sweet treat.

To ensure food safety:

At the grocery store select and place perishable foods in your grocery cart last. Keep the raw meat away from fresh produce and ready to eat foods to prevent the possibility of cross-contamination. You do not want the raw meat juices on your produce. When bagging the food as you check out at the grocery store, be certain the meat, poultry and seafood are in separate bags. The cooking temperatures are different and you do not want to risk a food borne illness. Refrigerate perishable foods as quickly as possible to avoid having food set in the temperature danger zone: 41-135 °F (degrees Fahrenheit).

Thaw meat in the refrigerator: completely defrost the meat to ensure even cooking on the grill.

Keep cold foods cold until ready to grill by storing in the refrigerator or in a cooler on ice, your goal is to keep the temperature of raw meat, seafood, and poultry below 41 °F.

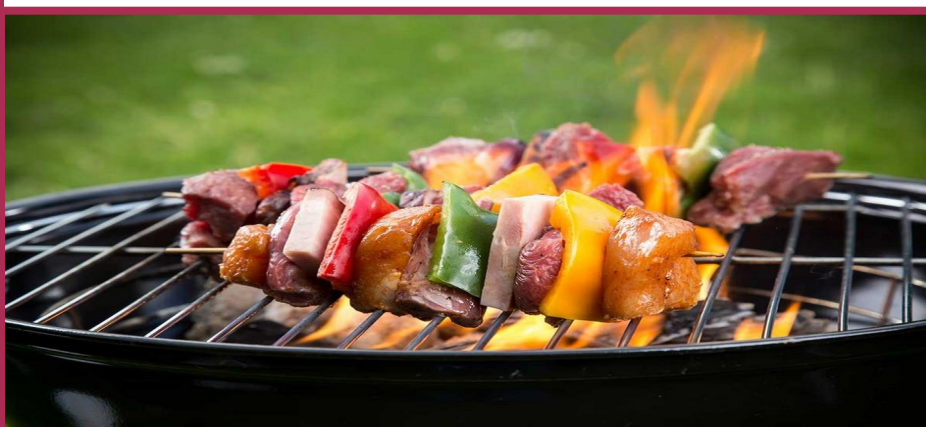
Separate raw and cooked foods: store raw meat below cooked foods in the refrigerator. If storing/transporting foods in a cooler, have separate coolers for raw meat, raw fruits and vegetables and ready to eat salads, and ice for serving with beverages.

Begin all food preparation with clean hands. Wash your hands often to ensure a safe meal. Always wash hands after handling raw meat.

Use clean utensils, clean and lightly oil the grill, use a clean plate to hold the grilled foods (not the same one used for the raw meat). Be sure outdoor tables and grill handles are clean for each use.

Use a food thermometer to determine when the food has reached a safe internal temperature, color is not necessarily a good 'doneness indicator'. Check the temperature of the meat in the thickest part away from bones. Safety tip: occasionally check your thermometer for accuracy.

145 °F	Fish and shellfish Steaks, chops, & roasts of beef, pork, lamb, veal, rabbit and wild game (antelope, venison, elk, moose)
160 °F	Ground beef, pork, lamb, and veal
165 °F	All poultry (whole and ground) Chicken, turkey, duck, goose, quail, Cornish game hens, and grouse



Additional information:

FSIS Food Safety Education and Communications Staff Meat and Poultry Hotline:
1-888-674-6854 or email at mphotline.fsis@usda.gov

USDA Food Safety & Inspection Service "Safe Summer Grilling"
<https://usdasearch.usda.gov/search?utf8=%E2%9C%93&affiliate=fsis&query=grilling&commit.x=0&commit.y=0>

Safe Internal Temperature chart. https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index

Food Safety and Food Assistance

Severe weather forecasts often present the possibility of power outages that could compromise the safety of stored food. The USDA [Food Safety and Inspection Service](#) (FSIS) recommends that consumers take the necessary steps before, during, and after a power outage to reduce food waste and minimize the risk of foodborne illness. FSIS offers tips for keeping frozen and refrigerated food safe and a brochure that can be downloaded and printed for reference at home. If you have questions about the safety of food in your home, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) on weekdays from 10 a.m. to 4 p.m. ET or visit [AskKaren.gov](#) to chat live with a food safety specialist, available in English and Spanish.

Owners of meat and poultry producing businesses who have questions or concerns may contact the FSIS Small Plant Help Desk by phone at 1-877-FSIS-HELP (1-877-374-7435), by email at infosource@fsis.usda.gov, or 24/7 online at <http://www.fsis.usda.gov/wps/portal/fsis/topics/regulatory-compliance/svsp/sphelpdesk>.

