



HORIZONS

Educating You Today For Your Success Tomorrow!

June 2018

Volume 3, Issue 2

We have lots of things happening this summer! Be sure to look through all the pages of the newsletter to find out information on County Fair, State Fair, local workshop opportunities, how-to-do videos and much more! There are many educational resources that Extension provides our counties, most of them are free of charge. Check at the back of the newsletter for the 2018 Resource Catalog.

**Everyone have a safe, fun filled Wyoming Summer!
It's short, so enjoy every moment!**




Last Year the Air Show will be at LCCC Campus!



CLOSURE INFORMATION: U.S. Thunderbird Air Show
9:30am—10:30am
College Drive closes at 9:00am!

Tuesday, July 24th the U.S. Thunderbirds will practice flying. College Drive will close 2:30pm to 4:00pm. You will not be able to come onto the campus or leave the campus during this practice flight.

Our office will be **CLOSED** on Cheyenne Day in observance of the LCCC campus public closure. Our office will open at 7am on July 25th.

Due to the Sweetgrass Development (south of LCCC) this will be the last year the college will host the Thunderbirds main viewing site.



SUMMER HOURS

UNIVERSITY OF WYOMING
EXTENSION
LARAMIE COUNTY

The Laramie County Extension office will be changing to summer hours starting **May 14th through August 17th**
7:00am to 4:00pm
Monday through Friday



4th July
INDEPENDENCE DAY

Our office will be closed **Wednesday, July 4, 2018** in observance of Independence Day



contests



WORKSHOPS



Tours




Showcase Showdown

JUNE 26 - 28, 2018

Laramie, Wyoming

To Register Go To Link Below:

<https://bit.ly/2GO1OdM>

What is Showcase Showdown?

Showcase Showdown offers an opportunity for youth to explore various industries through contests and workshops offered at a state level. The event takes place at the University of Wyoming in Laramie, Wyoming. Youth can participate in 4-H contests, workshops, tours and activities over the course of three days. There are also two award ceremonies that recognize 4-H youth for their efforts.

What does it cost to attend?

It depends on what workshops, tours, and contests you want to attend. There are multiple package pricing which include meals, dorm rooms, the conference fee and Showcase Showdown t-shirt. Parking passes are also offered as there is limited parking around the University. When you click on the link above to register, it will take you to the Wyoming 4-H Showcase Showdown page with all of the pricing options.

What is there to do?

There are workshops on livestock judging, filmmaking, leadership, rockets, beekeeping and much more. There are tours like a fishing trip, Outdoor Adventures at Curt Gowdy, rocket launching, planetarium tour, and hands-on experience at the University Meat Lab. There are contests like cake decorating, horse judging, dog skill-a-thon, presentations, table setting and much more.



SPONSORS NEEDED!



We are seeking sponsors for the 2018 4-H Showmanship Belt Buckles.

Buckles cost \$125 each, we are in need of 24!



LARAMIE COUNTY FAIR

If you'd like to sponsor a buckle, contact:

Nichole Watkins
Administrative Assistant

Laramie County Fair
307-633-4672 Office

nwatkins@laramiecountyfair.com

Registration has been extended to June 6th!

<http://www.uwyo.edu/4-h/showcaseshowdown/index.html>

Good Luck At The Laramie County Fair!

Our office may be closed at times during fair week due to staffing fair events. Please leave a message and we'll get back to you ASAP!

Call before coming to the office!



307-633-4383

Cent\$ible Nutrition Program

Helping families eat better for less

Qualification restrictions apply. Please call and see if you are eligible.

Contact Information:

Jenna Tapia

Cent\$ible Nutrition
Program Coordinator Sr.

University of Wyoming
Laramie County Extension
1400 E. College Drive
Pathfinder Bldg, 4th floor,
Room 425
Cheyenne, WY 82007
Phone: 307-633-4383
Fax: 307-633-4223

FREE CLASSES STARTING

June CNP Classes:

Wednesday's starting June 13th at 9:00am
(Kelsi/Jenna)

Friday's starting June 22nd at 1:30pm
(Kelsi/Jenna)

July CNP Classes:

Tuesday's starting July 10th at 10:00am (Jill)

Tuesday's starting July 10th at 6:00pm (Jill)

- **Learn budgeting and shopping tricks**
- **Save money on groceries every month**
- **Cook healthier meals faster**
- **Make healthier choices for your family**
- **Enjoy a more active lifestyle**

Take the series and receive a FREE cookbook



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.

ATTENTION ALL 4-H
CAT PROJECT
MEMBERS....



CAT CLINIC OPPORTUNITIES!

WHAT TO BRING WITH YOU:

- * Cat carrier
- * Leash
- * Carpet square
- * Animal clean-up supplies
- * Wear long sleeve shirt!

WHERE? & WHEN?

