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UNH Cooperative Extension  
Hillsborough County  
329 Mast Road  
Goffstown, NH 03045

## Become a NH Natural Resources Volunteer!

Do you enjoy learning about NH's outdoors and sharing with others? Are you concerned about the future of NH's forest, wildlife, and water resources? Are you on a member of conservation commission, land trust, or watershed association or have thought about becoming more involved in your community?

If you answered "yes" to any of these questions, NH's Natural Resource Volunteer program can provide you with many opportunities.

Beginning in September 2008, UNH Cooperative Extension, in partnership with several natural resources agencies, will host NH's Natural Resources Volunteer Program, core training for Community Tree Stewards, Earth Team and Wonders of Wildlife volunteers. The course consists of 12 sessions that include: NH ecosystems, watersheds and changing land use; wildlife species and habitats; soil and water resources; working with local governments for natural resource management; land conservation and protection; tree identification, evaluation, planting, and care; threatened and endangered plant and animal communities; sustainable living, integrated landscaping, and climate change - what you can do to help make a difference. (The course may also be taken for college credit through Great Bay Community College, Manchester Community College, or the University of New Hampshire.)

These sessions provide participants with a comprehensive background in natural resources, and in return participants have a wide variety of opportunities to volunteer.



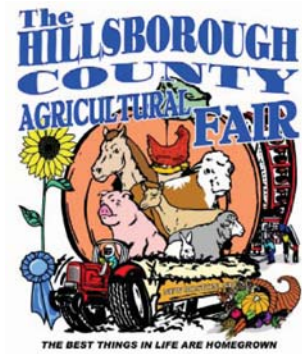
Graduates from NH's Natural Resources Volunteer Program help: inventory natural resources, permanently protect thousands of acres of land, develop community gardens and landscapes, discover endangered species, join conservation commissions, watershed associations, and lands trusts, deliver educational programs to adults and children, write and publish articles, and measure some of the largest trees in New Hampshire! Since 1991 the program has assisted over 100 New Hampshire communities.

The courses are being offered in Stratham at the Community Colleges on Wednesdays, beginning on September 3, and in Manchester on Fridays, beginning September 5, from 8:45 am - 4 pm. Each site will host the series of 12 sessions through November 21.

A \$75.00 course fee covers costs and includes extensive resource material. Participants are asked in return to volunteer 40 hours over a two-year period of time through a wide variety of projects and activities that focus on New Hampshire's natural resources. A limited number of scholarships are available to individuals unable to pay.

To help care for natural resources in your community join the NH Natural Resources Volunteer Program! For an application or more information visit our web site at [ceinfo.unh.edu/forestry/documents/treestew.htm](http://ceinfo.unh.edu/forestry/documents/treestew.htm) or contact Pam Doherty, UNH Cooperative Extension at 629-9494 ext. 120.

NH's Natural Resource Volunteer Program is sponsored through a unique partnership of NH agencies responsible for protecting and managing the state's natural resources including: UNH Cooperative Extension, NH Division of Forest and Lands, NH Fish and Game Dept, the USDA Natural Resources Conservation Service, and County Conservation Districts.



THE BEST THINGS IN LIFE ARE HOMEGROWN  
**It's Fair Time!  
Come Join the Fun!**

## 51st Hillsborough County Agricultural Fair

**SEPTEMBER 5-7, 2008**

4-H Youth Center-Route 13  
New Boston, NH

Exhibit set up:

Thursday, September 4

2:00-9:00 p.m.

Call 641-6060 for more  
information or visit :

[www.extension.unh.edu](http://www.extension.unh.edu)



Joe Dupont a 4-H member from Deering would like to invite you to join the fun at the 51st Hillsborough County Agricultural Fair. Exhibit your crafts, sewing, vegetables, cooking, (how about entering the King Arthur Baking or Apple Pie Contests.)

Join us on Friday night for the Giant Pumpkin weigh-ins.

The Fair book can be found on the UNH Cooperative Extension web site: [www.extension.unh.edu](http://www.extension.unh.edu). If you have any questions you can call the 4-H office at 641-6060.

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## 2008 State Activities Day Awards Top Honors

Twenty-eight, 4-H members from Hillsborough County participated at the State Activities Day, held at Pembroke Academy on May 31. Thank you to 4-H leaders, Larry and Sharon Boisvert, Elizabeth Dolan, Donna Meuse, Meagan Slater and Rachel Bailey, who volunteered to judge at this event.

