

Congratulations 2018 Laramie County 4-H Members

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

Way to go 4-H youth, you did a great job!

- ◆ County Shoot
- ◆ Showcase Showdown
- ◆ State Shoot
- ◆ Laramie County Fair
- ◆ Wyoming State Fair



OFFICE CLOSURES

We will be closed:

***Monday,
September 3rd
Labor Day***

***Thursday,
November 22nd
Thanksgiving
and Friday,
November 23rd***

**Wishing all our clients a wonderful
Thanksgiving Day!
We are thankful to be able to serve
the great people of Laramie County!**



The Laramie County Extension office will
be changing back to regular hours
starting

Monday, August 20th

8:00am to 5:00pm

Monday through Friday



TUESDAYS
June 19
through
October 9

The Tuesday Farmers' Market is located in
 the parking lot of Frontier Mall
 (south of JC Penney's)

Open 3pm to 6pm

Find fresh local produce, honey, jams and
 jellies, bread, and much more!



**SAVE THE
 DATE!**

**Wyoming Bee
 College**
March 22-24, 2019
**Laramie County
 Community College**
Cheyenne, WY

**Registration Opening
 Soon!**

**Classes for every level of
 beekeeping!**

**For More Information
 Contact:**
Catherine Wissner
307-633-4383
or
cwissner@uwyo.edu

Cheyenne Farmers Market

Day: Saturday's
Time: 7:00am - 1:00pm
Open: August 4th—October 6th
Location: 15th Street (between Pioneer Ave. and O'Neil Ave.)
Contact: Community Action, Gina Sheridan 307-635-9291
Email: gina@calc.net



Post Hail Garden Tips

Article By:
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The best thing you can do for your trees, shrubs, flowers or vegetable gardens is to simply prune off the broken and damaged leaves and branches. Next water, just water do not fertilizer the plants. Fertilizing a stressed plant only stresses them more as they try to recover from the trauma of hail.

Do give your trees an extra drink to help them recover.

Vegetable gardens typically will come back so don't pull up or re-plant. Tomatoes will come back, but the yields will be smaller. Pepper may not produce fruit in time, but give them a chance.

For trees; the following spring apply a liquid or granular tree rated fertilizer. Do not use tree spikes, as they concentrate the fertilizer in one location and may burn roots.

That's it! Just water your trees, shrubs and vegetable garden.

Rule-of-thumb for watering trees

Measure 12 inches above the ground at that point on the trunk measure the diameter of the trunk. For every inch of trunk diameter the tree may need 10 gallons per inch. For example; a 10 inch diameter tree trunk will need 100 gallons of water. Having your tree on a schedule helps, water a younger or older tree at least once a week. Newly planted trees may need to be watered two to three times a week depending on the weather. If the weather is hot, dry and or windy you will want to water more frequently.

Tips for living on the prairie

Prairie grass is either cool or warm season grass. Cool season grass is the first to green up, but typically; the blades stop growing around the middle of May where it sends up a seed head. It costs a grass plant around

20% of its energy to do this. Mowing or overgrazing at this time causes the plant to deplete its energy reserves and it eventually dies. When this happens weeds and warm season grasses move in, causing a net reduction in grazing and wildlife habitat.

Pastures that have exposed soil and less grass cover can be 20 degrees hotter, causing cool season grasses to go dormant or die. Exposed soil areas are prone to wind erosion and a net loss of top soil leaving little for grass seeds to germinate in. All this can increase your risk for fires. Grasses left tall keep the soil shaded, protected, cooler and hold more moisture.

The cowboy rule-of-thumb for grazing; take half and leave half. If the grass is 6 inches tall only graze it to 3 inches, then pull your livestock off and

let the pasture recover. Pasture recovery can take a month or a full year depending on how much moisture we receive.

Remember we are always in a drought, some years are better and some worse.

Don't mow and don't over graze the prairie.



Cent\$ible Nutrition Program



University of Wyoming Family and Consumer Sciences Dept. 3354; 1000 E. University Ave. Laramie, WY 82071
Visit us on the web: www.uwyo.edu/cnp.
USDA and the University of Wyoming are equal opportunity providers and employers.
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Contact a *Cent\$ible Nutrition* educator in your county for more details.

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

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

Free for those who qualify: to be eligible, income must be less than \$22,459 per year for a household of 1, less than \$30,451 per year for a household of 2, less than \$384,43 per year for a household of 3 and less than \$46,435 per year for a household of 4. Go to this link: <http://www.uwyo.edu/cnp/qualify/index.html> if you need larger family qualifying number information. For further questions, give us a call, or we can discuss it after our first class meeting.

SAVE MONEY & SHOP SMART

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

New Classes Starting:

Community classes are ongoing throughout the week!

The Cent\$ible Nutrition Program (CNP) is a statewide cooking and nutrition education program and is funded by the USDA through two grants, the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

The goal of CNP is to help families and individuals eat better for less. It follows the USDA [MyPlate](#) and the Dietary Guidelines for Americans. CNP is free to families and individuals who income qualify. The series consists of 8 lessons and participants receive a free cookbook and kitchen tools.

The Cent\$ible Nutrition Program teaches skills and knowledge in the following areas:

- Cooking
- Saving
- Nutrition
- Smart shopping
- Physical activity
- Meal planning
- Food preparation
- Food safety
- Food storage
- Well-being for individuals and families

To find out about the CNP classes in your area, contact the Laramie County Extension office.



Cent\$ible Nutrition

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

CALL FOR MORE INFORMATION:

307-633-4383

Sponsored by:  UNIVERSITY OF WYOMING
EXTENSION

10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

Apple Chips

2 Tablespoons sugar
1 teaspoon cinnamon
Pinch of ground cloves
Pinch of nutmeg
1 large crisp apple, such as Braeburn or Granny Smith

1. Spray a baking sheet with non-stick cooking spray.
2. Stir together dry ingredients.
3. Core and cut apple into slices thin enough that you can see your knife through the slice, (3/16" on a mandolin.)
4. Sprinkle both sides of the chips with cinnamon mixture.
5. Bake at 225° F for 45 minutes. Rotate the pan and turn apples.
6. Bake for 15 more minutes, or until apples are dry to the touch. When the texture resembles that of fruit leather, the chips are done. The apples will crisp as they dry. Remove chips from pan and cool.