- * Wednesday, May 16th
6:00—8:00pm
Archer Building K
- * Wednesday, June 6th
6:00—8:00pm
Archer Building K
- * Wednesday, July 3rd
6:00—8:00pm
Archer Building K

For more
information
Contact the
Extension Office
307-633-4383

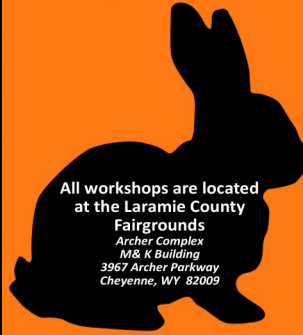
Bring Your Cat With You!

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

Rabbit Workshops



Open to all 4-H and FFA members!



All workshops are located
at the Laramie County
Fairgrounds
Archer Complex
M & K Building
3967 Archer Parkway
Cheyenne, WY 82009

6:30-8:00pm

- Monday, April 23rd—Building M
- Tuesday, May 22nd—Building M
- Monday, June 18th—Building K
- Monday, July 9th—Building K
- Wednesday, July 18th—Building K

The rabbit workshops will consist of helping you learn how to take care of your rabbit, grooming, feeding, showmanship, meat pens and a lot more. You'll learn information on this year's changes for the 2018 Laramie County Fair Rabbit Show.

You do not need to attend all of the workshops, but it recommended to attend as many as possible to get the best educational learning experience.

It is helpful if you bring your rabbits to the workshops. PLEASE do not bring more than **2** rabbits with you!

For more information, contact: Laurie Hauska
UNIVERSITY OF WYOMING EXTENSION
Laramie County Office
307-633-4383
307-547-9247
hiddenlops@rtconnect.net

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



MARKET ANIMAL WEIGHT LIMITS For Laramie County Fair



1,025 to 1,450 Pounds

Lowline Beef &
Miniature Breeds
under 47" inches tall
650 lbs.



50 to 150
Pounds



90 to 175
Pounds



210 to 285 Pounds



AGENDA:

- (MORNING)
SHOWMANSHIP
- (AFTERNOON)
RANCH RIDING

HORSE CLINIC



TUESDAY, JUNE 19th
ARCHER ARENA
9am to 4pm



The cost of the clinic is \$25 per participant and \$5 for parents who want to eat lunch with us. We only have room for 15 riders, please RSVP the Extension office ASAP to reserve your spot!

NOTICE:
All fees **MUST** be paid to the Extension office by Wednesday, June 13th or your child will forfeit their reserved spot.
307-633-4383



PLEASE JOIN US for SPRING CLEAN UP in DOWNTOWN!

WHO: Business Owners, Property Owners & Volunteers

WHAT: Cheyenne Downtown Flower Planting, Banner-hanging & Cleanup

WHEN: Saturday, June 2, 2018 from 8 am – noon (with lunch provided)

WHERE: 1601 Capitol Avenue (DDA Office)

HOW: Bring your brooms, dustpans, small garden tools, and rakes and help get our downtown ready for company that will be here soon! (DDA/Main Street will also provide trash bags, brooms and gloves.)

The Cheyenne DDA/Main Street will be coordinating this multi-pronged workday with **BUSINESSES, PROPERTY OWNERS, AND COMMUNITY VOLUNTEERS** to help clean and plant flowers. We will also be picking up trash, reporting graffiti, window cleaning, pulling weeds, sweeping sidewalks, and planting flowers.

We encourage business and property owners to participate by sweeping, window cleaning, touching up exterior paint, if needed, and updating window displays. Business Owners: if you're interested in professional window cleaning services, call Ed Norton (307)275-5560 and tell him you would like the DDA Discount. He will be available that day for window cleaning.

We also need individual & group volunteers to **SIGN UP** (www.downtowncheyenne.com/call-to-action/) to help with **flower planting and banner-hanging**. If you are interested in helping with this aspect of our Spring Clean Up Day, please contact **Esther Gonzales** to sign up at **307-433-9730 Ext. 1** or esther@downtowncheyenne.com.

Following a morning of work, we'll provide lunch at the Danielmark's Brewing Company 209 E. 18th Street. We look forward to hearing from you and having you be a part of this special day to help make Cheyenne sparkle!

Cheyenne Downtown Development Authority/Main Street
1601 Capitol Avenue, Cheyenne, WY 82001

307-433-9730



PHYSICAL ACTIVITY

Fitting in Physical Activity

Healthy patterns for a healthy life include regular physical activity. Adults need at least 150 minutes of moderate physical activity a week and youth ages 6-17 need 60 minutes of physical activity every day.

A great way to reach this goal is to do activities you enjoy. The more you like the activity, the more likely you are to do it. Another trick for being active is to make it part of your daily routine. You can break up your 30 minutes throughout the day, like going for three 10 minute walks, or you can do it all at once, like going for a 30 minute jog. Thirty minutes of physical activity a day for five days will get you to 150 minutes a week. Remember, small changes now will become big changes for your future.



SENIOR SENSE

Just Not Hungry?

As you get older, you may feel full more quickly or have a small appetite. Eating healthy, however, is still very important. If you get full more quickly, it might be easier to eat several smaller meals throughout the day instead of 3 big meals. If food doesn't look good to you, try to make it more interesting. Enhancing the flavor of your food with seasonings, like lemon juice, vinegar, or herbs might do the trick.