The USDA Food and Nutrition Service (FNS) coordinates with state, local and voluntary organizations to provide food for shelters and other mass feeding sites. Under certain circumstances, states also may request to operate a disaster household distribution program to distribute USDA Foods directly to households in need. In addition, FNS may approve a state's request to implement a Disaster Supplemental Nutrition Assistance Program (SNAP) when the President declares a major disaster for individual assistance under the Stafford Act in areas affected by a disaster. State agencies may also request a number of disaster-related SNAP waivers to help provide temporary assistance to impacted households already receiving SNAP benefits at the time of the disaster. Resources for disaster feeding partners as well as available FNS disaster nutrition assistance can be found on the [FNS Disaster Assistance website](#).

Articles and more information can be found at:

<https://www.fsis.usda.gov/wps/portal/fsis/home>



Food safety in an EMERGENCY

There are a few key things to remember **before, during** and **after** an emergency to keep your food safe...

BEFORE

- Have a supply of long-life items including milk, bottled water and canned goods.
- Prepare eskies with ice bricks or gel packs to keep food cold if the power goes out.
- Keep a can opener handy.
- Don't forget food for infants or pets.
- Store food somewhere above floodwater if there's a risk of flooding.
- Have a supply of drinking-quality water, detergent, bleach and alcohol-based hand sanitiser.

DURING

- Keep food cold, clean and check the label.
- Keep the fridge door closed as much as possible. A fridge should keep food cold for around four hours – after that it can begin to spoil.
- Keep the freezer door closed as much as possible. A freezer shouldn't defrost for around 24 hours.
- If frozen foods have thawed don't refreeze!

AFTER

- Use alcohol-based hand sanitiser to wash hands if drinking water is limited.
- Throw out food that has touched flood water or has an unusual smell, colour or texture. Don't taste it to see if it's OK.
- Check canned foods and throw out any cans that are dented, swollen, damaged or leaking.
- Throw out food that has been near fire, including food in cans and jars even if they appear OK.

IF IN DOUBT, THROW IT OUT!

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE PLAN AHEAD (IF YOU CAN) ...

- Put **appliance thermometers** in your refrigerator and freezer.
- Keep **freezer 0°F** or below
- Refrigerator **40°F** or below
- Freeze **containers of water and gel packs** to help keep food cold if the power goes out.
- Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.
- Group foods **together** in the freezer to help food stay colder longer.
- If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.
- Store nonperishable foods on higher shelves to avoid flood water.



Cent\$ible Nutrition News

June/July 2015

Vol. 18, No. 3

FAMILY CORNER

Zucchini Nachos

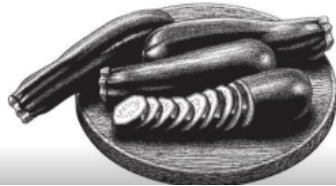
Try these healthy nachos for a snack or quick dinner meal.

Ingredients

- 3 zucchinis, thinly sliced
- Cooking spray
- ½ cup shredded cheese
- 1 cup black beans
- 1 tomato, diced
- 1 green onion, sliced
- 1 tablespoon cilantro, minced
- 1 avocado
- Salsa (optional)

Directions

1. Wash hands in warm, soapy water.
2. Place zucchini slices evenly on foil lined baking sheet.
3. Spray cooking oil on zucchini and season with salt and pepper.
4. Bake for 10 minutes at 425 degrees F.
5. Turn zucchini over and bake another 10-15 minutes.
6. Sprinkle cheese on during the last few minutes of baking.
7. Place zucchini with cheese on individual plates.
8. Let each individual add their favorite nacho toppings.



SENIOR SENSE

Refreshing Lime Fruit Salad

This summer take the time to make a fruit salad for yourself or with your kids or grandkids. You might let your grandkids pick their favorite fruits and have them layer the different colors in a salad bowl. For example, you could layer strawberries, blueberries, raspberries, blackberries, and bananas. For added flavor, mix two tablespoons of honey with two tablespoons of lime juice and add to the fruit salad. Enjoy!

Safely Handling Chicken and Poultry

To safely handle and cook chicken or poultry, follow these four steps:

1. **Clean:** Wash hands and surfaces often. Clean cutting utensils with soap and warm water after each use.
2. **Separate:** Separate raw meats and poultry from other foods. Use different cutting boards for poultry/meat and other foods.
3. **Cook:** Cook all poultry to an internal temperature of 165 degrees F.
4. **Chill:** Refrigerate extra portions of food promptly.