Chips will keep in an airtight container for up to one week.



Cent\$ible Nutrition Program

Peanut Butter Pinwheels

Ingredients

- Peanut butter
- Honey*
- Whole-wheat tortillas
- Granola

*Children under 1 year of age should not eat honey.

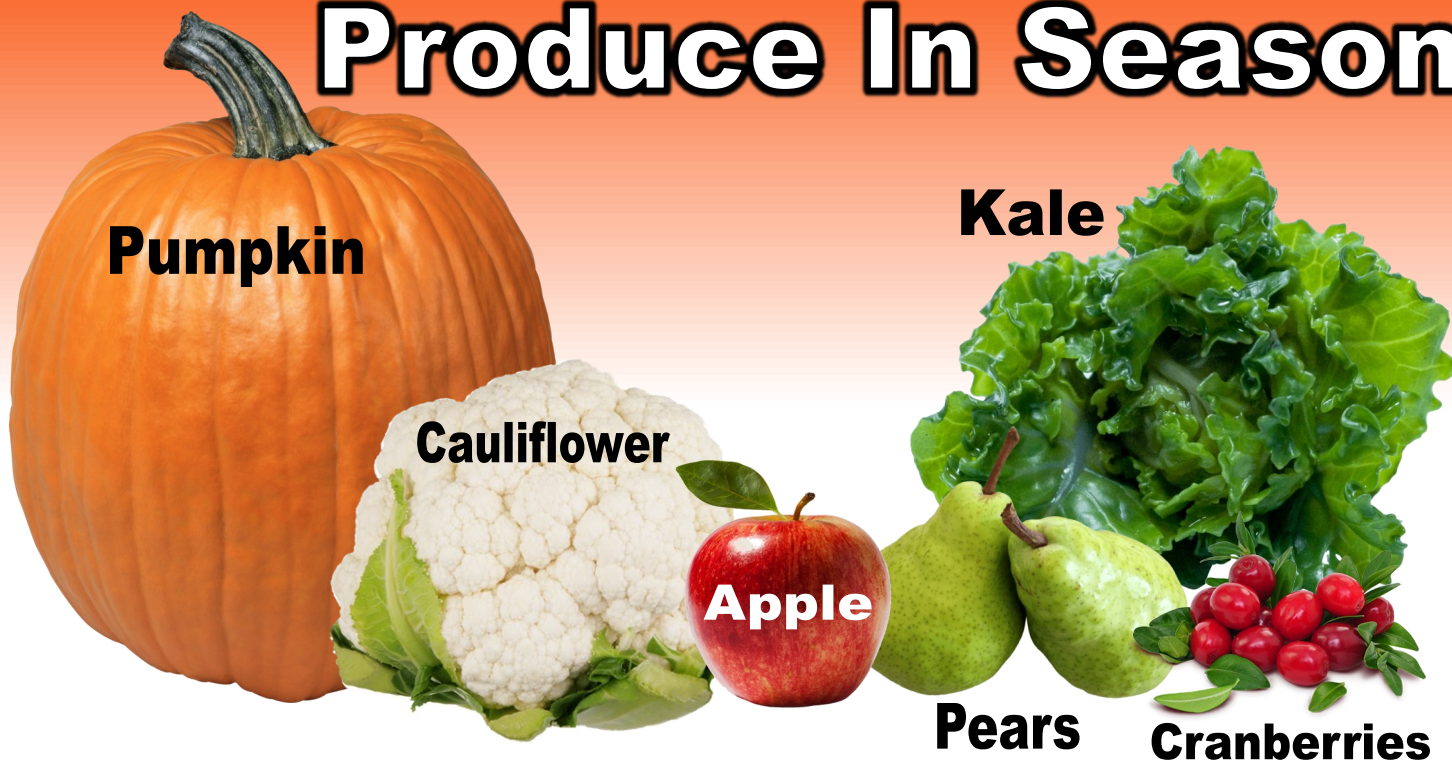
Directions

1. Wash hands with warm, soapy water.
2. Spread peanut butter and a little honey on the tortilla.
3. Sprinkle with granola, roll up tortilla and slice into bite-size pinwheels.

Makes 1 serving.



Produce In Season



SNAP & SNAP-ED

SNAP and SNAP-Ed work together to help you make the most of your food dollars. While SNAP Benefits provide extra resources for buying food, SNAP-Ed can help you make the most of those resources. Together, SNAP and SNAP-Ed can help you and your family receive the nutrition you need to live healthy, active lives. Here is how:

	<p>SNAP increases the amount of money available to purchase food. SNAP-Ed teaches how to stretch food dollars and make food last longer through cooking, menu planning, and shopping strategies.</p>
	<p>SNAP increases the ability to purchase healthier foods. SNAP-Ed teaches basic nutrition to encourage healthier food choices.</p>
	<p>SNAP supports the purchase of food for use and consumption at home. SNAP-Ed teaches how to cook quick and healthy meals on a budget.</p>
	<p>SNAP helps make ends meet and decrease the stress of having to choose between food and other necessities. SNAP-Ed teaches how to budget and save money at the grocery store, which helps SNAP Benefits go further.</p>
	<p>SNAP encourages better health through increased access to more and healthier foods. SNAP-Ed encourages better health through skills and knowledge development.</p>

In Wyoming, SNAP-Ed is taught through the Cent\$ible Nutrition Program (CNP) out of the University of Wyoming Extension. CNP covers every county in Wyoming and the Wind River Indian Reservation.

Article References :
 Cent\$ible Nutrition Newsletter's
 University of Wyoming Extension

FAMILY CORNER

Ground Elk Vegetable Soup

Enjoy this tasty soup with your family on game night.

Ingredients

- 1 pound ground elk, deer, or beef
- 2 cups potatoes, diced
- 2 carrots, diced
- ½ cup onion, chopped
- ½ cup celery, diced
- 2 Tablespoons olive oil
- ¼ cup brown rice
- 2 cups diced tomatoes
- 2 quarts water

Directions

1. Wash hands with warm, soapy water.
2. Brown meat and onion with olive oil in a skillet. Drain the fat.
3. Put remaining ingredients and meat mixture in a large pot.
4. Simmer for about 2 ½ hours.