Fruit that is in season (June - August)



Watermelon



Strawberry



Cantaloupe



Cherry



Blueberry

FEATURED RECIPE

Baked Beans

Ingredients

- 1 ½ cups dried navy, kidney, or lima beans; or a combination of beans
- 2 cups apple juice
- 2 cups water
- ½ teaspoon salt
- 2 Tablespoons molasses
- ½ cup ketchup
- ½ teaspoon vinegar
- 1 teaspoon dry mustard
- 1 medium tomato, diced

Directions

1. Wash hands in warm, soapy water.
2. Sort beans to remove any stems or rocks. Wash and drain beans.
3. Bring apple juice and water to boil; add beans and simmer for 2 ½ hours or until tender.
4. Drain beans, saving the liquid.
5. Put beans and other ingredients, except tomato, in 9x13-inch baking dish coated with non-stick spray.
6. Cover and bake at 325°F for 2 to 3 hours.
7. Uncover and add some reserved liquid if beans become dry. Continue to bake for another hour.
8. Add tomato 15 minutes before removing beans from oven.

Makes 6 servings

Nutritional Facts

Serving Size: 1 cup | Calories: 260 | Calories from Fat: 10 | Total Fat: 1g | Cholesterol: 0mg | Sodium: 390mg | Total Carbohydrates: 51g | Dietary Fiber: 13g | Sugars: 20g | Protein: 12g

WEBSITES AND AN APP YOU CAN TRUST FOR UNBIASED NUTRITION INFORMATION

Nutrition is the science of how our bodies utilize food for optimal health. There are many businesses capitalizing on the lack of sound nutrition information. They sell us food, supplements, books, programs, menus, and recipes. As a consumer, we have the right and responsibility to obtain sufficient knowledge, so that advertisers and manufacturers cannot trick us into believing we must eat certain foods only at certain times of the day, add a specific supplement to our diet, or eat highly processed foods with many additives and preservatives. Wholesome food, loaded with nutrients is what our bodies need for optimal health.

Extension provides information that is trust worthy and unbiased. Below are some sites worth checking:

University of Wyoming Nutrition & Food Safety website: <http://www.uwyo.edu/foods/>

Educational Resources, Links to Learn More, Ask an Expert, Healthy Eating, Recipe of the Month, Class Calendar, and Our Blog (learn tips and tricks from the UW Nutrition Experts)

University of Wyoming Nutrition & Food Safety Facebook page:

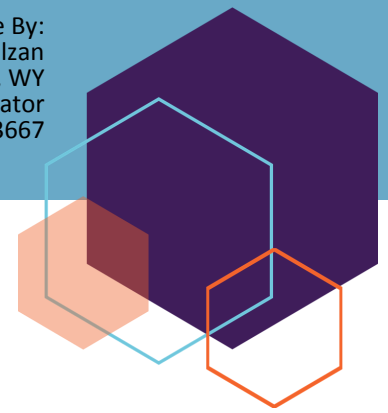
University of Wyoming Extension Nutrition and Food Safety

Information, recipes, links to websites with nutrition and food related topics.

University of Nebraska-Lincoln website: <https://food.unl.edu/>

Food and nutrition related information, Recipes of the Month, Budget Friendly Blog, Quick Recipes, Food Fun for Young Children

Article By:
Julie Balzan
Platte County - Wheatland, WY
Food Safety/ Nutrition Educator
307-322-3667



Iowa State University hosts a website:
www.spendsmart.extension.iastate.edu

You can eat healthy and stick to a tight grocery budget, Recipes, Blog, and 'How to' video clips with kitchen tips.

Check out this app: **Seasonal and Simple** Iowa State University Extension and Kansas State University Extension teamed up to provide this guide to help you find, select, store, prepare and preserve fruits and vegetables. The recipes use simple preparations and seasonings. Each recipe has a Nutrition Facts Label to help you know the nutritional value of the recipes. Information about fruits and vegetables indicating the peak of availability. Nutrition information and food preservation information to help you enjoy fruits and vegetables year round. This app also has a glossary of food terms and instructional videos.

You can find a wealth of nutrition information on the internet, be sure you know the source of this information. Knowing the source can help you determine the validity and reliability of the information you are receiving.



Article By:
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County Horticulturist
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What growing Zone is Laramie County?

According to the USDA map we are a growing zone 5a. Unfortunately, we really don't fit that. When wind, annual moisture, soil type are all factored in, we recommend purchasing plants that are hardy to zone 4 or -25 to -30 degrees unless you have a very protected location.

Laramie County Soils



Really, they are not that bad, despite what your neighbors will tell you. However, as with any soil a little help goes a long way to being successful in the garden. Soil amendments come in all sorts of forms, but the best and easiest to use is peat moss. Peat moss adds organic matter (OM) helps the soil retain moisture and lowers the soil pH making nutrient more available to plants. Do not let peat moss dry out, spread a minimum of 1 inch of peat over the soil and work into a depth of 4 inches.

