



November/December 2008

Hillsborough County Conversation a Success!

The Hillsborough County Conversation held on Monday, September 15, gave guests an opportunity to get an up-close view of UNH research and Cooperative Extension efforts focusing on outreach partnerships.

Hosted by University of New Hampshire President Mark Huddleston, Hillsborough County Commissioners and County Delegation, and the UNH Cooperative Extension Hillsborough County Advisory Council, the event involved a tour of four unique locations addressing the issues of hunger and food sustainability, before returning to UNH Manchester where those attending learned more about the outreach projects taking place in Manchester and in several surrounding communities.

Visits included the Massabesic Audubon Center, home to the NH Common Ground Garden Project, which integrates four major initiatives: the *4-H Green Thumb Team for Youth*, *Elders on the Grow* for seniors at the Hillsborough County Nursing Home, *Rooting for Families* for families at the Pine Street Community Garden and *Shared Harvest* for the community, helping to develop or enhance gardening programs for youth, families and elders.

Also visited were the NH Food Bank and the Food Bank's production garden where a half acre plot was developed this year to provide fresh produce to the Food Bank through the help of Master Gardeners, volunteers, and Food Bank staff. At the Food Bank, participants learned more about the crisis of hunger and poverty in New Hampshire, including the strategies of this program, sponsored by NH Catholic Charities to address the problem.

There was a special focus on Cooperative Extension's role with Recipe for Success, the new culinary training program, Operation Frontline, and food safety training for those who staff food pantries, soup kitchens, and various shelter programs from around the state. **See Hillsborough County, page 2**



from left: John Pike, Dean and Director, UNHCE, Mark Huddleston, UNH President, Irene Messier, State Representative, Manchester, David Essex, Chair, Hillsborough County Delegation

Use a Real New Hampshire Tree for Christmas

Jonathan Nute, County Extension Forester

This year, over 300 growers throughout the Granite State will produce more than 100,000 Christmas trees, making it a nearly \$4 million a year industry. Growing Christmas trees is particularly important in New Hampshire, not only for income, but to maintain the scenic character of the landscape as old fields are planted to Christmas trees, rather than growing back into more forest.

Half the people in the US use artificial trees, and increased production of real trees has kept prices fairly constant over the past 8 years. NH residents enjoy going to a local Christmas tree grower and spending a few hours deciding which tree to cut and take home. Many producers, however, make half of their income from also selling wreaths, roping, hot chocolate, and other items that all add to the holiday experience. Large sales of wholesale trees go to vendors in local urban areas, as well as to the Boston and New York City markets. Christmas trees shipped through the mail are also becoming an important market for some NH producers.

This year, prices for a 6 - 7 foot tree can be expected to range from \$50 - \$75 for retail and \$40 - \$50 for cut your own. Wreaths begin at \$25 and go up to \$50, depending on size and amount of decoration.

Some helpful websites:

- NH Christmas Tree Promotion Board at www.nhchristmastrees.com
- NH-VT Christmas Tree Association at www.nh-vtchristmastree.org
- National Christmas Tree Association at www.realchristmastrees.org

For a list of local producers, call our office at 641-6060.

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
PERMIT NO. 23
GOFFSTOWN, NH

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

Winter Rental at the 4-H Youth Center in New Boston

The Hillsborough County 4-H Foundation Inc. has winter rental space available at the T.R. Langdell Arena located at the 4-H Youth Center off Route 13 in New Boston. Vehicles, boats, campers, etc. are still being accepted.

Call Andy Compagna at 487-2648 to see if there is still room. All storage will need to be removed on April 11, 2009.

Lessee must provide a copy of his/her insurance policy for item(s) stored in the arena. Without insurance, item (s) will be denied storage space.

For more information or to obtain a form, call Jolee at 641-6060, or via email at: jolee.chase@unh.edu.