The youth participated in the following events: Allison Fortin, Laura Franzini and Lara Kazo participated in the photography exhibit; Katelyn Cullinane, Sarah Koski, and Brianna Stoyle in the poster exhibit; demonstrations, Breeanna Brennman and Lauren Pratt; public speaking, Grantham Raymond and Liam Cashin; action exhibits, Ethan Craggy, Cody Griffin, Meagan Meyers, Natalie Herfurth, Sarah Lundquist, Katelyn Cullinane, Kristen Paquette, Victoria Dow, Jessica Gomez, Brianna Hirst, Anli Kelly-Durham, Kristin Hirst, Emma Nickerson, Paige Tuttle and Brianna Stoyle; modeling, Alice Johnson and Natalie Herfurth; Fashion Revue, Sarah Koski, Sarah Lundquist and Samantha Patch.

Receiving top honors at State Activities Day and an invitation to Eastern States in September, were Kristin Hirst, Anli Kelly-Durham, Brianna Stoyle, Paige Tuttle and Lauren Pratt.

The following 4-H'ers were recognized for participating in the Marketing You Program. These members received the State Achievement Award in recognition for their hard work and positive contributions to the NH 4-H program. Liam Cashin, Mark Chase-Cook, Christopher Humber, Connor Humber, and Amanda Hanson.

In addition to a State Achievement Award, Alyssa Birt was a National Conference award recipient and attended the National 4-H Conference in Washington, D.C. in March.

Grantham Raymond and Will Collins received the State Achievement Award and National Congress award to attend the National 4-H Congress in Atlanta, Georgia in November.

Congratulations to all of the members who participated at State Activities Day and to all of the 4-H leaders who volunteer to work with these members.



**Anli Kelly-Durham and Kristin Hirst, members of the Thumpers Club, show how to make their Flip Books at State Activities Day. Twenty-eight, 4-H Action Exhibits were showcased at the event.**

## Hats Off to 4-H Grads

Congratulations to our 4-H members that have graduated from High School. Courtney Collishaw, Brenda Jackson, and Britany Parker – Alvirne High School; Allison Fortin and Briana Lafoe – Goffstown; Ruth Newhouse – Amherst; Jamie Wojtkiewicz - Bishop Brady; Grantham Raymond - Home-School Program.

Congratulations to Kate Sartell one of our 4-H leaders. Kate works with the Hillsborough County Shepherds and the 4-H Sheep Clinic, during her summer and college vacations. Kate received her Bachelor of Science in Animal Science with a Minor in Education at Cornell University.

## Preserving Your Harvest

When your garden is overflowing with vegetables, food preservation can help you store good quality food for later use. Canning, freezing and drying are the three main methods of preserving food. The method you choose will depend on whether there are safe preservation guidelines for the food you want to preserve; how you plan to store your preserved food; how much it costs to preserve the food; whether your family likes the preserved product.

If you plan to can vegetables, pressure canning is the only safe method. A pressure canner is a specially made heavy pot with a lid that closes tightly to prevent steam from escaping. The pressure gauge registers the pressure inside the canner. Pressure canners that have a dial gauge should be checked for accuracy yearly. Gauges that are off more than one pound at 5, 10, or 15 pounds of pressure should be replaced. Dial gauges and canners can be checked at the UNH Cooperative Extension Family, Home and Garden Education Center in Manchester or at most local Cooperative Extension offices.

Freezing is one of the easiest, most convenient and least time consuming methods of preserving foods. Before freezing, the enzymes in vegetables need to be inactivated. If the enzymes are not inactivated, changes in color and flavor, as well as loss of nutrients, can occur. Blanching vegetables inactivates the enzymes. To blanch vegetables, place vegetables in boiling water or steam for a short period of time. Then rapidly cool in ice water to prevent further cooking. Blanching also destroys microorganisms on the surface of the vegetables. For the recommended blanching times for different vegetables, call 1-877-398-4769 or visit the National Center for Home Food Preservations at <http://www.uga.edu/nchfp/>.

Call 1-877-EXT-GROW (1-877-398-4769) for more information.



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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."

# What's Happening in Extension

## Agriculture

### New Hampshire Tree Fruit Meeting

**Date: Wednesday, July 9**  
Time: 5:30 p.m. - 8:00 p.m.  
Location: Apple Hill Farm, Concord, NH

Hosts: Chuck and Diane Souther  
Speakers: Dr. Tracy Leskey, Research Entomologist at the USDA-ARS Appalachian Fruit Research Station in Kearneysville, WV, Starker Wright, Support Scientist at the USDA-ARS Appalachian Fruit Research Station in Kearneysville, WV

Tracy and Starker will be speaking on a new approach for controlling plum curculio in apple orchards that they are doing in New Hampshire orchards.

The meeting is co-sponsored by the New Hampshire Fruit Growers Association and the UNHCE.

**Farm Safety Twilight Meetings**  
Based on a request made by the Hillsborough County Farm Bureau and the NH Vegetable and Berry Growers Association, there are two On-farm Farm Safety twilight meetings scheduled for this coming summer.