Never work the soil when it is wet, this results in soil compaction and a net loss of OM. Never add lime or wood ash to your soil.

Always add organic matter into the soil when you do till it.

Do avoid using manures, they bring with them weed seeds, pathogens and high salts.

Watering your garden.



This is the biggest challenge to our plants, getting enough water to the roots. The best way to water a vegetable or flower garden is with a soaker hose or drip system. Vegetables do best when the watering is right on the soil and not sprayed on their leaves.

When using an over head sprinkler in a garden 40 to 60% of the water either blows away or evaporates on a hot day. We are always in some type of drought, use water wisely.

Fertilizer what are those numbers?



On a bag or box of fertilizer you will find three numbers and always in the same order of: Nitrogen (N), Phosphorous (P) and Potassium (K). 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. Potassium the third number, 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 10-20-5, you want the first number, nitrogen to be low. A good turf fertilizer 12-12-4 or 8-12-10.

Trees



General rule-of-thumb for their care.

Most trees don't need to be fertilized. if you do fertilize; just before Memorial weekend with a fertilizer around 4-10-10. Again, too much nitrogen, the first number, you may 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 measured trunk diameter, watering depends on the weather, hot dry and windy weather plan on watering more frequently. For a newly planted or very young tree plan on watering two to three times a week for an older or established tree once or twice a month a very deep soaking.

Helpful Phone Numbers

Laramie County Conservation District tree and wind break program 772.2600.

Cheyenne Audubon Society 634.0463.

Household Chemical Disposal .637.6440.

Animal Control 635.1453.

WY Game and Fish 1.800.842.1934.

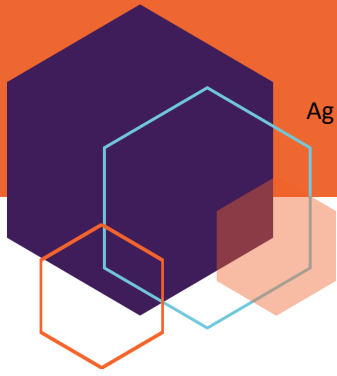
County Weed and Pest .245.3213.

City-County Health Dept. .633.4090

Wyoming Livestock Board .777.7515

Barnyards to Backyards Magazine
www.barnyardsandbackyards.com

Article By:
Abby Perry
Carbon County - Rawlins, WY
Ag & Range Management Educator
307-328-2642

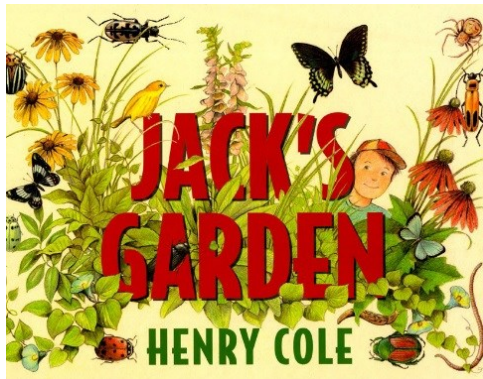


Abby's Book Nook: Books for Kids

My husband and I fondly refer to each other as ecology nerds—well maybe I fondly refer to us as such. When we were expecting our first child, we did a lot of yard saleing, which seemed to always have books (a little disheartening, but yay for us). I loved finding books about anything “science-y” or having to do with the outdoors. I think we quickly realized it a little premature to buy scientifically accurate garden books for our infant, but nonetheless our library grew. This also meant I had a great personal library I could occasionally lend out to my worker self for youth programs. Regardless if you are looking for books to introduce kids to life sciences (with accurate information) in your personal or professional life, there are some great options out there! Often times these books are even available in good condition used, so you don't even have to break the bank to inspire the next generation of ecologists.

Jack's Garden by Henry Cole

“These are the *birds* that chased the *insects* that sipped nectar from the *flowers* that blossomed from the *buds* that formed on the *plants* that grew from the *seedlings* that sprouted with the *rain* that wet the *seeds* that fell on the *soil* that made up the *garden* that Jack planted.” Each page in *Jack's Garden* is topic specific and builds on each other. The story is simple, but introduces more complex concepts. The page on rain for instance has wonderful illustrations introducing readers to types of clouds



labeled in the margins. The page on plant buds illustrates 9 different kinds of ladybird beetles (more accurate common name for lady bugs) as well as the larva form. Additionally, there are over half a dozen plant types labeled on this page. This is a great book for introducing lots of topics, but it doesn't skimp on the accuracy of the content.