Salad Search

Can you find all the salad words?

- | | |
|---------|---------|
| apples | lettuce |
| beans | nuts |
| carrots | peas |
| chicken | seeds |
| kale | spinach |

A P P L E S S T E I I F G Z
 Z E A Y P P S T T K E A A A
 W L E Y X I Y P P J B N M B
 Q Z L T Z N N G Y E J K L U
 R T P Z C A Z H N T A L R Q
 U T N S C C A R R O T S F W
 I J N F W H E I A H I R D N
 T G F B Y N I I N G P L S S
 O H A N M A K C M A G U A D
 S B L M N Y C E K E I Y W E
 E M C L E T T U C E R T E E
 U S T M L L N U E C N U T S
 T I B E A N S X D S A N T N
 O K C E K G H J I K F E M M

PHYSICAL ACTIVITY

Dancing Around

Dancing is a wonderful way to enjoy yourself and do something for your physical fitness. Square dancing, polka, Zumba, jazz, and tap are just a few ideas for trying on the dance floor.

Dancing can help strengthen your bones and muscles without hurting your joints. It can improve your posture and balance, which can help prevent falls and it can help tone your entire body. Dancing can also reduce stress and tension, build confidence, and create great opportunities to meet new people.

Dancing can also be good for your outlook by helping to reduce depression, anxiety, and stress. It can be good for your body image and overall sense of well-being too!

Drought: Not a matter of if, but when. Are you prepared?

If you have spent any time in Wyoming, you know the climate is semi-arid so drought is a common occurrence. In fact, the Saratoga area has experienced moderate to extreme drought 20 out of 43 years (47%) between 1969 and 2012 according to the Drought Palmer Severity Index (PDSI) on the U.S. Drought Atlas <http://droughtatlas.unl.edu/Home.aspx>.



In other words, we should be prepared for drought, viewing it through a lens of familiarity; ready to navigate the challenges it imposes. There are several management strategies available to proactively manage for drought – some will work better than others depending on conditions in a given year (e.g., weather, rangeland, market), available resources (e.g., access to water, weather forecasts, financial), and your personal risk tolerance. One of the best ways to wrap our minds around all of these factors and ensure everyone on the ranch is on the same page is to develop a drought plan.

Calling all Wrangling

Once all key decision-makers for the ranch are together, have them put pen to paper and start to brainstorm.

Article By:
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Questions to consider include:

How has drought impacted the ranch in the past?

Which areas of the ranch have *weathered* drought better and why?

What decisions helped make the ranch or areas of the ranch more resilient to drought?

What decisions or practices would you like to implement differently (or the same), and why?

The above list of questions is by no means exhaustive, but should help get the ball rolling. Documenting and organizing past experiences, positive or negative, will help the team better understand the ranch's strengths, vulnerabilities, opportunities, and threats associated with drought. This dialogue and sharing of information will help document the ranch's history, including what was tried in previous years, and what worked or did not work. Your team should also take an inventory of on and off-ranch resources, which could be drawn upon during drought preparedness, response, or recovery.

Continued on next page...

Drought: Not a matter of if, but when. Are you prepared?

Continued from previous page...

Article By:
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Once your planning team has documented past experiences and inventoried available resources, you can begin to develop a drought plan. The team will want to document 'key' decisions, and conditions or dates that will trigger when a key decision should be made. For example, if one of your potential management strategies is to vary the stocking rate, you would identify the most relevant seasonal precipitation and temperature forecasts to check before making a stocking decision.

If the forecast for April through May suggests above average precipitation with average or below average temperatures you might consider maintaining or expanding your herd. But if the forecast is for above average precipitation *and* above average temperatures the implications are less clear. With above average temperatures, the atmosphere will have greater 'drying power,' which could negatively impact soil moisture.

If above average temperatures are forecasted to continue after May, along with average or below average precipitation, your business might be better served by reducing your herd size in April. By reducing herd size in April you might accomplish the following: 1) ensure sufficient forage for the remaining herd through the summer; 2) reduce the potential for overgrazing of a pasture, which could enable invasive species to move in; and 3) your return on the livestock you sell might be greater in April than waiting until July.

The above is just one example of management decisions to think through, discuss as a team, experiment with, and document. Be sure to document not only the decision to be made, by when, or under what conditions, but also where to get supporting information (e.g., off-ranch

resources from partners such as Extension, the Conservation District, or your nearest USDA field office). Additionally, monitor and document what happens, and adapt as conditions change or you observe what is or is not working.