The Family Education Collaborative Receives Grant For When Work Works Program

Sharon Cowen, Extension Educator, Family & Consumer Resources

The Family Education Collaborative, a partnership between UNH Cooperative Extension, UNH Manchester, YWCA of Greater Manchester and Child and Family Services has received a grant from *When Work Works* for the 2008-2009 grant year. The grant recognizes Manchester as a new participating community in the *When Work Works* program.

When Work Works is a national initiative to educate employers and recognize effective and flexible workplaces. In 2003, the Families and Work Institute, the Institute for a Competitive Workforce (ICW), an affiliate of the U.S. Chamber of Commerce, and the Twigg Foundation formed *When Work Works*.

Since the start of the initiative, The Alfred P. Sloan Foundation has provided funding for The Alfred P. Sloan Awards for Business Excellence in Workplace Flexibility. The awards honor organizations that have used flexible work practices to meet the needs of both employer and employees. *When Work Works* launched in eight communities in 2003, with additional communities added each year. Last year 30 com-

munities participated throughout the U.S. Manchester now joins these communities.

The lead organization for the *When Work Works* project in Manchester, The Family Education Collaborative, is an established consortium of educational and social service agencies working to promote family well-being. Started in 2007 with a UNH Outreach Scholarship Grant, the Family Education Collaborative works to strengthen families through parent education and prevention programs, engage in family science and research to promote family life education, and as a laboratory for students to understand and develop skills in family life education. The Collaborative and its members serve diverse audiences throughout the greater Manchester area. The Manchester Chamber of Commerce will also support the project efforts.

American businesses are facing a different environment than at any point in history. A global economy and rapidly-changing business dynamics, along with changes in workforce demographics, mean unprecedented challenges. The U.S. economy

of the twenty-first century is fast-paced, highly competitive, and increasingly service and knowledge based. At the same time, American workers are more diverse and aging. As the Baby Boomers retire, the labor pool shrinks, and demand for skills and knowledge grows, American employers will need to be creative to recruit and retain a talented workforce.

When Work Works and *The Family Education Collaborative* will help build a bridge between the needs of Manchester's working families and their employers, to provide a healthier family climate and a more productive workforce. The Collaborative seeks to strengthen its relationship to Manchester employers, strengthen the business community's ability to attract and keep healthy family workers, and ultimately strengthen Manchester.

In addition to the grant, the initiative will provide free technical assistance and support for educational and training events for area employers. For further information, contact UNH Cooperative Extension at 641-6060.

Hillsborough County, continued from page 1

A stop at the Refugee Community Gardens at Brookside Congregational Church rounded out the tour, designed to inform delegation members, county commissioners, and other decision makers. At Brookside, the Rev. Carolyn Keilig, Megan Bracy from the International Institute of NH, Amina Abdullah, one of the gardeners, and Joan Bonnette, a Master Gardener, related their experiences with this growing community effort.

At UNH Manchester, Deb Spratt of the Hillsborough County Advisory Council provided the welcome. UNH Manchester Dean Kristen Woolever, John Pike, UNH Cooperative Extension Dean and Director, and Mark Huddleston, UNH President, greeted guests and discussed the significance of outreach projects into the larger community of Manchester.

Dr. Malcolm Smith elaborated on the philosophy and value of public partnerships by discussing the Family Education Collaborative, a Family Resource Center in development through the collaborative efforts of Cooperative Extension, YWCA, UNH Manchester, UNH, and Child and Family Services.

A large array of exhibits documented the work of UNH Cooperative Extension in Hillsborough County. The six funded projects stem from the "engagement and outreach" priorities of the UNH Academic Strategic Plan, as well as academic program goals in UNH Manchester's and Cooperative Extension's Strategic Plans.

In addition to the Family Education Collaborative, the projects include Reaching Green through Service Learning, New Hampshire Citizen Planner, An Evaluation of Real-Time Distance Learning Practices for Use in On-line Geospatial Training, Reconfiguring Computing Curriculum with Community Service Projects, and Whole Grain Foods: Developing a Curriculum with and for Older Adults.

