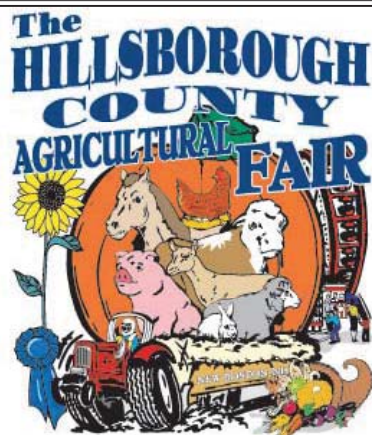


September/October 2008

51st Annual



**It's Fair Time!
Come join the fun!**

September 5 - 7, 2008
4-H Youth Center

15 Hilldale Lane Route 13 New Boston

Exhibit set up Thursday Sept. 4th 2 - 9 pm

Fireworks on Saturday night @ 9 pm

Admission: Adults: \$10 one day; \$24 three day

6 - 12 years: \$5 one day; \$12 three day

Under age 6: free

63 & over: Senior Day, Friday \$5; Sat/Sun \$10

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**4-H Day at Eastern States Exposition
September 15th!**

What a great opportunity to take your family to the "Big E" on 4-H Day and walk with other 4-H'ers in the parade. Free gate tickets are available by calling 641-6060 or email the 4-H office to let us know how many tickets you need.

For more information visit the "Big E web site <http://www.thebige.com/> 4-H at The Big E is an exciting opportunity for over 600 youth ranging from 12 - 18 years of age. 4-H members who participate in animal shows are on the grounds for 3 to 4 fun packed days. There are also many opportunities for 4-H members and groups to present their projects in the New England Center and the Farm-A-Rama Stage for two days. NH will send over 60 members and leaders to participate in this year's programs and events. These youth will have the opportunity to showcase their animals and/or skills they have learned to the 1.2 million visitors of the Big E. Make plans to bring the club or family for the day.

Calling Young Entrepreneurs

Are you between 12 and 18 years of age and have a great idea for a community project or business?

Youth Ventures has teamed up with NH 4-H to offer this wonderful opportunity to teams of youth. Learn leadership skills, teamwork and possibly start the next NH success story like Stonyfield Farms or Segway.

Youth teams can receive up to \$1000 to implement their idea. For more information or to discuss your idea, email Michael Koski at michael.koski@unh.edu, or call 641-6060

Hillsborough County Fair Exhibitors Wanted!

Have you visited the fair and wondered how you could enter your favorite photograph or best tomatoes? Would you like to be part of the King Arthur Flour Contest or the Buttermilk Donut Baking Contest?

Exhibiting is easy ... and best of all - free! There are plenty of classes to choose from offering homemade and home-grown items for children and adults alike.

Visit the fair's website at <http://www.new-boston.nh.us> (click on Hillsborough County Fair) to read through the fairbook and choose your classes, or call the Extension office at 641-6060. We'll see you at the Fair!

2008 State 4-H Horse Show

Twelve outstanding 4-H horse members participated in this year's State 4-H Horse Show held July 18 - 20 in Deerfield. Allison Fortin rode *Teddy's Tuff Too*, Alyssa Birt on *Breakfast with Muffin*, Rachel Henderson on *Piper Ridge Roxie*, Ashley Winslow on *Clusive Dream Maker*, Cody Griffin on *Griffinbrooks Minnie Pearl*, Jordan Springmann on *Collander Lass*, Liam Cashin on *Romeo* and Hanna Perron on *Rainbow*. Supporting the team as stable managers were Rachel Springmann, Elizabeth Fontaine, Brianna Stoye and Paige Tuttle.

Joanne Gelinias headed the team with help from Pam Larivee, Norman Martel and Hannah Hebert. A big thank you goes to Eric and Jennifer Winslow who were the cooks for the weekend and the parents and friends who helped during the weekend.

Congratulations to Allison Fortin and Alyssa Birt who are two of the 20 youth chosen to participate on the State 4-H team going to Eastern States in September. Liam Cashin will be one of the four stable managers working with the group. Joanne Gelinias will also accompany the team. Rachel Henderson was chosen as an alternate rider and Ashley Winslow as an alternate stable manager.



Back left, Joanne Gelinias, Hannah Hebert, Allison Fortin, Paige Tuttle, Brianna Stoye, Alyssa Birt, Rachel Henderson, Ashley Winslow, Pam Larivee, Norman Martel

Front left, Elizabeth Fontaine, Cody Griffin, Rachel Springmann, Jordan Springmann, Hanna Perron, Liam Cashin, Mascot Maddie

Rain Gardens: Reducing Run-off, Improving Water Quality by Margaret Hagen, UNHCE Extension Educator, Agricultural Resources

Rain gardens are just what they sound like, gardens that soak up rain. Rain gardens collect run-off from roofs, driveways, yards and parking lots and allow that water to filter into the ground where it is used by plants. Rain gardens help protect the water quality in our lakes, streams, rivers and ponds by reducing the amount of polluted run-off reaching them. If installed correctly, rain gardens can easily collect up to 90% of the run-off from impervious surfaces.