Want to see the seasonal forecast for April through June 2017? Visit: <https://goo.gl/fPaZJ>

Learn more about drought planning and decision-making:

Considerations for Preparing a Drought Management Plan for Livestock Producers, UW Extension Bulletin – 1220: <http://www.wyoextension.org/agpubs/pubs/B1220.pdf>

Two Common Drought Management Strategies and Some Considerations for Wyoming Cattle Producer, UW Extension Bulletin – 1218: <http://www.wyoextension.org/agpubs/pubs/B1218.pdf>

Recent Article of Interest:

Making Proactive Decisions to Manage Drought, Nebraska Cattleman: <http://nebraskacattleman.org/NCmar2017/files/54.html>

Don't have access to the Internet to view the above resources, or looking for additional information? Contact your local University of Wyoming Extension Educator Abby Perry at a ajacks12@uwyo.edu or 307.328.2642

Why Monitor?

Article By:
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It's true- monitoring isn't a very enticing Saturday afternoon activity. It gets a bad rap for being boring, time consuming, and at times confusing, but by making observations and recording information (monitoring), land managers can answer important questions that influence management decisions.

Forage monitoring strategies can be used to determine forage availability. Understanding available forage is important for setting leasing rates when a landowner wants to lease land to another producer for forage. If forage availability is known in relation to the pre- and post-management decision, then the economic viability of a weed treatment, for instance, can be determined in an informed manner. Of course, other information, such as cost of materials, also factor into any management decision.

By regularly monitoring cattle, the producer may be able to recognize cattle with a natural resistance to parasites like lice or flies. If parasite control is of great concern on the ranch, recognizing the potential resistance may warrant culling cattle with more susceptibility and keeping cattle with greater resistance.

Insects and weeds are often nuisances in agriculture. Generally, there are treatment methods to help combat the problem, however catching an infestation in beginning stages is always best. An early start on these infestations usually means better control, and more economically viable solutions. *Early Detection Rapid Response* (EDRR) is a common strategy in weed control that could be applied to many agriculture areas. Grasshoppers and alfalfa weevils are two insect pests that exhibit population explosions, however early detection is possible. To stem an outbreak, early scouting is critical. Once again, by recognizing the presence of the pest, there is greatly likelihood of gaining control, and that early control method is more likely to be an economic solution.

Monitoring and good record keeping can also be important for adhering to regulations and maintaining permits with federal agencies. Sometimes land owners who have federal permits may become targets by environmental groups that do not

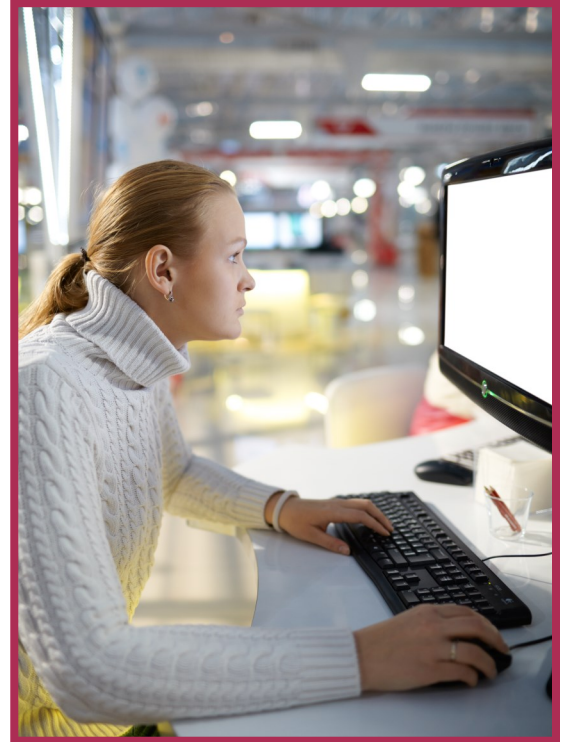
understand local agriculture practices. Regular monitoring and good record keeping are tools that can help landowners combat potential lawsuits from environmental groups.

Monitoring doesn't just apply to large scale land

management, it can also be important for small acreages and gardeners. Making observations in the garden can be important for early weed and insect detection in order to provide an effective treatment. Further, analysis of the observations can aid a gardener in planning for coming seasons.