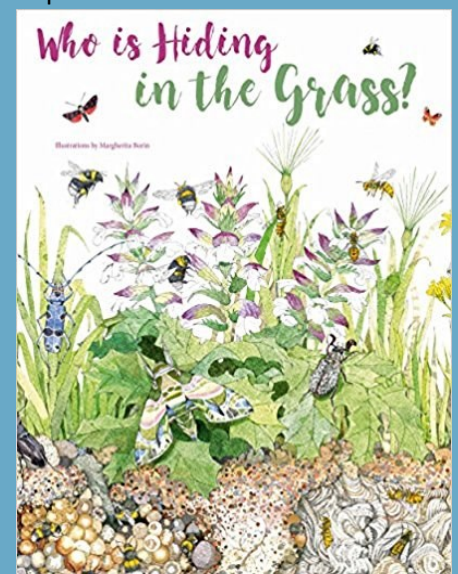
The Reason for the Flower by Ruth Miller

This book is written in a rhythmic poem fashion introducing words like nectar, flowers, pollen, anther, stamen, stigma, style, weeds, and seeds. There aren't a lot of words on each page and the illustrations are well done. The poem-like story describes wind pollination, seed distribution, and even grains. “These may not look like FLOWERS, but they're the most important yet. RICE and BARLEY, CORN, and WHEAT are cereals we need to eat. MILLET and BAMBOO are a treat for animals who don't like meat. They are called HER-BIV-O-ROUS. Would you believe these plants eat meat! And they are called CAR-NIV-O-ROUS.” This a wonderful addition to anyone's library, especially for talking about complexities of plants and seeds.



Who is Hiding in the Grass? Illustrations by Margherita Borin

This is a different kind of book; it does not tell a story. Instead when you open it, it is a 6.5 foot illustration of insects in the grass. There are 50 insects in total, all numbered. Along the bottom of the book there are corresponding numbers with both the scientific and common name for the insects. On the reverse side of the illustration is more topic specific information like butterfly metamorphosis, and more in-depth information about common insects like ants and bees. The descriptive content of this book might be more appropriate for an older audience, but I would have no problem introducing my three year old to the 6 foot insect illustration. I think this is the kind of book that could be entrainment for hours and something new would pop-out each time it was opened.



LIVESTOCK PARASITES

**JUNE 4, 2018
7:00 P.M.**



COME LEARN HOW PARASITES
MAY BE AFFECTING YOUR 4-H
LIVESTOCK PROJECTS. WHAT'S A
ROUND WORM? WHAT'S A MITE?

Connect via zoom by registering at

<https://uwyo.zoom.us/meeting/register/54e0509a7a57b68dd746f627e8486654>



For More Information:
307-799-8780 - Dawn Sanchez
DawnS@uwyo.edu



Article By:
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Platte County - Wheatland, WY
4-H Educator
307-307-322-3667
stacy@uwyo.edu



Teaching a Growth Mindset: Setting Your Child Up for Success!

Encouraging youth to engage in healthy living and helping them develop healthy habits is a mission of the 4-H program. As parents, leaders, and mentors, we all want to do the best we can teaching youth healthy habits that will lead to a successful, happy, and fulfilled life. Physical activity, healthy eating, and nutrition are all important to living a healthy life, but this concept encompasses more than that. Healthy living also includes social and psychological health, taking care of the mind and forming habits that build healthy coping, learning, and relationship skills. Brain science proves that our brain is like a muscle; the more we work it the stronger it becomes. In her book Mindset: The New Psychology of Success, psychologist Dr. Carol Dweck presents the idea that children, similar to adults, possess one of two mindsets, and that mindset shapes the way they approach work, relationships, learning, and growth, among many other things.

Youth with a fixed mindset believe they are smart or dumb, talented or not talented at something like football, playing the tuba, or painting. These kids believe that there are gifted people and then the rest watch and cheer from the sidelines, unable to improve or get better because they are constrained by their lack of skill, intelligence, or talent. Challenges are scary for children with a fixed mindset because they believe it will show their skill, intelligence, or talent as what it is, and it might result in failure. For example, a math test will show that your child is either good or bad at math.



Youth with a growth mindset, on the other hand, believe their abilities, (skill, intelligence, and talent) can improve with time and effort. Instead of viewing challenges as judgements about worth, children with a growth mindset see challenges as opportunities to grow their abilities and become better. In fact, growth mindset might be one of the most important skills for youth to develop to become successful. According to Dr. Dweck's studies, when students on opposite ends of the growth vs. fixed mindset continuum showed similar intellectual ability, their beliefs predicted school performance. Likewise, a growth mindset is critical for forming good relationships and coping skills. Sanford psychologist Dr. James Gross studied the effect of a fixed or growth mindset on emotions as teens transitioned into their first year of college. According to his research, freshmen with a fixed mind-set about emotions were less able to manage theirs, and by the end of freshman year, they'd shown poorer social and emotional adjustment than their growth-minded counterparts.

After examining the research, it is evident that helping children develop a growth mindset is key for future success and healthy living. Keep these pointers in mind as you help your child develop a growth mindset.

First, teach your child how the brain works, and encourage them to continue building their brain capacities. Along with exercising the brain, debunk the myth that intelligence, talent, or skill is something we are born with and cannot be changed. Try not to assign worth to intelligence, talent, or skill, this can inhibit development of the growth mindset. Debunking the myth will help your child understand that practicing, studying, or trying again are all a part of the process to make them better.