Rain gardens are based on the idea that roots of the right plants, given the time to do so, will soak up large amounts of water, usually within a day. Rain gardens are not located in places where water stands for several days after a heavy rain. Water drains too slowly into the soil in these areas. Instead, an ideal location for a rain garden is where water is already going - on a downslope that drains well and is at least 10 feet away from a building.

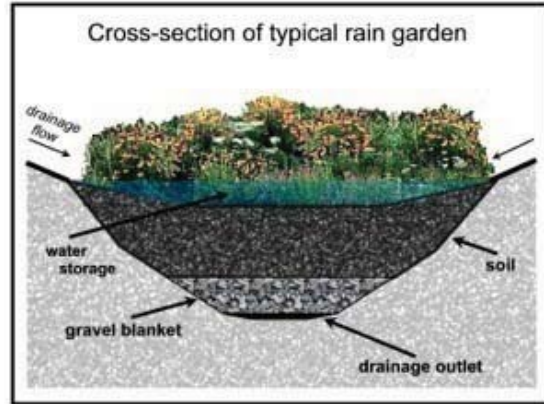
Why are we hearing so much about rain gardens now? As our population increases, agricultural

and forest land is being replaced by cities and suburbs, with their many impervious surfaces. Instead of soaking into the ground stormwater quickly runs off the impervious surfaces in these developed areas. This causes problems for both the environment and the municipalities that have to cope with the costs of increased stormwater run-off. Flooding is more frequent, especially "flash" flooding.

While putting in a rain garden may seem like a very small thing, collectively rain gardens can produce very significant benefits for communities and the environment. Everyone remembers the terrible damage caused by floods the last few years in New Hampshire. I think all would agree that if rain gardens could play even a small role in reducing future flooding that would be a very good thing.

How do rain gardens work for us?

- Rain gardens increase the amount of rain water that filters into the ground, recharging our aquifers. This helps to sustain adequate



flow in streams and rivers during dry spells.

- They help protect our surface waters from pollutants carried by stormwater, oil and other fluids from cars, substances that wash off of roofs and paved areas, pet waste, fertilizers, pesticides, by-products from household cleaners, and other pollutants. The EPA estimates that up to 70% of the pollutants in surface waters are carried there by stormwater run-off.

- Rain gardens provide valuable habitat for birds, butterflies and beneficial insects, especially when planted with native species that have large root systems for absorbing water.

- They can reduce erosion of stream banks and shorelines by slowing damaging water flow.

- Rain gardens can reduce the need for expensive municipal stormwater treatment systems.

- They can improve the appearance of a landscape, increasing property values.

- Water often penetrates deeper in a rain garden, encouraging worms and other soil organisms, thus creating healthier soil.

- And rain gardens may actually help eliminate mosquito problems created by standing water in other parts of the landscape.

See Rain Gardens, page 4

UNH Cooperative Extension Master Gardener Program Lend a Growing Hand!

Consider becoming a Master Gardener volunteer for UNH Cooperative Extension to share gardening knowledge and experience and educate individuals and communities.

An interest in plants and gardening, a personal commitment to volunteerism and enthusiasm for sharing knowledge with others are the only prerequisites.

The educational component of the Master Gardener Volunteer Program consists of 13 weeks in a classroom setting with hands-on activities.

Instructors provide an overview of: major horticulture subjects; environmentally sound gardening practices; food safety and preservation; and issues affecting NH residents and

Do you love gardening and sharing your gardening experience with others?



Visit the web site at

<http://ceinfo.unh.edu/Agric/AGMastGD.htm>

home owners.

To become a Master Gardener, graduates volunteer 45 hours at the Family Home & Garden Education Center Information Line answering questions from the public.

The Winter/Spring 2009 class will begin Tuesday, February 3, 2009 at 9 am-4 pm and run each Tuesday through April 28, 2009 at the Hillsborough County Office in Goffstown. Classes are **Applications are due January 5, 2009.** Class size is limited and fills up quickly, so register early!

For more information and an application: call 877-398-4769 or send an email to: marcy.stanton@unh.edu

What's Happening in Extension!