There are also many opportunities for people to get involved in citizen-science projects, where people who don't necessarily have a background in science can contribute to research. Generally, they contribute by submitting what they see (monitoring) to some kind of database. If a citizen wants to get involved in a project, he/she can do a quick internet search and select projects involving mammals, birds, weather, invasive plants, astronomy, and many others.

Remember though, monitoring only makes sense if you are monitoring for a purpose. As a land owner or land manager, gardener, or citizen-scientist, identifying your greatest challenges or limiting factors helps determine what kind of monitoring is most appropriate for you. Analyzing the results of the monitoring presents options and solutions. Monitoring, therefore, is a critical component of the problem-solving process; it's where you begin!



The Make it or Break it for the Family Ranch

Article By:
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I recently had the opportunity to speak to a well-attended workshop of about 60 ranchers that was a diverse bunch in terms of age and experience. I started by asking the attendees to think of a ranch that they know of that has went out of business in the last 10 years. Don't say who it is, just picture this ranch in your mind and take your best guess on the reasons why it failed. Now raise your hand when I get close to hitting on that reason.

Was it that the cow herd wasn't productive enough? Did they not have the right genetics, nutrition program, vet program, or the calves weren't big enough? – No hands went up.

Was it that the range and forage management wasn't up to snuff? – The pastures were overgrazed, they didn't have the right types of plants or weeds took over? – A half dozen or so hands went up.

Was it that the economics of the operation were too poor and there was no way to make it better? Maybe cash flow couldn't keep up with expenses and no actions could have resolved the issues? – Another 6 or so hands

Was it due to people issues? Were the key people in the business unable to effectively communicate or unable to effectively make business decisions? Did control or stubbornness play a role or was the next generation not ready to lead the business? Most of the hands in the room went up!

When it comes to the success of any family business, ranching included, the people issues are the make it or break it issues for the family ranch.

The easy thing to do is to keep the peace, to sweep the issues under the rug, to just let time resolve it. The more difficult action is to address the issues with thoughtful, professional, and caring, but a direct approach that deals with the undying issues. In my time working with family ranching businesses, it is those who have the skills and courage to deal with these difficult family issues are the ones who are positioned for long term success. Those who don't care to develop the skills or are afraid to address the issues will eventually fail.

Let me tell you a story about a recent conversation I had.

A young ranching couple recently attend a school I was teaching and left excited about the potential to help their business grow to eventually support their lives. They both live on his parent's ranch where they do much of the ranch work, but also both work off farm jobs to support themselves. They went home and started having meetings with the folks where they all worked together to identify and explore new ideas and strategies their business could implement. Eventually mom had enough of all this change and shut it down. Ideas that had been agreed upon at the family business meeting were cut off because what they have done has worked just fine for the past 20 years. The young



couple are the only of the children that chose to stay, and they provide most of the labor force for the ranch. The son was disheartened about his folks' decision to stop considering changes that might improve the ranch in a way that he could quit his off-farm job and maybe support his family so that if his wife wanted to stay home, she could. Just about this time a couple that live in another state and have no heirs interested in ranching approached the young couple about possibly coming to work for them as they are ready to slow down and pursue other interests. The young couple called me after having just spent a weekend at the other ranch getting to know each other and exploring opportunities. The young couple was beyond enthusiastic about how this couple, now looking to slow down, are so excited about their ideas to improve the ranch and make a business that could support them.

As we visited, I asked if they made the move, what would happen to the home place? There was silence on the line and then they said, "It will go on for a while, then be sold."

While this young couple finding a place that they can build a successful business on may be a success for them, this is ultimately a failure for the home place.

Sure, the story is probably more complicated than mom's resistance to change. I'm sure there is blame to share. However, it is another example that the resistance or fear of dealing with the interpersonal issues in the family business is the underlying reason for most family business failures. What is your ranch doing to build the communication, conflict, and professional skills in your people to navigate these situations? How does your business management team do at exploring new ideas, and giving people authority within guidelines to implement new ideas?

There are wonderful resources and training opportunities to help your business build these skills in its key people. One of these resources is the High Plains Ranch Practicum School. We are now taking enrollments for the 2017 class that starts meeting in June. Check us out at <http://HPRanchPracticum.com>



Article By:
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UPDATE FROM SAREC: Sustainable Agriculture Research and Extension Center

It has been a busy month out at SAREC. Planting was underway and going well until the Spring storm decided to come. We're waiting for things to dry out and get back to planting our crops, building fence, and all the other things that come with an integrated research unit.