SENIOR SENSE

Cook Once, Eat for Weeks

Cooking can seem like a hassle, especially when you are cooking for just one or two people. If it seems like you are spending a lot of time cooking, try cooking one time to last for several weeks. To do so, follow these easy steps:

1. Plan what meals you would like to have. For some ideas, check out CNP's two week menu plan: <http://www.uwyo.edu/centsible/recipes.html>.
2. Shop for the items you need.
3. Cook all of the meals you planned.
4. Package and freeze these meals in individual sized containers that can be easily de-frosted and heated.

Now you have meals ready to make at your convenience.

Article References :

CentSible Nutrition News—June & July 2018 and October 2015
Issue - University of Wyoming Extension

Veggies for Healthy Holidays

The holiday season is in full swing and with all the festivities, it is easy to fill up on cookies, cake, and other sugary treats. Enjoying sweets is part of the season, yet, it is still important to make sure that you and your family get the right nutrients every day. One of the best ways to do that is by eating a variety of vegetables.

For holiday gatherings this year, slice up colorful vegetables for a healthy snack tray or serve Stuffed Bell Peppers (see recipe) to keep you and your guests feeling your best.

During meals this season, think about using a different colored vegetable in dishes every day of the week. Here are some ideas to add more vegetables into every meal:

- Make zucchini or pumpkin bread for breakfast
- Toss chopped peppers, onion, and mushrooms into an omelet or scrambled eggs
- Add spinach or kale to a smoothie
- Slice bell peppers, celery, and carrot sticks for a snack
- Shred or grate vegetables and add to pasta sauce, lasagna, soup, casseroles, and meatloaf
- Enjoy a green salad with lunch or dinner
- Add veggies like onions, mushrooms, peppers, spinach, and/or black olives to pizza
- Mix together a rainbow of vegetables in a stir-fry

Wishing you a healthy holiday and winter season!

Green Power Berry Smoothie



Ingredients

- 1 cup low-fat milk
- ½ cup low-fat plain or vanilla yogurt
- ½ cup frozen blueberries, unsweetened
- ½ cup frozen strawberries, unsweetened
- 3 cups raw spinach or kale
- 2 teaspoons honey

Directions

1. Wash hands with warm soapy water.
2. Place all ingredients in blender and blend ingredients well.

Makes 2 servings.



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 "like" us on
facebook
At Laramie County 4-H

2019 4-H Enrollment

All Laramie County 4-H members must re-enroll for the 2018-2019 4-H year!

Re-enrollment begins October 1st!

Fees for this year are \$10 per member. There is an additional charge of \$10 per shooting sports discipline if your child chooses to participate in shooting sports. More information will be sent out in daily updates and newsletters.

Re-Enroll at
www.4honline.com



IMPORTANT DATES

September 3rd

Extension Office Closed - Labor Day

September 14th

Portfolios Due by 5pm
at Extension Office - *No exceptions*

September 26th

4-H Open House
5:30-7:30pm at LCCC Pathfinder Building
all classrooms on the 4th floor.

October 1st

4-H Enrollment begins for the 2018-2019 4-H year. You must re-enroll and pay enrollment fees each year. Re-enrollment is not automatic.

November 3rd

Achievement Night 2:00pm-5:00pm
New format this year, more information to come in newsletters and daily updates.

November 22nd & 23rd

Extension Office Closed Thanksgiving day and the Friday after.

If you have questions, please contact our office at **307-633-4383**.





Livestock Sale Checks

Sale checks are usually ready for pick up by November.

You can send your "Thank you" cards now if you'd like, please bring them unsealed, self addressed and stamped to our office. We will keep a log of who has turned in a thank you card.

We require a thank you card to be brought in when you come to pick up your sale check if you have not previously turned one in. The card must be stamped, have your return address, the buyers address, and needs to be unsealed.

Please be sure to thank our buyers for their contributions. It's better to thank the buyer twice than not at all.

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

Again, the estimated date checks will be available is mid fall and we will contact you when they are ready for pick-up.

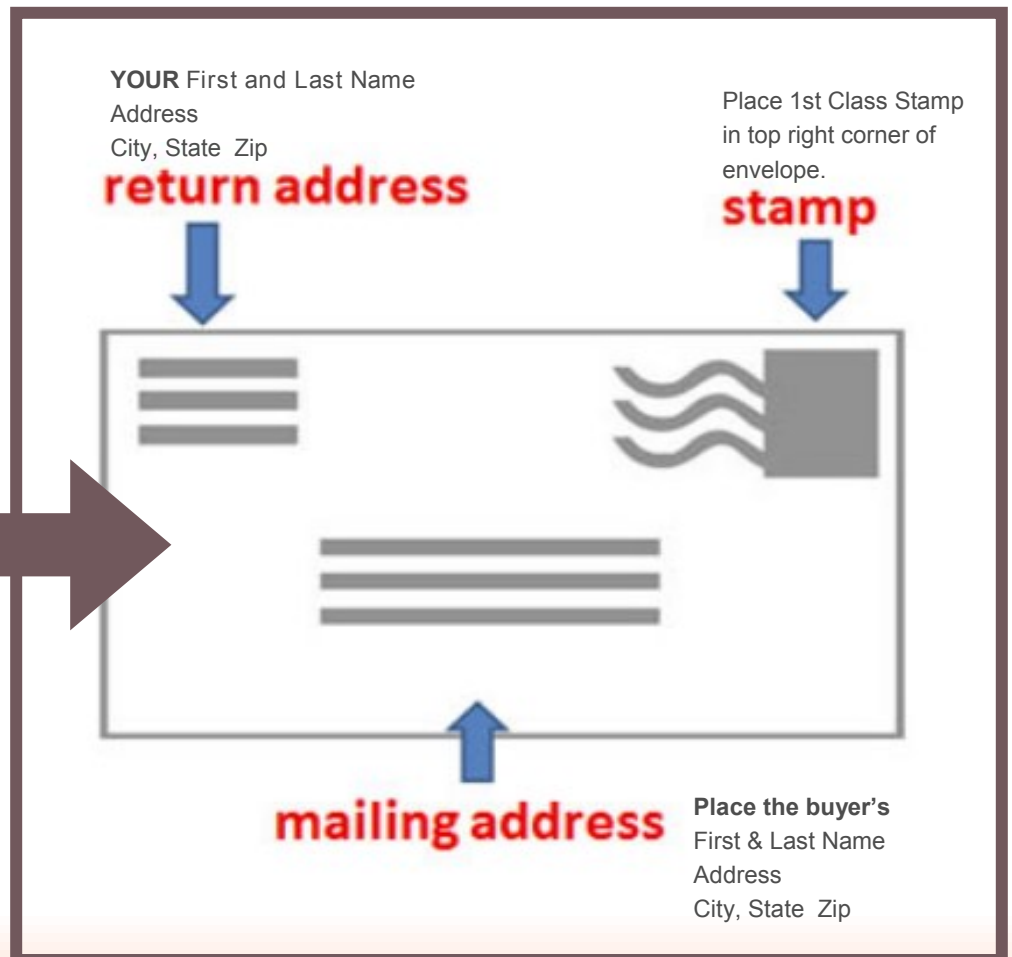
4-H Record Books are Due!