Agriculture

Greenhouse Energy Conservation and Audits with John Bartok

Date: September 16 & 17, 2008

Time: 9 am - 3:30 pm

Location: Sept 16: Massebesic Audubon Center, Auburn. Sept 17: Local Greenhouses

Cost: \$38 (This program is partially grant-funded)

UNHCE is offering a two day workshop focusing on alternative fuel sources, energy consumption, and becoming more energy efficient. The workshop will be centered around Dr. John Bartok, Extension Professor Emeritus & Agricultural Engineer, University of Connecticut, and his expertise in the field of energy conservation in greenhouse production. Day one will be lecture based, covering the topics previously mentioned. Day two will be on location at three different New Hampshire greenhouse operations. Participants will put into practice what they learned on day one by completing energy audits at the three locations on day two. For more information contact Margaret Hagen at 641-6060.

New England Greenhouse Conference & Expo Featuring Orchid Production Speaker

Date: November 5 - 7, 2008

Location: Worcester, Massachusetts

For more information visit nengreenhouse.org



UNIVERSITY of NEW HAMPSHIRE
Cooperative Extension

Hillsborough County

329 Mast Road
Goffstown, NH 03045
(603) 641-6060
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<http://extension.unh.edu>

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Mission Statement

"UNH Cooperative Extension provides New Hampshire citizens with research-based education and information, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources, and improve the economy."

Landscaping at the Water's Edge

Date: October 8 & 15, 2008

Time: 8 am - 3:30 pm

Location: Keene State College, Keene

Cost: \$125

Landscaping at the Water's Edge is a two day workshop for conservation commissions, planning/zoning board members, lakes association representatives and other local decision-makers. The scope of the training includes an understanding of soils and water movement, site assessment, erosion control techniques, guidelines for vegetative buffers, principles of ecological landscape design, plant selection and planting, and low impact lawns. For more information call Margaret Hagen at 641-6060.

Family & Consumer Resources

Starting Over...

New Choices, New Directions

Date: Thursday, September 18, 2008

Time: 4:30 pm - 6:30 pm

Date: September 19

Time: 10 am - 12 pm

Date: October 20

Time: 12 pm - 2 pm or 4:30 pm - 6:30 pm

Date: November 13

Time: 12 pm - 2 pm or 4:30 pm - 6:30 pm

Location: Hillsborough County Coop Ext.

Cost: \$50 per individual or \$65 per couple. The course fee will be waived with necessary documentation of financial hardship.

This two-hour course is for NH bankruptcy filers to meet the requirements for personal financial education, as specified by federal bankruptcy law. Upon completion of this course and submission of a course evaluation form, a certificate of completion will be provided to each participant.

Preregistration is required one week prior to the course date, along with payment of the course fee.

To preregister and for more information, please contact Maggie Decker @ 641.6060 or by email at maggie.decker@unh.edu.

Safety Awareness in the Food Environment (SAFE)

Date: Monday, September 8, 2008

Time: 1:30 pm - 3:30 pm

Location: Heron Pond Elementary School, Milford

Date: September 9 or October 22

Time: 11 am - 1 pm

Location: NH Food Bank Manchester

Cost: Free

Do you prepare or serve food to the public? As food handlers, you make hundreds of food handling decisions that can potentially affect the health of many people. Explore the

alternatives and consequences of various "risky" situations that happen when serving food to the public.

The two-hour program covers time and temperature, personal hygiene and safe food handling techniques.

The workshop will help you understand how poor decisions can affect the safety of the food you serve; what practical steps can reduce risk in food handling situations; how these steps fit your process, from receiving to serving. To register call Alice Mullen at 629-9494 x150.

4-H

2008 Northeast Regional Volunteer Forum

Date: October 23-26

Location: At the Center of NH/Radisson Hotel Manchester

It's not too late! Register now to attend one or more of the workshops and activities the forum has to offer. Scholarships may still be available. This forum is open to all 4-H leaders, teens, parents, and volunteers from other agencies, after school providers, teachers, etc. Visit <http://extension.unh.edu/4H/4H.htm> for more information or to register, or call the 4-H Office at 641-6060.

4-H Market Lamb Auction

Date: Sunday, September 7, 2008

Time: Show begins 12:30 pm

Sale starts at 3 pm

Location: 4-H Youth Center New Boston Hillsborough County Agricultural Fair

Forestry

Tree Pruning Demonstration

Date: Saturday, September 20, 2008

Time: 9 am - 11 am

Location: McCollum Field, Mont Vernon

To register and for directions, please call 641.6060

Learn how to care for and prune small landscape trees. Demonstration by Jon Nute, UNHCE Forester.