Did you know that SAREC also manages some forested land? The Rogers Research Site is located at Fletcher Park on Laramie Peak. While it is a ways away, we have opportunities up there that we don't down here. Captain Rogers donated the site to the University and we have been working for several years to be able to do forest and wildlife research there. A few summers ago we were in the process of collecting some information on what the site was like before starting any research. That was the summer of the Arapahoe Fire that quickly turned the research site to a forest restoration site. Since that fire, we have been installing a set of restoration treatments to see how best to establish trees and protect the soils. We were hoping to have a field day up there this year, but after finally being able to get into the area we have determined that it needs a lot of work for access and safety. We will try to have that field day next summer.

We also like to show off what we are doing at the main SAREC farm. On **August 24**, we will be holding our annual field day. While we are still planning, it will likely start around 3 pm. As we did last year, this will also be in conjunction with the Goshen County Economic Development Corporation's Business After Hours program. We will be showing off our current research being done to provide new information to local farmers and ranchers. This includes some follow-up to the corn hail study we initiated last summer after the July hailstorm, research on sugar beets, wheat, corn, forages, and a new study on grazing system impacts on soil health. We are also hoping to have a special guest speaker at the dinner. Watch for more information, but put the date on your calendar.

We are excited to show you all that is happening out at SAREC. If you can't make it to our field day but still want to see what is going on, just get in touch with us. We are always happy to host visitors and show off our place!





UPDATE FROM LREC:

Laramie Research and Extension Center

Article By:
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The Laramie Research and Extension Center (LREC) is one of the four research and extension centers in the State of Wyoming. As the name indicates the center is located in Laramie and serves the University of Wyoming Campus and the surrounding area. LREC is a diverse center in that it is made up of a livestock farm, a greenhouse complex, lab animal facilities and forage resources. The center provides resources for research, teaching and outreach activities for all of the departments within the College of Agriculture and Natural Resources and periodically work with departments outside of the college. LREC also, on occasion, works with industry partners to provide resources for research and outreach activities.

The Livestock Farm is comprised of approximately 5,200 acres of mostly pasture land and included is approximately 500 acres of irrigated hay ground. Animal units that make up the livestock farm include a beef unit, sheep unit, and swine unit. Another major part of the livestock farm is the Cliff and Martha Hansen Livestock Teaching Arena, the home of the UW Rodeo Team and use by numerous UW clubs and organizations as well as 4-H groups.

The Beef Unit is home for approximately 225 spring-calving mother cows. These cows and their offspring are utilized for a variety of research projects including grazing management, feed efficiency and reproductive management. Additionally the unit provides resources for classes held at UW. The Beef Unit is managed by Assistant Farm Manager Travis Smith. The Sheep Unit is comprised of approximately 300 head of winter and spring-lambing ewes. These ewes and their offspring are also utilized in several different types of research projects including feed efficiency and weed control. Like the Beef Unit, the Sheep Unit also provides resources for classes taught at UW. The Sheep Unit is managed by Assistant farm Manager Kalli Koepke. The LREC Swine Unit is the home for approximately 25 sows that each farrow twice a year. This unit is used primarily for teaching purposes but on occasion also provides resources for research projects. The Swine Unit is managed by Assistant Farm Manager Dave Lutterman, who also managed the LREC feed mill. Together with the Sheep Unit, the Swine Unit annually provides animals for a Pig and Lamb sale in an effort to help local 4-H and FFA students obtain animals for their fair projects. The animal units are primarily utilized by research and teaching faculty in the Department of Animal Science.

The LREC Greenhouse Complex consists of 18 individual greenhouses, a head house that is home for several research labs and also has approximately 2 acres of small plots utilized for research projects. Approximately 1 acre of the small plot area is irrigated with the remaining 1 acre of small plots in non-irrigated. The Greenhouse Complex is utilized primarily by research faculty in the departments of Plant Science, Ecosystem Science and Management and Molecular Biology. Staff at the Greenhouse Complex include a horticulturist, Ryan Pendleton and a laboratory technician, Ethan Walter. Our Greenhouse Operations Manager Position is currently open due to budget reductions.

Lab animal facilities at LREC are located in two different places. One set of facilities is located in Ag Hall on campus with the other set of facilities located at the Wyoming State Vet Lab Complex. These facilities are utilized by research faculty in the departments of Molecular Biology, Animal Science, Veterinary Science and Micro Biology. These facilities as well as other animal facilities at the Vet Lab are managed by Livestock and Facilities Manager, Rod Rogers.