4-H Record Books are due to the Extension Office by Friday, September 14, 2018

Books must be turned in for members to receive their achievement points for the year. Information on how to complete books can be found on our website. If you have questions please contact Becky. Club leaders should be providing their club with training on record books but if you have questions please contact the office. Visit our website at <http://www.uwyo.edu/ces/county/laramie/4-h.html>



You can purchase a record book cover like this one shown for \$3.00 at the Extension office. Books need to be in a 3-ring binder or hard cover so they do not get destroyed when they are out for judging.





OPEN HOUSE

Wednesday, September 26, 2018
LCCC Clay Pathfinder Building
4th floor classrooms
5:30pm - 7:30pm

What is 4-H?
How can I join?
How do I register?
When do clubs meet?
What projects can I do?



All these questions and more will be answered at our 4-H Open House!

This year we will be promoting our 4-H project areas at our Open House. Come check out our awesome 4-H program!

FOR MORE INFORMATION CONTACT US:

307-633-4383

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Food Preservation is a Popular Method for Food in the Fall

Article By:
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Reminders for canning safely:

Use a recipe with a copyright of 2000 or more current.

Foods have changed over time and so has our knowledge of microbiology pathogens.

Choose a recipe from a reputable, known source: If the recipe was not tested by a food microbiologist- how will you know it is safe to eat after storage at room temperature?



National Center for Home Food Preservation - <https://nchfp.uga.edu/>
University of Wyoming - <http://www.uwyo.edu/foods/educational-resources/food-preservation.html>
University websites

Ball or Kerr (Jarden Home Brands) - <https://www.freshpreserving.com>

Recipe from a commercially produced pickling mix packet or pectin packet

Follow the chosen recipe. Adjusting the amounts and ingredients will change the pH of your product, thus increasing risk for food borne illness after the food is stored at room temperature for more than 2 hours. Follow cooking instructions, jar preparation instructions and processing instructions. Precious time and food can be lost if the canned food spoils.

ALWAYS adjust for altitude in Wyoming.

Be sure you know the altitude of your canning location to ensure a safe to eat product. Easy to use Altitude Adjustment Chart - <https://www.freshpreserving.com/altitude-adjusting.html>

Contact your local Extension office for answers to specific canning questions and food preservation classes.

For more info on food safety go to the following link:
https://www.foodsafety.gov/blog/home_canning.html

Eat Your Fruits & Veggies!

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Fruits and Vegetables make excellent take along snacks, additions to school lunch boxes, and nutritious additions to meals.

Remember to wash properly before eating. If cut, the fruits and vegetables require refrigeration to prevent pathogen growth.

Apples, oranges, grapes, left as a whole fruit are a perfect fast food. Take an apple for lunch or snack on grapes. Some fruits require little more preparation than a wash and rub under cool running water. Many

naturally occurring pathogens in our environment are destroyed by cooking. Cooked lettuce is not a desirable product thus; some produce does not lend itself to being cooked. Many fruits and vegetables make a more portable food in the raw uncut state. Washing and refrigeration then become the methods necessary to control sources of food-borne illness.

Here are some reminders for safe produce preparation, storage and consumption:

- ◆ Do not purchase cut produce that is not refrigerated.
- ◆ Wash your hands with hot, soapy water before and after preparing food.
- ◆ According to the Food and Drug Administration, you should wash raw fruits and vegetables very well before you peel, cut, eat, or cook with them. Washing reduces naturally occurring bacteria that may be present on fresh produce.
- ◆ Use clean cold water to wash the produce. Do not wash it with soaps or detergents. Produce washes and vinegar are not necessary.
- ◆ For produce with thick skin, use a vegetable brush to help wash away hard-to-remove pathogens. Produce with textured skin will need a more vigorous brushing. Watermelon requires less vigorous washing than does a cantaloupe.



- ◆ Produce with many nooks and crannies like cauliflower, broccoli, or lettuce should be soaked for 1 to 2 minutes in cold clean water to reduce the risk of food-borne illness.
- ◆ Some produce such as raspberries and blackberries should not be soaked in water. Put fragile produce in a colander and spray it with clean cold water.
- ◆ After washing, dry produce with a clean paper towel. This can remove more bacteria.
- ◆ Do not rewash packaged products labeled “ready-to-eat,” “washed” or “triple washed.”
- ◆ Clean your counter top, cutting boards and utensils after peeling produce and before cutting and chopping. Bacteria from the outside of raw produce can be transferred to the inside when it is cut or peeled.
- ◆ Wash kitchen surfaces and utensils with hot, soapy water after preparing each food item. Sanitizing solution can be prepared by mixing 1 teaspoon unscented chlorine bleach in 1 gallon of warm water.
- ◆ Once cut or peeled, refrigerate as soon as possible at 40°F or below and maintain that temperature until the food is consumed.
- ◆ Eat the prepared produce within 3 days for best flavor and texture.
- ◆ Fresh produce is nutritious; however, if cut produce is left at room temperature it can put yourself and your family at risk of a foodborne illness. Remember to wash hands, utensils, and food contact surfaces with hot, soapy water before and after handling food. Remember to wash your fruits and vegetables before eating. This includes oranges, lemons, limes, bananas, pineapple along with fruits we eat skin and all.