Next, praise the process, not the result. Straight A's or mastering that piece of tuba music might take your son hours of study or practice and his best friend very little time. Instead of praising the end result, make sure to praise your child's persistence and courage to continue trying and working hard. Ask your child to reflect on the challenges, obstacles, and successes that helped him accomplish the final result and praise those steps. Further, help your child identify intrinsic rewards so they find their validation from themselves and not the outside world.

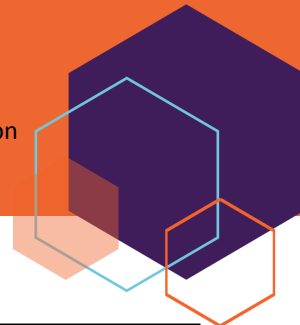
Next, help your child find the value in failure. Failure is a great learning tool and teaches your child to solve problems. Celebrate failures and encourage problem solving, this will give your child the confidence to try new things or stick with a problem.

Lastly, model the growth mindset yourself and tell stories about your successes and failures and lessons learned. Showing your children your growth mindset and helping them learn it themselves will ensure that they are developing healthy habits for the future.

HAPPENINGS AT THE SUSTAINABLE AGRICULTURE RESEARCH AND EXTENSION CENTER (SAREC)

Article By:

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The crew is busy getting everything planted and ready for the coming field season. Calves are on the ground and pastures are greening up. Over the winter we were able to get all of our pivot main lines replaced and install flow meters. Initially this will be for a study by Kristi Hanson on water and energy usage. We've also been working to upgrade a lot of equipment through both purchases and rentals and have added gps-enabled and data collection systems as well. Brian Lee became licensed to fly drones so we are incorporating some of that into our work. We were able to hire a research aid, Blaine Magnuson, who will be helping out with numerous research projects.

There are 3 events that are coming up that you may be interested in. The first is on June 12 from 8-4:30. It is the Forage Field Day put on by Dr. Anowar Islam. Information on the agenda can be found at <http://bit.ly/ForageFieldDay>. President Laurie Nichols will be in attendance if you would like to hear what is going on at the university or just want to visit with her. If you are coming, please RSVP to Kelly at 307-837-2000 or sarec@uwyo.edu or register online. Registration is free and lunch is included.

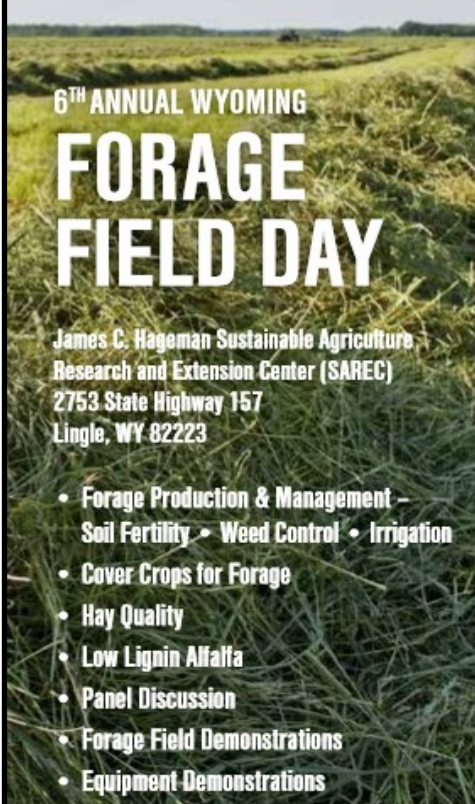
The second event is the "Farming with Beneficial Insects for Pest Control: A Conservation Biological Control Short Course" put on by the Xerces Society. This will be held on July 16 from 9-4. There is a registration fee of \$45. You can get more information and register at <https://tinyurl.com/wyomingcbc>.

The third event is the annual SAREC Field Day. It will be held on August 24, a Wednesday this year. We will be highlighting all of the research that has been happening over the past year. If all goes well, you will get to see several new studies on our new field by the entrance, hear about results of our corn hail study, and other activities that we are still planning. We will have more information on our website at <http://www.uwyo.edu/uwexpstn/centers/sarec/> as we get closer to that date.

We hope you will put all 3 dates on your calendar and come on over. You are welcome to schedule a visit any time. We'd love to host you or your group.

— LET'S HAVE A —
FORAGE DAY!


JUNE 12, 2018 | LINGLE, WY



**6TH ANNUAL WYOMING
FORAGE
FIELD DAY**

James C. Hageman Sustainable Agriculture
Research and Extension Center (SAREC)
2753 State Highway 157
Lingle, WY 82223

- Forage Production & Management –
Soil Fertility • Weed Control • Irrigation
- Cover Crops for Forage
- Hay Quality
- Low Lignin Alfalfa
- Panel Discussion
- Forage Field Demonstrations
- Equipment Demonstrations