**Date: Wednesday, July 23**  
Time: Late afternoon  
Location: Wilson Farm of NH Litchfield, NH

or

**Date: Thursday, July 24**  
Time: Late afternoon  
Location: Lancaster Fairgrounds in Coos County

Dr. Sam Steel, a Farm Safety Specialist and Senior Research Associate of Department of Agricultural and Biological Engineering at Penn State University will be the guest presenter. Tractor Roll-Over Safety, Tractor PTO Safety, ATV Safety for Farms and Farm Safety for Children will be covered. Dr. Steel will bring displays and demonstration models to the meetings that they use in Pennsylvania Farm Safety Programs. For more information call (603)641-6060.

### Vegetable Growers' Twilight Meeting on Pumpkin Diseases

**Date: Wednesday, August 13**  
Time: Evening  
Location: Yankee Farmer Farmstand 171 Forest Road (off of Route 31) Greenfield, NH

Hosts: Steve and Kathy Seigars

The farm twilight meeting is for small and large scale commercial vegetable growers. The twilight meeting will review pumpkin diseases and control strategies. Brief updates will be given by UNHCE Extension Educators and Specialists. Yankee Farmer Farmstand is home to the Yankee Siege Trebuchet. Yankee Siege is a trebuchet used to launch pumpkins, and Steve will be demonstrating the trebuchet in action. Call George Hamilton at (603)641-6060, for further details.

### UNH Woodman Horticultural Farm - Tree Fruit Twilight Meeting

**Date: Wednesday, August 30**  
Time: Evening  
Location: Durham, NH

The UNH Woodman Horticultural Farm staff and UNH Cooperative Extension are sponsoring this twilight meeting. University of New Hampshire Faculty and Extension Specialists will be present to discuss research taking place on the farm. Contact Becky Grube at (603)862-3203, for further details.

## Forestry

### Identifying Wetland Plants in Summer

**Date: Friday, July 11**  
Time: 1:00 p.m.-4:00 p.m.  
Location: Nottingham Elementary School, Nottingham, NH

This workshop provides an opportunity to learn about a wide variety of wetland plant species during the summer season in their field condition. Join wetland scientist Mark West and explore

wooded swamps, open marshes, vernal pools, wetland ecology and scrub-shrub wetlands. Identify the dominant herbaceous plants in each wetland plant community. We'll learn about easy identification tools and plant associations and structure. We will also learn how the herb layer contributes to the habitat diversity of each wetland type and go on a scavenger hunt for species diversity.

### Rooting Out Coastal Invasive Plants

**Date: Friday, August 8**  
Time: 1:00 p.m.-4:00 p.m.  
Location: Great Bay NERR, Greenland, NH

Coastal plant communities are changing in New Hampshire. The establishment and spread of invasive plants is a result of the direct and indirect effects of our activities. Land managers need to consider invasive exotics in management plans. Beyond identification, control needs to consider the underlying cause of the invasion and alternatives to manage spread. A long-term experiment will be set up to compare *Phragmites* control by cutting, pulling/cutting rhizomes, and herbicide treatments.

### Evaluating Wetlands Using the Revised NH Method

**Date: Friday, August 22**  
Time: 1:00 p.m.-4:00 p.m.  
Location: Wakefield, NH

The New Hampshire Method for evaluating wetlands is currently being revised and updated, 16 years after its publication! At this field-based workshop, we'll visit a large diverse wetland complex (including marsh, open water, and forested wetland areas) that drains into Great East Lake in Wakefield. We'll conduct a wetland field evaluation using some of the revised NH Method functions. You'll learn about what's new with the NH Method, and much about wetland functions and values and wetland ecology.

For more information and to register for the forestry workshops, visit [www.nhwoods.org](http://www.nhwoods.org) or call 862-1029.

## 4-H

### NH 4-H Shooting Sports Leader Training

**Date: September 20-21**  
Location: Barry Conservation Camp, Berlin, NH.  
Cost: \$35 for NH volunteers, \$50 for leaders from other states. Includes food, lodging, materials. Registration due: September 5

This workshop certifies adult volunteer leaders to teach one specific discipline to youth participating in a formal 4-H Shooting Sports Program. Disciplines include archery, black powder, pistol, rifle, shotgun, advanced shotgun or wildlife & hunting. The curriculum assists young people in personal development, establishes a personal environmental ethic and explores life-long vocational and leisure activities. This training is for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Teen junior leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor.

Training includes 12 hours in the disciplines and 6 hours on youth development. This program is supported by the 4-H Foundation of NH, the NH Wild Turkey Federation and the Federal Cartridge. For more information go to the UNH Cooperative Extension web site, [www.extension.unh.edu](http://www.extension.unh.edu) or call the 4-H office in Goffstown, 641-6060.