The final unit that makes up the LREC is the McGuire Ranch property located 35 miles northeast of Laramie. This property is comprised of approximately 5,400 acres of primarily pasture land. Cow-calf pairs from the Beef Unit summer on this property and other departments utilize this property for research projects that include forage and weed control research and sage grouse monitoring. Plans are in the works to make the property into a high-altitude forage research facility to include not only evaluation of forages at high-altitudes but to also include grazing management of these forages. Elevation of the property is 7,200+ feet which makes it an ideal location for high-altitude research.

As one can tell the LREC is a diverse research and extension center. Additionally we are unique from the other three centers in that we also provide resources for numerous classes

taught on the UW campus. We are also unique in that we are located at an elevation of 7,200+ feet, which makes LREC well suited to evaluate the impact of high-altitudes on both animals and plants.

One last unique thing about LREC is that it is home to some UW celebrities. Cowboy Joe the UW mascot makes his home at LREC as does Pistol and Pete, the Halflinger draft horse team that represents the Wyoming Agricultural Experiment Station and the College of Agriculture and natural Resources at many events throughout the year.

LREC conducts an annual Family Farm Day the last Saturday in August. The purpose is to make the people of Laramie and the surrounding area aware of what is happening at LREC in the way of research, teaching and outreach activities. LREC also has two weather stations that can be accessed on the internet to obtain current weather information. One of the stations is located at the Greenhouse Complex at 30th and Harney St. (www.weatherlink.com/user/uwgreenhouse) and the other is located at the livestock farm west of town (www.weatherlink.com/user/lreclivestock). Historical weather data can also be obtained for each site.

Visitors are always welcome at LREC and we welcome you to come and see what is going on at the center. Feel free to call 307-766-3665 to set up a time to come and visit.





Need Your Pressure Canner Tested?
 The University of Wyoming Extension office provides **FREE** canner testing services! Call your local Extension office to schedule your canner to be tested.

Albany County Extension - Laramie

307-721-2571

Carbon County Extension - Rawlins

307-328-2642

Goshen County Extension - Torrington

307-532-2436

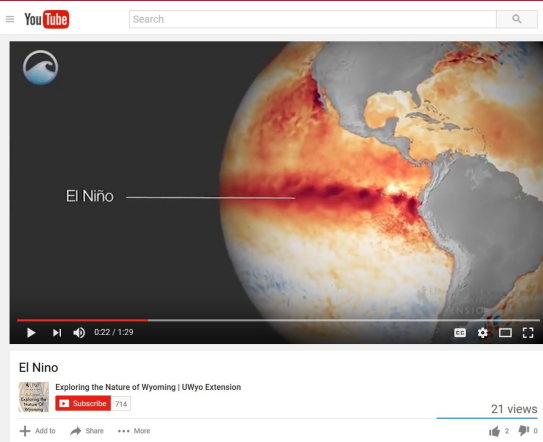
Laramie County Extension - Cheyenne

307-633-4383

Platte County Extension - Wheatland

307-322-3667

Check out some AWESOME videos! (Click photo to view video)



El Niño - Exploring the Nature of Wyoming | UWyo Extension
<https://www.youtube.com/watch?v=njemdlxs2Ts>



Raised Bed Materials | From the Ground Up
<https://www.youtube.com/watch?v=ggeWBerei34>



Watering your vegetable garden | BarnYard & BackYards
https://www.youtube.com/watch?v=UVV5asXiL_o



Pruning Tomato Plants | From the Ground Up
<https://www.youtube.com/watch?v=BrnNZ83f3Pg>

Wyoming History



100 Years on the Lincoln Highway



Do You Enjoy History?

Before the Interstate Highway System, before famed Route 66, before highways were even numbered, there was one road that started it all, one road that changed America forever: The Lincoln Highway. "100 Years on the Lincoln Highway" is the story of the first coast to coast automobile road in the United States and its impact on Wyoming.

Click on the photo and it will take you to the YouTube video.

Or here is the link:

<https://www.youtube.com/watch?v=SIW2-bH84u4>

[Click Here to view this 41 Page Resource Catalog from the University of Wyoming Extension Service](http://www.wyoextension.org/agpubs/pubs/MP-128R.pdf)

LINK - <http://www.wyoextension.org/agpubs/pubs/MP-128R.pdf>

2017
RESOURCE CATALOG
★ WYOMING HOME, FARM, AND RANCH PUBLICATIONS & VIDEOS ★
UNIVERSITY OF WYOMING EXTENSION & AGRICULTURAL EXPERIMENT STATION ★

Return to UW Publications



Wyoming AgrAbility is part of a national program administered through the United States Department of Agriculture, focused on promoting independence for members of the agricultural community who have disabilities resulting from injury, illness, aging, or other causes

Click this link to access information about Wyoming's AgrAbility Projects.