NH Cluckers 4-H Club

On September 6th, the NH Cluckers 4-H Club was awarded *The Commissioner of Agriculture Award for Agricultural Excellence* at the 51st Hillsborough County Agricultural Fair.

The award recognizes exhibits which promote a better understanding of agriculture and rural life. Awards are determined by judges appointed by Lorraine S. Merrill, Commissioner of Agriculture, Markets and Food.

The NH Cluckers 4-H club meets in Hollis. Members of the club include leader Jeff Santer, Amanda Caban, Jim Callahan, Dana DeMore, Kevin Fanning, Alexandra and Katherine Farquhar, Emily and Lauren Messer, Franklin and Paige Roark, Katie and Laura Santer, Sara Teague, and Hannah and Olivia Will.



Tina Savage, Extension Educator UNHCE, Carroll County, Judge at the Poultry Fit and Show, presents the ribbon to organizational leader Jeff Santer & members of the NH Cluckers 4-H Club members.

What's Happening in Extension!

Agriculture

Controlling Insects: The Basics for Vegetable and Berry Growers An Educational Meeting Series

Topic: Introduction to Insect Pest Management
 Date: Monday, November 3, 2008
 Time: 6 pm - 9 pm
 Location: UNH Cooperative Extension
 329 Mast Road, Goffstown
 Cost: \$5 per farm

Topic: Vegetables - Insect Pests & Their Control
 Date: Monday, November 10, 2008
 Time: 6 pm - 9 pm
 Location: Cooperative Extension
 329 Mast Road, Goffstown
 Cost: \$5 per farm

Topic: Berry - Insect Pests & Their Control
 Date: Monday, November 17, 2008
 Time: 6 pm - 9 pm
 Location: Cooperative Extension
 329 Mast Road, Goffstown
 Cost: \$5 per farm

Due to increasing problems with insect control issues on berry and vegetable farms, growers need to be updated on the development and control strategies both cultural and chemical insect control options. A three meeting educational series will be presented to train growers on insect pest basics, cultural and managerial practices to control the insect



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 COOPERATIVE EXTENSION

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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."

pests along with proper pesticide use and timing of applications in order to reduce the insect pest problems. This 3 meeting seminar is being funded through the New Hampshire Department of Agriculture, Markets & Foods - Integrated Pest Management Grant Program. Division of Pesticide Control, pesticide applicator recertification credits have been applied for. For more information, call George Hamilton at 641-6060

Stone Fruit Workshop Risk Management Seminar

Date: Saturday, November 8, 2008
 Time: 9 am to 3 pm
 Location: UNH Cooperative Extension
 329 Mast Road, Goffstown
 Cost: \$15 per individual to cover the cost of lunch and refreshments

An all-day seminar for commercial tree fruit orchardists will take place, featuring production topics on raising stone fruits. Win Cowgill, Area Fruit Agent for Rutgers Cooperative Extension and Jon Clements, UMass Extension Tree Fruit Specialist will be the featured speakers. Bill Lord, UNHCE Fruit Specialist, Emeriti and Dr. Alan Eaton, UNHCE Entomology Specialist will be speaking along with two farmer discussion panels. Division of Pesticide Control, pesticide applicator recertification credits have been applied for. For more information, call George Hamilton at 641-6060.

Corn and Forage Crop Meeting

Date: Wednesday, November 19, 2008
 Time: 10 am - 2:30 pm
 Location: Stuart & John's Sugar House
 Westmoreland
Note: This meeting is at the Public House, around the corner from the Sturbridge Host Hotel, not at the Sturbridge Host Hotel.
 Cost: \$15 per individual to cover the cost of lunch and refreshments

This meeting is for farmers raising silage corn and forage crops. Cornell Weed Scientist Russ Hahn and University of Vermont Extension Agronomy Specialist Sid Bosworth will be the guest presenters. The meeting will be at Stuart & John's Sugar House, located at the junction of Routes 12 and 63 in Westmoreland. We have applied for pesticide recertification credits to the N.H. Department of Agriculture, Division of Pesticide Control. For more information, contact Carl Majewski at 352-4550.