(Sources: <https://uwyoextension.org/uwnutrition/2018/06/21/produce-safety/#more-2087>, extension.umaine.edu, www.fda.gov, www.foodsafetynews.com, msue.anr.msu.edu)

Add Some Gourdish Appeal To Your Garden

Article By:
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Successfully growing squash in Wyoming requires a mishmash of hard work, persistence, variety selection, and a little bit of luck. To increase your odds of success, look to match the type of squash with your gardening environment.

Brief History

The squash plants that we grow and eat today have an extensive history that can trace their origins to South, Central, and North America. Squash are members of the *Cucurbita* genus, which includes other vegetables such as cucumbers. Three species, *Cucurbita pepo*, *Cucurbita moschata*, and *Cucurbita maxima* were domesticated in different regions of the Americas and provide us with most of the squash plants we use today. It is suggested that many species were domesticated seven to nine thousand years ago.

Variety selection

Selecting squash varieties for your garden or farm can be daunting. With such a long history of cultivation, trade, and importance as a food, there is a plethora of varieties to choose from. Varieties we enjoy on our dinner table today were developed in not only the Americas, but also Europe and Asia after being imported. Squash varieties can be selected based on plant growth pattern, shape, color, taste, and days to maturity.

Squash plants grow in a spreading vine pattern or in a bush growth pattern. Vine styles are great for fences or other vertical structures or can be grown directly on the ground as well. Bush growth patterns tend to stay in one area. No matter the growth pattern, plan on squash using a lot of area for production compared to many other vegetable plants.

Squash fruits might be smooth, have ridges, warts, or a combination of all three. Common fruit shapes are round, flat, scalloped, acorn, straightneck, crookneck, oblong, or a mix. Squash might be dull or vibrant in

color with all shades of the color spectrum in solid, striped, or bicolored. With so many combinations of color and shape, squash can provide gardeners with something new and exciting each year.

Matching plants to their environment

Since scientific names are not commonly used and there are so many varieties to keep track of, gardeners have placed these brightly colored vegetables in two categories to help with organization. The two categories are summer and winter. Summer squash are harvested when the skin is still soft and fruits have not fully matured, whereas winter is harvested when the skin is hard and fruits have fully matured. Summer squash includes species such as zucchini, scallops, and crookneck squash. Winter squash includes pumpkins, gourds, butternut, spaghetti, and many other hard-skinned squashes.

Regardless of what species you select for your garden or farm, squash has played a vital role in the lives of many native peoples in North, Central, and South America. A quick look at the plant's origins explains a lot about the environment they prefer. Which is... they like it hot! Eighty and ninety degree air temperatures are perfect for squash growth. Make a plan early to decide what squash varieties will fit your growing environment. Your growing environment includes the number of growing days for your garden or farm, summer high and low temperatures, access for plants to water, light, and nutrient rich soils, and the physical space the plants will need for growth. For people growing squash at high elevations or areas with short growing seasons you might consider summer squash which generally have a shorter days to maturity when compared to winter squash. A combination of winter and summer squash is great for areas that can accommodate both summer and winter squash varieties throughout the growing season.

Squash care

Squash can be directly seeded into a container or garden bed usually around an inch deep. Plants can also be started inside and then transplanted outside to get a start on the growing season. If transplanting seeds, make sure baby plants have plenty of light so they do not become "leggy". Leggy plants get this name because of elongated stems that are formed when plants try to reach for light. Leggy plants are often less structurally sound and can have issues once transplanted. Transplants can be started in a multitude of fashions. Please refer to an article from Barnyards and Backyards for starting seeds indoors: <http://www.uwyo.edu/barnbackyard/files/documents/magazine/2014/winter/010114bbstartseed.pdf>.



Add Some Gourdish Appeal To Your Garden

Continued article....

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Hills or on a level ground work for growing squash. It is a good idea to plant 5-6 seeds in the same spot and then thin seeds down to one or two plants. Hills should be spaced anywhere from three to six feet apart depending on the variety. Ample and consistent water is important for proper plant and fruit growth. Squash enjoy full sun and soils that are high in nutrients. Plants should be rotated each year to avoid disease issues.

Disease and pest issues do exist for squash. Powdery mildew is a common problem that squash face throughout Wyoming. Plants that are grown in greenhouses or high tunnels tend to be more susceptible because of the increased humidity in these structures. Sprinklers can also increase the risk due to increased water on the leaves of plants. Products that contain copper can be used to help decrease the spread of mildew with applications when plants are young. Please read labels for all products before applying them to your crops. You may also want to consider planting varieties that are powdery mildew resistant.

While it is fairly uncommon, Insects do attack squash. Aphids, squash beetles, spider mites, and white flies are just some of the insects that can be problems. If you think you might have insect issues, contact your local Extension office for insect identification and control options.

Saving seeds is an option for squash. Fruits should be allowed to mature fully and then clean the seeds free of plant flesh and juices for proper storage. Seeds need to be dried for several weeks in a dry, cool, and dark location and then storage in a similar location before their use the following year. Keep in mind that squash do easily cross pollinate so you might end up with a very "strange" squash in the garden the following year.



Edible portions

The flesh, seeds, and blossoms can be eaten on squash plants. Squash have both male and female flowers on plants. You will want to consume the male flowers unless you are looking to reduce the production of the plant. The male flowers have a stem that is longer and thinner than that of the female flowers. Seeds can be cleaned free of flesh and then stored for eating or starting new plants. Roasting or baking seeds is the most common practice. The flesh of winter squash is most commonly consumed for food. Different varieties will have different colors and textures of flesh. The skin is obviously edible on summer squash. There are some varieties of decorative squash and gourds that are not edible.

Some common eating squash varieties to try in the home garden.

Summer Squash: yellow crookneck, black Zucchini, Cosmos, Yellow, green, or white scallop, saffron, lemmon, Cocozelle,

Winter squash:

Buttercup, Red Kuri, Waltham Butternut, Blue Hubbard, Connecticut field pumpkin, Early Acorn, Table queen, Spaghetti, Boston Marrow, Delicata varieties.