 **UW** EXTENSION

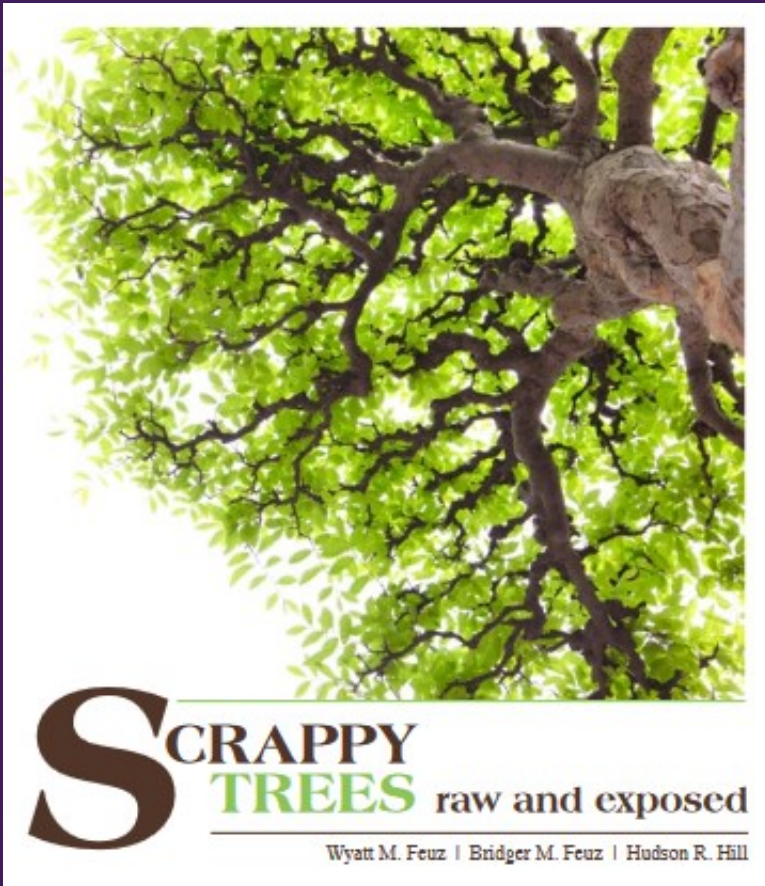


Intended Audience

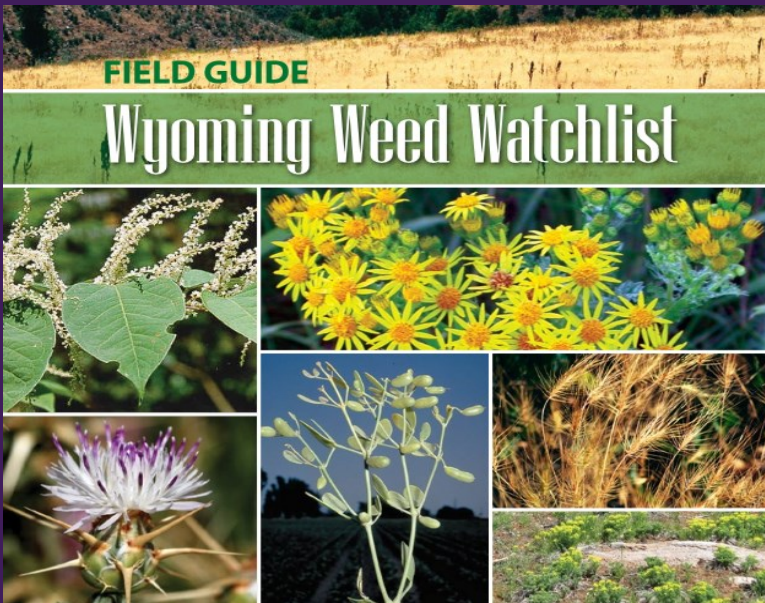
The content of this course is tailored to the needs of farmers, NRCS, SWCD, Cooperative Extension, and state department of agriculture employees, as well as crop consultants, natural resource specialists, and non-governmental conservation organization staff.

University of Wyoming Extension Resources

Click the link, or type it into your browser



<http://www.wyoextension.org/agpubs/pubs/B1243.pdf>



<http://www.wyoextension.org/agpubs/pubs/B1227.pdf>

THE COST OF BRUCELLOSIS PREVENTION:
SPAYING HEIFERS



<http://www.wyoextension.org/agpubs/pubs/B-1273.pdf>

Cooking It Up!

FRIENDLY ONE-POT MEALS FROM YOUR PRESSURE COOKER



<http://www.wyoextension.org/agpubs/pubs/B-1270.pdf>

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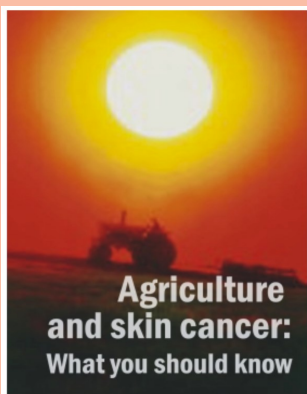
Click the link, or type it into your browser



Raised Bed Construction



VIDEO: <https://youtu.be/mcQyY4fN6t0>



RANDY R. WEIGEL
Extension Specialist, University of Wyoming, Cooperative Extension Service

IT'S SUMMER!

Make sure you're taking proper care of your skin while gardening, farming, mowing, or spending the day in the sun.