### 2008 Northeast Regional Volunteer Forum

**Date: October 23-26**  
Location: Center of NH/Radisson Hotel in Manchester

The Northeast Regional Volunteer Forum is open to all 4-H leaders, teens, parents, volunteers from other agencies, afterschool providers, teachers, and others. With over 60 workshops to choose from, participants may choose to attend all four days, or come only on Saturday. Register at [www.extension.unh.edu](http://www.extension.unh.edu) or call the 4-H office at 641-6060 for more information.

## Herbal Magic

By: Maddy Perron, Master Gardener

The herb enthusiast is gifted with knowledge that can enhance his or her life forever. At any age, herbs can improve your quality of life by their fascinating past, their entertaining present, and useful future. From a small nibble of a fresh picked chive to the wonderful aroma as you rustle your grandmother's rose-scented geranium, the world of herbs and their magic can truly become a passion.

In the early years, there's so much to discover. Cooking with herbs, freshening a home with fresh herbal swags, harvesting and drying them for craft projects, are just a few things that can endear you to herbs.

An herb garden may start small, but once it's in your blood, the hobby grows to a way of life. The small garden needs to be enlarged as the want and need to use and harvest more herbs takes over. What was once manageable becomes overwhelming, as the weeds win their battle to take over the precious space. I find that raised beds that are heavily planted and mulched can be your best friends. Container gardening is also easier to keep weed free.

Every season brings on new excitement, from the first dandelions, chives, and sorrel in the spring to those lush summer basil, oregano, and mint plants. Even fall and winter can be interesting in the herb garden with the fluorescent grays of artemisia, lambs ears, and santolina. These not only add charm to the fall

landscape, but can be harvested for winter projects.

As my garden has grown to accommodate my ever-growing need for more plants, I've also grown. Being middle-aged, I find that my zest and enthusiasm needs to be toned down. The mind would love to be out there in the garden all day, but the body won't cooperate. The arthritis kicks in and makes it necessary to take more breaks and listen to my body. I might sit on the garden bench and sip some lemonade.

Aging does have its benefits. Another bonus is the help that my children provide each Mothers Day to weed and mulch the garden. My granddaughter has the makings of a great gardener, always refusing to wear garden gloves, happily working the soil with her bare hands.

At the other end of the spectrum are my friends at the Hillsborough County Nursing Home who garden with me once a week. They love stripping the herbs from the bottom of stems and tying them in bunches to dry. Once dried, they enjoy crumbling the basil, oregano, and rosemary to make our Italian Herb blend. The fragrant aroma of the herbs always brings visitors and nurses into the dining room to see what we're up to. The residents especially like the lemon verbena and lemon balm blend that we make into tea bags. Everyone enjoys a cup of our fresh brewed tea at the end of the

gardening session.

Even in the later years, as the body decides that garden work is too demanding, the elderly herb enthusiast can become an armchair gardener and enjoy reading the many books on herbs available. My bookshelves contain many of these books, and I plan on adding to them as I prepare to continue my herbal journey.

### Question of the Week

**Q** We have this very invasive bamboo in our yard. How do we control it?

**A** Not true bamboo, but an invasive member of the buckwheat family, Japanese knotweed (*Polygonum cuspidatum*) is a common perennial weed found throughout New Hampshire. It emerges early in the spring and can grow to form thickets up to nine feet high and so dense that they shade out all other plant species. Large colonies reduce the diversity of plant species and significantly alter natural habitat. Reproduction from rhizomes (horizontal underground stems), even small fragments, enables the plant to be transferred to new sites by flowing water and by soil used as fill.

Unchecked, this plant can colonize extensively in riparian areas. Once established, it is difficult to remove. The most effective way to control this species is to prevent it from becoming established by removing it as soon as you find it colonizing an area. Once well established, it can be eliminated by repeatedly cutting the stalk three or more cuttings in a single growing season can offset growth of the rhizomes. An alternative is to cut it down repeatedly and apply the herbicide glyphosate to the remaining part of actively growing plants.

We don't recommend trying to dig up the roots, as they fragment easily, and the root fragments can quickly repopulate the area.

**Stop!** Before using any pesticide, read the label, then follow label instructions to the letter.



Japanese knotweed (*Polygonum cuspidatum*)  
Photo Courtesy of Leslie J. Mehrhoff,  
University of Connecticut, Bugwood.org



### Got questions?

UNH Cooperative Extension's Family, Home & Garden Education Center Info Line offers practical help finding answers for your lawn and garden questions.

Call toll free at  
1-877-398-4769, M-F,  
9:00 a.m.-2:00 p.m., or  
e-mail us at [answers@unh.edu](mailto:answers@unh.edu)



**Hillsborough County Nursing Home residents use dried herbs to make fragrant floral arrangements.**

UNIVERSITY OF NEW HAMPSHIRE  
COOPERATIVE EXTENSION

**Family, Home & Garden**  
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Call us with questions about tree  
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scapes, lawns, fruits & vegetables, pest  
problems, household food safety & preser-  
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