Make a splash of new colors and textures to your garden with squash. There are endless varieties to experiment with so do not feel frustrated if you do not succeed right away with growing mature fruit. If you have more questions related to growing squash in Wyoming, contact your local University of Wyoming Extension office or Master Gardeners chapter.



Feeling the time crunch?

Teach your child to manage time wisely.

Parents and leaders, have you found yourself nagging your children to complete homework, get off the iPad, or scrambling at the last minute to get that project completed? Youth have schedules just as busy and overwhelming as ours, so time management is critical for their success. This makes me wonder if we have been doing a good enough job of teaching our youth how to prioritize and manage time efficiently. Some days I still struggle with good time management skills, and these are some of the most important skills needed to become a successful adult. In fact, a recent study by Intel Canada highlights that, if given the chance, the top two pieces of advice post-secondary students would give their younger selves are to learn how to better manage their time and improve self-discipline. If time management skills are so important for youth to learn to become successful, what can we do to help them learn these important skills? Keep these pointers from Today'sParent.com, GreatKids!.com, and education.com in mind as you help your child navigate their busy schedule and develop time management skills.

First, help your child distinguish between those things that are urgent and important. Important means it will add value to the quality of life and urgent means it needs attention immediately. Encourage them to focus on those things that are important first. Once your child can identify between those instances that are important and those that are urgent, help them prioritize those values into a hierarchy of importance. For example, prioritize values such as family, health and fitness, school, personal development, community, and friends. You may have to help guide your child to be smart about the hierarchy, then create a checklist so your child can use this as a guide when making time management decisions.

To-do lists are another great way to help your child learn time management. Add tasks from a to-do list on to a day planner or calendar with an estimated amount of time needed to complete the task blocked out. For example, encourage your child to schedule a forty-five minute block of time right before dinner to get homework completed, and a twenty minute block of time right after school to get chores completed. Blocking out tasks such as these is a great way

to help your child visualize how much time is needed to get tasks completed before they move on to their lower priority tasks, such as iPad time.

Create spaces where your child can focus and get items completed. Multitasking is a myth, generally, when we focus on one task at a time, we can more efficiently get our tasks accomplished. Whether it is a quiet, distraction-free study space for homework or checking in that smartphone until chores are completed, encouraging focus on the task at hand will help your child learn self-discipline and help them get tasks completed in a timely fashion.

Teach your child how to set long-term and short-term goals. This may seem strange at first, but really think about it.

That science fair project is due at the beginning of October, and since it's only August, it can be easy to procrastinate till the last week of September. Instead, use this project as an opportunity to set the goal of finishing the project on time, then break the project down into smaller, more manageable tasks that can be completed each week till the end of September, resulting in a project that is done on-time in a stress free manner!

Lastly, it should go without saying, but great time management also relies heavily upon sleep and a healthy diet. Children who try to add more time in their calendar by cutting back on sleep or skipping meals are not getting the energy needed. Therefore, it is important that youth get the adequate amount of sleep and eat a healthy diet so they can stay focused and get all their tasks completed on time.

Lastly, and most importantly, let them take responsibility for their commitments as they get older, and don't let them use excuses or bail them out every time they make a poor time management decision. Practice makes perfect, so the more we practice our time management skills, the better we get! Bailing them out or letting them off the hook only holds youth back from developing these important skills on their own!

Parents and leaders, as your children get busier, these tips will help you help them learn time management skills. As your child learns to manage their own time wisely, they are learning the skills needed to become successful adults!



EFFECTIVE MEETINGS CLASS

Coming this fall!

Do your meetings go on and on but at the end you don't feel like you accomplished anything?

Do you find that your meetings end in you being responsible for getting most of the work done?

Do you wish your meetings were more effective and productive?

You should attend a class on running effective meetings!

Plans are currently underway to offer an Effective Meetings class this fall, but seating will be limited. Please email Juliet Daniels at Juliet.daniels@uwyo.edu with subject line "Effective Meetings" to let her know you are interested and want to be notified when the class is offered.

Express your interest now! Class spots will be available on a first come, first served basis and those who sign up to be notified will be given the opportunity to register first.

Don't miss out on this great opportunity!

FAMILY COUNCILS

Article By:
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Like it or not, in a family business you may find yourself making powerful decisions right next to your brother, sister, cousin or in-law. Family owned enterprises own or control more than 90% of America's businesses. Whether it is a franchise, a retail store started by a grandfather, or a multi-million dollar investment banking firm, family businesses are held to the same management principles and competition as any business. But family enterprises are vulnerable to many more complex issues, ownership and psychological baggage, which can either add to the business and quality of family life or destroy it. Just as families are subject to the pressures of modern society, so are their businesses. Internal, psychologically complex, mixtures of money, love, power and envy can spin a lethal web if uncontrolled. Siblings left to share an empire soon battle about more than toys, ponies or fast cars. This is one reason for the old maxim: the first generation makes a successful business, the second generation builds it, and the third generation blows it.

One valuable tool to maintain communication, foster vision, and plan strategically is the creation of a family council – essentially a forum that allows all family members, in-laws included, a chance to express views and voice concerns. Family councils are an effective technique to give members a greater understanding of the owner's perspective and passion. It also helps teach that the business birthright is not merely an entitlement providing "silver spoon" rewards, it demands responsibility. By allowing each family business member a voice in decision-making, communication is enhanced and, in many cases, improved as family members slice through years of ancient battles.

Sometimes business owners are hesitant to create a family council. They are concerned that their domain will



shift from a dictatorship to a democracy overnight. They tend to be compulsive personalities because it is, after all, their perseverance, sweat and risk that brought on the spoils.

Yet a family council does not mean a shift in power. Family councils open communication, encourage creative thinking, enhance the family's chances of preserving harmony and set the stage for a strategic family vision. Often the CEO attends, but as a participant, not a captain. Sometimes communication that yields first-hand information to all family members can put an end to future gossip and speculation that in the past may have been an ignition switch for trouble.

WHEN TO BEGIN

Family council meetings should begin as soon as the children (or other relations) are old enough to enter the family business with a real job. A family retreat away from home and workplace is the ideal way to inaugurate a council. An experienced family business consultant is an excellent "guest" facilitator to have on this retreat. He or she can lay out the guidelines and help establish the objectives. Though the family members make decisions, a facilitator is often the key to a successful family council meeting. The good facilitator is experienced in steering a discussion away from, for example, 20-year-old gripes and steer towards constructive solutions. He or she provides guidance and structure and ensures that future council meetings follow an organized format.

