

February 2012

February

For the most complete and up-to-date listing of events, or for more information on topics of interest, please visit our website:

extension.unh.edu

If you have questions, or would like to be added to our e-mail list, contact us at:

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3855 Dartmouth College Hwy., Box 5
North Haverhill, NH 03774
Tel: 603-787-6944
E-mail: grafton@ceunh.unh.edu

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UNH Cooperative Extension - Grafton County

6 Cooking Matters for Families

4:00 p.m. - 6:00 p.m. @ St. Rose of Lima Parish Hall - Clay Street, Littleton

Class dates: 1/30, 2/6, 2/13, 2/20, 2/27 & 3/5

A 6 week cooking and nutrition series for children and families. At this workshop you will learn basic cooking skills necessary to prepare healthy, low-cost meals and develop healthy eating habits at home, at school and when eating out. Experience how rewarding it can be to prepare and share meals together as a family. Contact Kathy Jablonski at 787-6944 to register. Income guidelines apply.

10 4-H Science Night

6:30 p.m. - 9:00 p.m. @ Grafton County UNHCE Office - North Haverhill

This month we will explore Junk Drawer Robotics! What do you think we will be able to design and build? Open to 4-H'ers and other interested youth ages 10+ (or younger with an adult). Space is limited to 20 participants. RSVP to Becky Colpitts at 787-6944.

11 Women's Day of Wellness

9:00 a.m. - 12:00 p.m. @

Pemi-Baker Community Health - 101 Boulder Point Dr., Suite 3, Plymouth

Enjoy a day of pampering that includes nutritional consultation, massages and an aquatics class! \$20 per person. For more information contact Pemi-Baker Community Health at 536-2232 or visit their website: <http://www.pemibakerhomehealth.org/>

11 2012 4-H Food Show & Public Speaking Contest

9:30 a.m. - 3:00 p.m. @ Haverhill Coop. Middle School - N. Haverhill

This year's theme: "Versatile Vegetables". Open to any Grafton County 4-H Cloverbud (ages 5-7) or member, ages 8-18 as of 1/1/12. Registration should be done with your club leader and received at the Grafton County Extension office by January 27, 2012. For more information contact Donna Lee at 787-6944.

Continued →

February 2012

HOW Can We HELP?

Our professional staff are available for individual advice, workshops, demonstrations, seminars and public meetings.

Feel free to contact us and let us know how we can put knowledge and research to work for you!

4-H Youth Development
Kathleen Jablonski
kathleen.jablonski@unh.edu

Agricultural Resources
Heather Bryant
heather.bryant@unh.edu

Dairy
Michal Lunak
michal.lunak@unh.edu

Family & Consumer Resources
Deborah Maes
deborah.maes@unh.edu

Forestry Resources
David Falkenham
dave.falkenham@unh.edu

Nutrition Connections
Lisa Ford
lisa.ford@unh.edu

Volunteer Management
Becky Colpitts
becky.colpitts@unh.edu

February (continued)

13 North Country Forage Crop Seminar

10:00 a.m. - 2:30 p.m. @ Cabot Inn - Route 2, Lancaster

The focus of this seminar will be on how to grow small grains (wheat, oats, barley, etc.) for both the feed and food market, and practical pasturing techniques suitable for all livestock producers. We will also talk about a new way to assess fertilizer uses. **Registration is required.** \$15.00 if registered by February 3rd, \$20.00 after. Contact Steve Turaj, Coos County UNHCE, 788-4961.

15 Budget Basics

11:00 a.m. - 11:45 a.m. @ Peer Support Center - 267 Main St., Littleton

Learn how to create and follow a budget to help you reach your goals. Contact the Peer Support Center at 444-5344 for more information or to register.

15 Food Safety for Child Care Providers

6:00 p.m. - 7:30 p.m. @ Children's Ctr. of the Upper Valley - Lebanon

This workshop will review critical food safety and sanitation concepts such as personal hygiene, preventing cross contamination, and controlling time and temperature. A great overview for new employees and the perfect refresher course for more experienced staff. To register, contact Patricia Enneper at 448-5168.

22 New Concepts in Collaborative Milk Marketing

9:00 a.m. - 3:30 p.m. @ Makris Lobster & Steak House - Sheep Davis Rd., Concord

A risk management workshop for dairy producers (and other producers interested in collaborative marketing of their products). \$15 per person. **Please register by February 17th.** For more information contact Michal Lunak at 787-6944.

29 Everything You Need to Know About Growing Blueberries

1:00 p.m. - 3:00 p.m. @ Grafton County UNHCE Office - North Haverhill

Find out what you need to know before you plant blueberries, whether your plans are for backyard or commercial blueberry production. NRCS will provide an update on assistance available to growers who want to implement conservation practices on their farms. Please call Pam Gilbert at 353-4652 x103 to register.