<http://www.uwyo.edu/agrability/default.asp>

RESOURCES



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 \(publication B-1210.3\)](#)

<http://www.uwyo.edu/foods/educational-resources/foodpreservation.html>

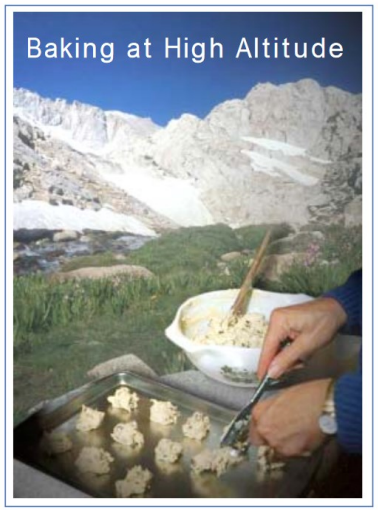


Click Here: [Estimating Serving sizes Brochure](#)

Link:

<http://>

www.wyoextension.org/agpubs/pubs/mp121_1.pdf



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: Baking at High Altitude document.](#)

Link

<http://>

www.wyoextension.org/agpubs/pubs/B427.pdf

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



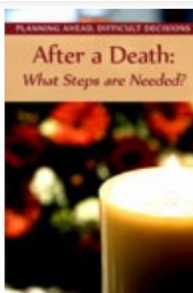
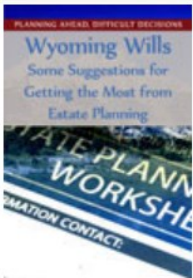
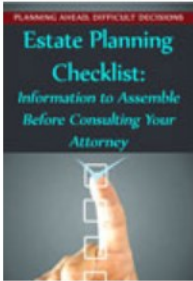
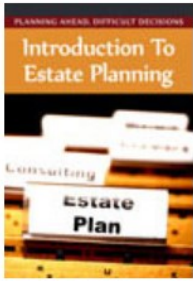
Welcome to the Wyoming Hay-Pasture-Seed List

- [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.](#)

Link: <http://www.wyoextension.org/haylist/>

RESOURCES - Knowledge in one click!



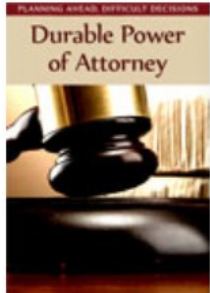
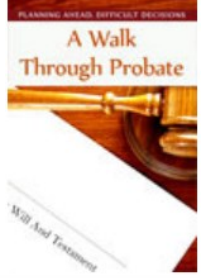
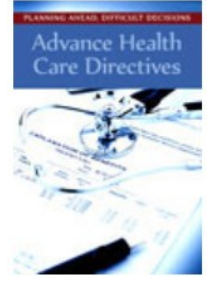
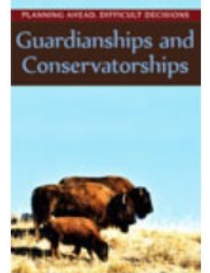
Planning Ahead: Difficult Decisions Series

This series of information is designed to help you plan for the future. Nobody likes to think of the inevitable, however making sure you and your family are prepared is invaluable!

These short booklets give you great information on what to do after someone dies, information on death certificates, guardianship for your children, health care directives, probate, estate planning, wills and disinheritance. You will learn what to do in case the unspeakable happens to you or your family members.

[Click Here: to access all PDF's in this series.](http://www.uwyo.edu/uwe/money/estate-planning.html)

<http://www.uwyo.edu/uwe/money/estate-planning.html>



Death Is A Part Of Life

Pesticide Safety Education Program

Wyoming pesticide applicator information



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

The Wyoming Department of Agriculture and University of Wyoming Pesticide Safety Educational Program cooperate in providing Private and Commercial Applicators licenses. If interested, please click on the following link. **[Pesticide Safety Education Program](http://uwyoextension.org/psep/)**

<http://uwyoextension.org/psep/>

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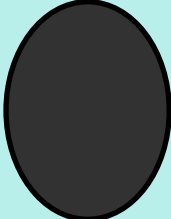


Got Questions? Let us know:

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