The goal of the family council meeting is not to resume a depressing family gripe session with echoes of past hurts but rather to open communication by asking questions and discussing ownership issues in a non-threatening and comfortable manner. This freedom of expression



FAMILY COUNCILS

Continued article.....

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can and should lead to policy and decision making that will benefit both family and business.

The facilitator will make sure that the family CEO attends the meeting as a participant, not a boss. This frees family members to "put their cards on the table" and begin addressing underlying problems that have contributed to seething and pent-up resentments. In more complex, dysfunctional families this may not be possible to resolve in one retreat, but the family can at least identify the issues that affect the business. The longer the family keeps at this process of open communication the more comfortable and productive it will become.

WHO'S INVITED

In a first generation family business, the council is usually comprised of the founder, his or her spouse and the adult children. The family council should also include spouses of the children. In a second generation business (sibling partnership), the council is usually composed of the sibling partners and their spouses.

THE FAMILY'S MISSION

The family helps define and decide what they want to do with the family business. Keep it in the family? Sell it outright? Be acquired? Go public in how many years? What would happen if the CEO and majority owner died tomorrow? This is where long discussions can decide such issues as should children not involved in the business still have a say in operations? What are the management standards for the business? How involved shall family members and particularly in-laws be in the business? How compensated? What about ownership of company stock? Management succession? Relationships with each other and how can the family agree about resolving family differences? All responses and thoughts to these questions should be articulated in the family creed.

THE FAMILY CREED

This is a document that should be written (or initiated) at the family council meeting. It is designed to spell out the family's basic values and policies in relation to the business. In effect, it becomes the family's strategic plan. A family creed should be reviewed annually and revised as needed. Some family creeds begin with a mission statement or preamble and should include such items as a statement on management philosophies and objectives; rules on company positions for family members including in-laws; leadership criteria; compensation of family members; voting control and stock ownership; creation of a Board of Directors; present and future communication; a statement on how to treat employees and an agreement to review and amend the creed after a set period of time.



FAMILY FEUDS

There are many who believe that family feuds are inevitable. Barring severe dysfunction, all families experience some dysfunctional behavior and these family members may never change. While people may rarely change, behavior patterns can and do. Sometimes they must for the health of both the family and business.

Siblings can prevent rivalry and jealousies from becoming a destructive force by recognizing its destructive capacities and agreeing on a behavior code with help from an independent board of directors or a facilitator. Conflict is inherent in family business. The question is, will the family choose to manage the conflict or will they, by not addressing the hard issues, allow the conflict to tear the family apart?

The owner of one family business put it to his heirs this way: "We have a fine family business that your mother and I have spent years creating. If you take care of it, it will provide you, your children and grandchildren with many of the good things in life. If you spend your time watching and bickering with each other instead of tending to business, you'll destroy the company and in the process, you'll destroy yourselves."

The family council can help establish a spirit of openness, respect and cooperation that can minimize conflict or, if differences are truly major, provide adjudication to help control the conflict. Fairness is in the eye of the beholder. With planning, preparation and counsel, siblings can develop a regenerating system to cover the inevitable bumps and provide for a lifetime of healthy and productive communication.

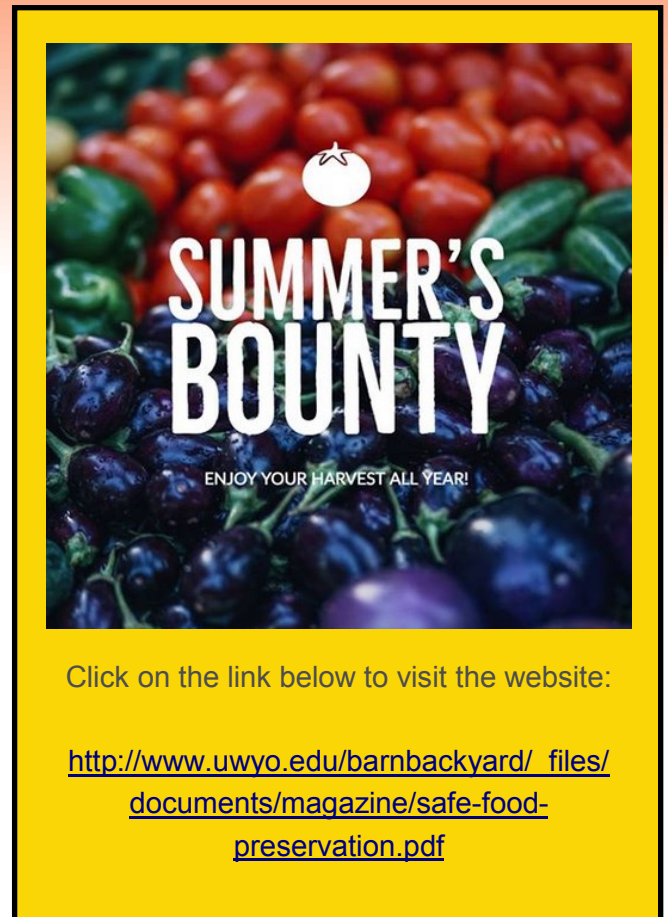
Reference: James Olan Hutcheson. Am I My Brother's Keeper? Regeneration Partners, June 1, 1998

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http://www.wyoextension.org/publications/Search_Details.php?pubid=1975&pub=B-1322



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Click on the link to visit the website:

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Click on the link below to visit the website:

<https://soundcloud.com/user-801877453/uw-extension-lawn-and-garden-podcast-july-27-2018>

Click on the link below to visit the video:

<https://youtu.be/QAoaudxjPnE>

You can use pie pumpkins to make delicious fall treats or to decorate your home and yard.



Bee Houses | From the Ground Up

Click on the link below to visit the video:

<https://youtu.be/f-K9bA2OTXc>

Build a simple bee house to encourage pollinators to visit your flowers and garden. From the Ground Up is your source for Wyoming relevant gardening and horticulture tips, brought to you weekly by the University of Wyoming Extension.