19th Annual NH Tree Farm Field Day

Date: Saturday, September 27, 2008

Time: 8 am - 3 pm

Location: Andorra Forest Tree Farm, Stoddard

Cost: \$15 per person

\$10 Children under 12

Rain or shine

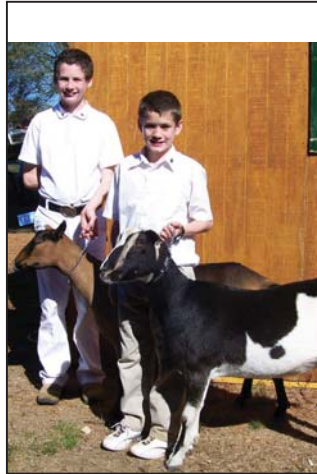
Join us at the Andorra Forest Tree Farm to learn about the award winning techniques and principles that have been applied in managing this land. You can also pick up some new ideas that apply to your property. For more information, call the NH Tree Farm Program office @224-9945.

Mark and Travis Cook are off to the Big E in September with their 4-H goats.

Both young men qualified at the Stratham Fair held on July 25th – 27th. Mark shows *Oberhaslis* and Travis shows *LaManchas*.

The 4-H program at the Big E is a cooperative effort with the Eastern States Exposition and the Cooperative Extension Program of the New England states.

Their missions are to motivate and recognize the achievements of the 4-H members, and their volunteer leaders; to give the general public attending the Big E a better understanding of 4-H educational efforts, including the organization, program and accomplishments; to provide educational experiences for the members that may not be available in the individual states; to make the program and activities visible to the general public who attend the Big E; to expand the image of 4-H as a total diverse youth development program and to identify 4-H as an integral part of the Cooperative Extension Program and the land grant universities of New England and to involve youth as equal partners in full decision-making roles.



Mark and Travis Cook

It is an honor for these Hillsborough County 4-H youth to be chosen to participate in this program.

Rain Gardens , *continued from page 2*

Where should a rain garden go?

The easiest place to put a rain garden is downhill from an existing roof or paved surface where water naturally flows. To determine if the soil is suitable, perform a small percolation test. Dig a hole about 6 inches deep and fill it with water. If there is still water in the hole after a day, it's not a good site for a rain garden. Rain gardens should be located at least 10 feet from the building foundation to avoid water in the basement, and should not be located over a septic system or near a well. It is easier to build and maintain a rain garden in a flat or nearly flat area. If the slope is more than 12% it will be extremely difficult to create a level rain garden. If possible locate the rain garden in full sun, away from tree roots. Call Dig Safe (1-888-Dig-Safe) if there is any doubt about the location of underground pipes and utilities.

How big should it be?

Ideally the rain garden should be able to hold the rain water from a one-inch rainstorm. To accomplish this, the rain garden will need to be 30% of the drainage area. Calculate this by measuring the total

4-H Record Due October 1, 2008

The *4-H Record Books and Marketing You* are due at the 4-H Office by October 1, 2008.

Youth 11 and older that have been in a project for 2 or more years can apply for a medal in that project area. To do this, write your 4-H story about the project and show how you have grown in life skills, knowledge, expanded your project work, etc. There are specific guidelines you can get from the office or the web site to help at www.extension.unh.edu.

Scroll down to find "County Medal Application." Place this form in the front of your record book to be judged to see if you qualify for a medal. You can apply for more than 1 medal at a time. Make sure to write a different paragraph about each project.

If you have any questions call the 4-H office.



National 4-H Week **October 5 - 11, 2008**

A Week Long Celebration of 4-H Across the Country

The 4-H office is seeking clubs or members to promote 4-H at their school, store, library or any place that would let you place a display or poster.

Please call the 4-H office to get bookmarks, logos or other printed information to use in your display. We would like to have some kind of display or poster in every town in Hillsborough County.

with gently sloping sides. Gradually taper the berm off as it wraps around to the side where run-off will enter. For more assistance with calculations see: www.clean-water.uwex.edu/pubs/raingarden.

When choosing the plants for a rain garden you will want to choose water-loving plants for the bottom, plants that need moisture for the middle, and drought-tolerant plants for the top and the berm. Grouping individual species in clumps of 3 to 7 plants will provide a bold statement of color. Repeat these groupings in the planting to provide cohesion and repetition. The URI Cooperative Extension Sustainable Tree and Shrub Manual provides an extensive list of native plants that will do well in most of New England. It is available online at http://www.pse.uri.edu/maynard_susplants/html_spl2000/index.htm.

The Portland Water District and the Maine Department of Environmental Protection also have good native plant lists: <http://www.pwd.org/news/publications.php>. After planting use the first few rains to evaluate the rain garden to determine if you need to make adjustments.

Practical solutions to everyday questions

Family, Home & Garden
EDUCATION CENTER

TOLL FREE INFO LINE
1-877-EXT-GROW
(1-877-398-4769)

Open-Monday-Friday 9am-2pm & Wednesday 5pm-7:30pm

Email questions to: answers@unh.edu

Visit our website: extension@unh.edu

Call us with questions about tree planting & care, gardens, plants & landscapes, lawns, fruits & vegetables, pest problems, household food safety & preservation, healthful eating, family & consumer questions, backyard livestock and more...