<http://www.wyoextension.org/agpubs/pubs/B-1105.pdf>

LANDSCAPING: RECOMMENDED TREES FOR WYOMING

Karen Panter & Chris Hilgert,
Department of Plant Sciences



<http://www.wyoextension.org/agpubs/pubs/B-1090R.pdf>

Coffee Ground Mulch



VIDEO: <https://youtu.be/4wTJmsUIB50>

PLANTS WITH ALTITUDE

Regionally Native Plants for Wyoming Gardens

Amy A. Fluet
Jennifer S. Thompson
Dorothy E. Iuthill
Brenna R. Marsick

Companion website
wyomingnativegardens.org



<http://www.wyoextension.org/agpubs/pubs/B1255.pdf>

Do you have questions? We have answers! Go to the following link:

http://www.uwyo.edu/uwesupport/ask_an_expert.html

ASK AN EXPERT

Ask an Expert

Ask an Expert is a way for you to get answers from the University of Wyoming Extension. We have experts in family and health, community development, food and agriculture, programs for young people, and gardening. Go to the [public Ask an Expert site](#) to see what others have asked.

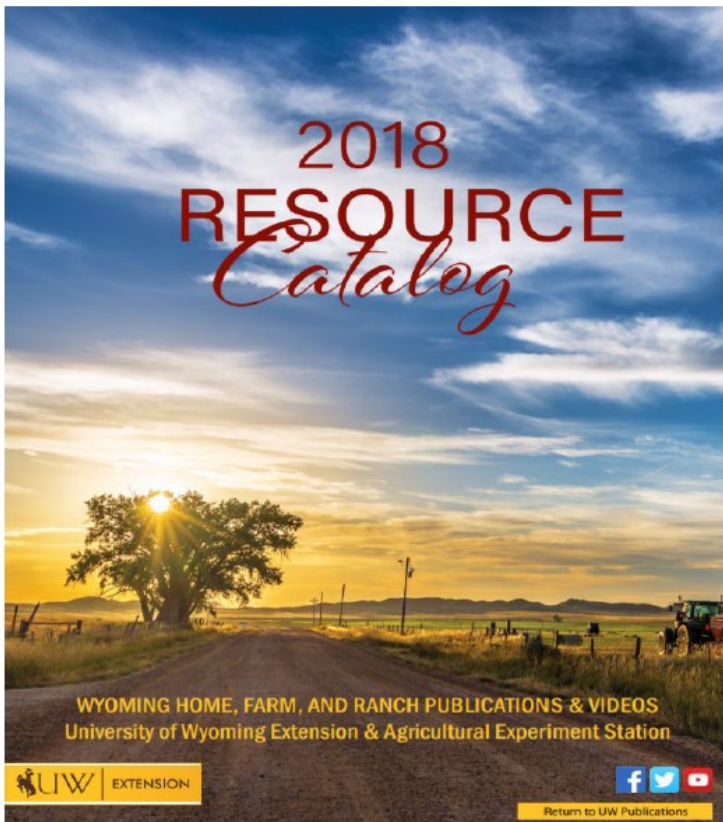
Please choose your county and enter as much relevant detail about your question as possible. We will do our best to respond to your question within two business days.



ACCESS ALL OF UW EXTENSION'S RESOURCES!

Go to the following link to access videos and publications produced by the Extension.

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



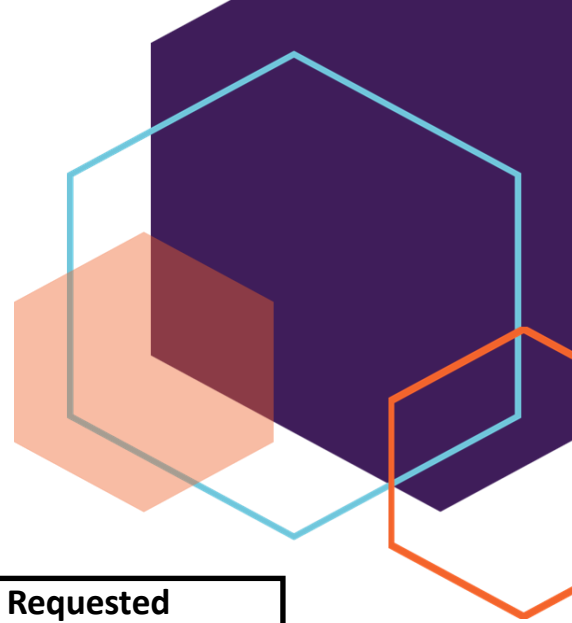
Laramie County

1400 E. College Drive
Pathfinder Bldg. R. 406D
Cheyenne, WY 82007

GOT QUESTIONS? LET US KNOW:

laracnty@uwyo.edu

Change Service Requested



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.

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Coordinator



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Master Gardener
Coordinator



(Open Position)
4-H / Youth Educator



Kristi Nagy
4-H Military
Educator

Area Educators:

- Agricultural Production, Livestock & Crops
- Range & Natural Resource Management
- Nutrition & Food Safety

Call our office to
get in touch with
these area
educators
307-633-4383



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