Winter Care for Young Trees | From the Ground Up

Click on the link below to visit the video:

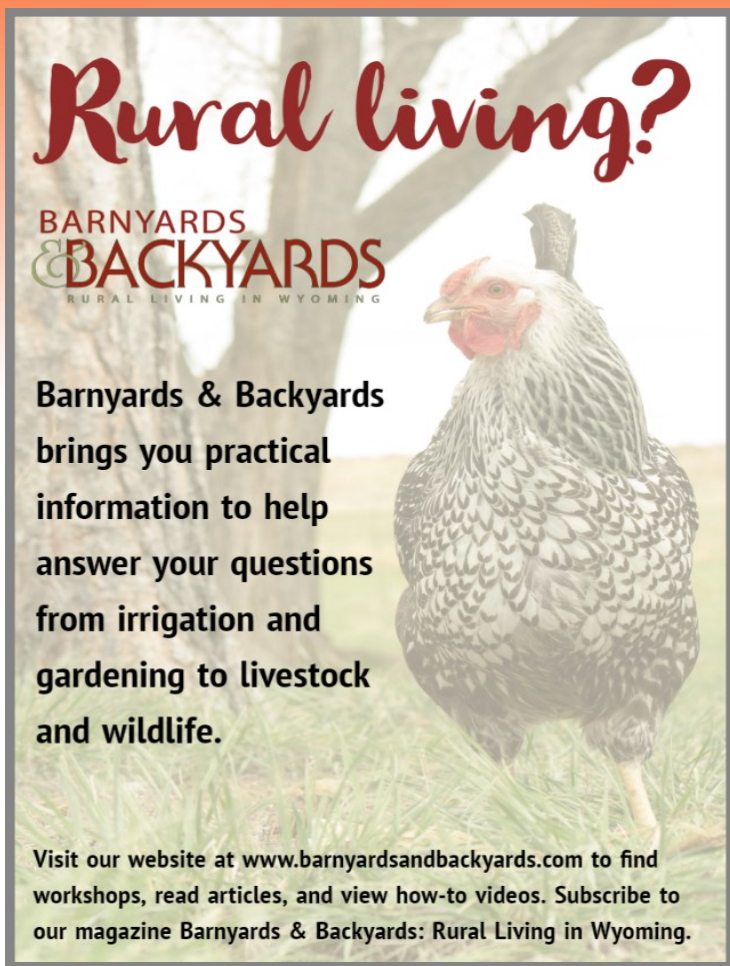
<https://youtu.be/60cOVEGsmz0>

Summer isn't the only time to care for your young trees. In the winter and early spring, make sure your trees have enough water and protect them from animals.



Pie Pumpkins | From the Ground Up

EXTENSION RESOURCES



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MP-119-3

CANNER'S CORNER: ENJOYING SUMMER'S BOUNTY

Issue Three

A taste for tomatoes

Patti Griffith, Nutrition and Food Safety Educator, University of Wyoming Cooperative Extension Service

If processing tomatoes with citric acid or lemon juice is not part of a home canner's tomato-canning procedures, it's time to update that home-canning information.

Tomato-processing procedures have changed over the past few years due to the lower acidity found in today's varieties. The latest research-based recommendations from the U.S. Department of Agriculture (USDA) are contained in USDA's *Complete Guide to Home Canning* and include processing some packs of tomatoes up to 100 minutes in a boiling-water bath at some Wyoming altitudes. Check the Home Canner's Questions in this fact sheet for the correct amount of lemon juice or citric acid to add to tomatoes.

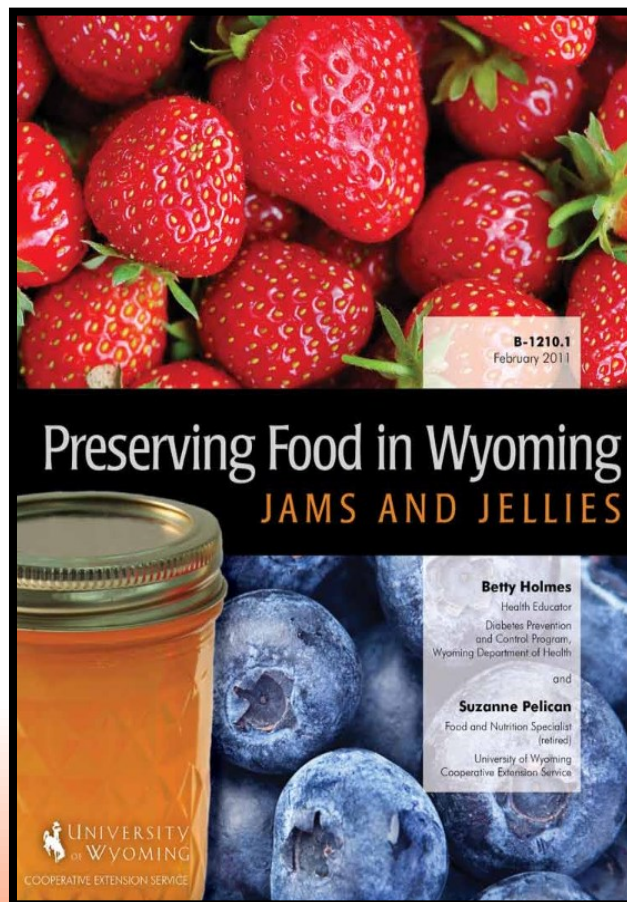
The University of Wyoming Cooperative Extension Service (UW CES) Food and Nutrition Web page at www.uwyo.edu/ccsnutrition/Food_Preservation.htm links to on-line versions of USDA's canning guide. Click on the UW Resources link to access Wyoming-specific versions of USDA's guidelines (see the Preserving Food in Wyoming link), including one specifically on tomatoes, or click on the Web Sites link to access the entire USDA publication.

The fresh taste of tomatoes, just off the vine and still warm from the sun – is there any taste that better says summer? This is the vegetable we long for most when supermarkets offer rather flavorless, winter tomatoes.

Click on the link to visit the website:
There are **12** issues of the **Canner's Corner - Enjoy each issue!**
<http://www.uwyo.edu/foods/educational-resources/food-preservation.html>



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Preserving Food in Wyoming JAMS AND JELLIES

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