Sponsored by Northeast SARE, University of Connecticut, University of Rhode Island, and Cornell University Cooperative Extension System.

Deep Zone-Tillage & Soil Health Conference

Date: Monday, December 1, 2008
 Time: 9 am - 3:30 pm
 Location: Public House, Rt. 131
 Sturbridge, MA
 Cost: \$40* per individual to cover the cost of lunch and refreshments

Do you want to save \$44/acre in diesel fuel, improve the organic matter levels, structure, and fertility of your soils? Do you have a soil compaction problem, a plow pan pooling water on the surface of your fields, or have trouble getting onto your land to plant when it is too wet or planting on schedule when it is too dry? Are you tired of picking rocks after plowing and harrowing? It's time to look into a better way of farming called zone-tillage. Learn how to improve crop quality and yields without increasing nutrient inputs.

The cost is \$40 at the door, space permitting; *Pre-registration by Nov. 21: \$35 (rain or shine, no refunds). Send name of attendee(s) and a check made out to **UConn**, to the University of Connecticut, Cooperative Extension System, 24 Hyde Ave., Vernon, CT 06066. For more information, contact Jude Boucher at 860-875-3331 or via email at: jude.boucher@uconn.edu.

Greenhouse Plant Nutrition and Growth Regulator Workshop

Date: Tuesday, December 9, 2008
 Time: 9 am to 3:30 pm
 Location: NH Higher Education Assistance Foundation Concord NH
 Cost: under \$20
 This workshop will focus on basic techniques for using plant growth regulators, fertilizer selection and calculations, injector calibration, substrate monitoring and greenhouse water testing. Speakers will be Dr Brian Krug, UNHCE Greenhouse and Floriculture Specialist and Geoffrey Njue and Sadie Puglisi, UNHCE Agriculture Extension Educators. Pesticide credits have been applied for. 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 MA
 For more information, visit negreen.org

November 2008							December 2008						
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Family & Consumer Resources

Starting Over...New Choices, New Direction

Date: Thursday, November 13, 2008
~or~

Wednesday, December 17, 2008

Times: 12 noon - 2 pm

~or~

4:30 pm - 6:30 pm

Location: UNH Cooperative Extension 329 Mast Road, Goffstown

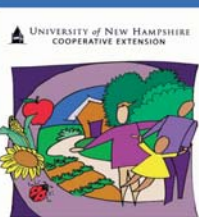
Cost: \$50 per individual

\$65 per couple

This two-hour course is for NH bankruptcy filers to meet the requirement 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. Registration is required one week prior to the course date, along with payment of the course fee. The course fee is \$50 per individual or \$65 per couple; the course fee will be waived with necessary documentation of financial hardship. To register or for more information, contact Maggie Decker at 641-6060, or by email at: maggie.decker@unh.edu. Residents from all counties welcome!



STARTING OVER:
New Choices...New Direction



Family, Home & Garden
EDUCATION CENTER

- Toll Free Info Line
1-877-EXT-GROW
(1-877-398-4769)
- Monday-Friday 9am-2pm
& Wednesday 5pm-7:30pm
- Email questions to:
answers@unh.edu
- Visit our website at:
extension.unh.edu

Practical solutions to everyday questions

4-H

Thumpers 4-H Club meeting

Date: Monday, November 10, 2008

Time: 6:30 pm

Location: Unitarian Universalist Church, Elm Street, Milford

Open to anyone interested in learning more about the 4-H rabbit program. For more information, contact the 4-H office at 641-6060.

Hillsborough County 4-H Recognition Awards Night

Date: Friday, November 21, 2008

Time: 6:30 pm

Location: First Congregational Church, Parish House, Milford

Farm and Forest Kids Day

Date: Saturday, February 7, 2009

Time: 10 am - 2 pm

Location: Farm and Forest Expo at The Center of NH - Radisson Hotel, Manchester

Mark your calendar for **Kids Teaching Kids Day** to be held February 7th, 2009 from 10 am til 2 pm at the Farm and Forest Expo in Manchester. We are looking for 4-H clubs and other youth groups to do educational "hands-on" activities, a play, a dance, or sing for the children and families visiting the Exposition. An invitation is extended to you to participate in this program. Not only will your group enjoy the day, but you can help promote your program, 4-H and agriculture in NH. If you would like to participate, please call the 4-H office at 641-6060 or by email at: jolee.chase@unh.edu.

Hillsborough County 4-H Horse Judging Contest

Date: Sunday, November 2, 2008

Time: 8:30 am

Location: Winged Spur Ranch
24 Currier Road Candia NH 03034
For more information, please contact Cher Griffin, coach at 483-4833 days.



Hillsborough County 4-H Awards Night



The UNH Cooperative Extension 4-H staff would like to cordially invite you to attend the Hillsborough County 4-H Recognition Awards Night honoring dedicated leaders, members, and volunteers, to be held at the Milford First Congregational Church Parish House on November 21, 2008 at 6:30 pm.

Everyone is welcome!

Each family is asked to bring their favorite cookies to share during the social time at 6:30 pm before the awards program.

This is an excellent time to meet other 4-Hers & leaders from around the county, as well as the 4-H staff.

Community Service Projects Food Pantry Donations

Please help youth in need by bringing the following items:

hot chocolate, 'smores fixings (graham crackers, chocolate bars, marshmallows), popcorn, single-serve cereal boxes, juice boxes - any snack food that would appeal to kids. A drop box will be set up at the entrance and the contents will be donated to local food pantries.

No Sew Fleece Blankets

Jo-Ann Fabrics of Hooksett has donated several no-sew fleece blanket kits again this year.

These kits are available to clubs and/or individuals to be made up as a community service project, and then donated to social service agencies within the Hillsborough county area so that a homeless child has a blanket to call his/her own.

If you or your club wish to make a blanket or two, please call Janell at the 4-H office 641-6060 and she will make arrangements for you to get a kit. Our goal is to collect the completed kits at the Recognition Awards Night so they can be distributed soon after.

Fundraisers

Dance-A Thon

The Hillsborough County 4-H Horse Council will be sponsoring a Dance-A

Thon fundraiser to begin following the Awards Program and run until approximately 11 pm. Proceeds will go toward the 4-H Horse program, scholarships, awards, prizes and field trips. All 4-Hers, friends and families are invited to participate. Ask for pledges or cash for the number of minutes/hours you plan to dance, or you can ask for a flat dollar amount. Water and healthy snacks will be provided. For a pledge sheet please call the 4-H office.

Ticket-in Bucket Auction

The 4-H Horse Council and Parent/Leader/Teen Association are sponsoring a ticket auction. Proceeds of this fundraiser will go toward various 4-H programs, scholarships, awards and field trips. Each club is asked to donate an item. Examples of donations: candles, art supplies, toys, gift cards, baseball caps, t-shirts, etc. Prices are \$1 each or \$5 for 6 tickets. Buckets are placed next to the items and tickets are dropped into the buckets. At the end of the night, a ticket will be drawn from each bucket and the winner's name announced. You don't need to be present to win!

Blanket Drawing

The Parent/Leader/Teen Association is sponsoring a drawing for a Christmas theme fleece blanket. Tickets are \$1 each or \$5 for 6 tickets and can be purchased in advance from the 4-H office or at the Recognition Awards Night throughout the evening. Drawing will be held December 1, 2008 and winner will be notified.

Thank You!

The Hillsborough County Agricultural Fair Board and the 4-H Staff would like to thank everyone who helped make the Hillsborough County Agricultural Fair a success. Whether you volunteered, exhibited, served as a judge, judge's helper, animal superintendent, department superintendent, or supervisor of the exhibit halls, we sincerely appreciate all that you did.

We could not have had the Fair, if not for all of you.

It's Enrollment time!

Remember to turn in your re-enrollment forms to your club leader or the 4-H office by November 30, 2008.