



Local Resources

Providing Local Solutions

Friday, February 2, 2007
9 a.m.-8 p.m.

Saturday, February 3, 2007
9 a.m.-4 p.m.

Center of NH
Radisson Hotel
700 Elm Street, Manchester

\$5.00 Admission
Children 15 and under are free

The New Hampshire Farm & Forest Exposition has been a winter standard since 1984. Dubbed "New Hampshire's Greatest Winter Fair," the Expo has become a much awaited annual event.

The New Hampshire Farm & Forest Exposition is a non-profit organization. A volunteer board of directors representing agriculture and forestry interests statewide oversees the annual operation of the exposition. The major sponsors are the University of New Hampshire Cooperative Extension, the NH Division of Forests & Lands and the NH Department of Agriculture, Markets & Food.

For more information about the New Hampshire Farm & Forest Exposition, its programs, purposes, or exhibitor opportunities, contact:

Alan Hardy
Expo Manager
NH Farm & Forest Expo
Phone: 603-271-3788

Hop Over to Farm & Forest



Adrianna George has a question for Gabe Chase, a member of the Thumpers 4-H rabbit club about his bunny, Bugs. Adrianna and Gabe would like to invite you to come and join the activities at the Kids Teaching Kids Day held at the Farm and Forest Expo on Saturday, February 3, from 10:00 am to 2:00 pm. You will learn about trees, bugs, animals, and all kinds of neat things through hands-on activities presented by the 4-H'ers.

Herb Teas Can Help Kick the Caffeine Habit

Maddy Perron, Master Gardener

It's not quite the same as a caffeine rush, but herb teas do have the ability to rejuvenate and refresh. While we generally think of a cup of tea as a relaxing drink, some herb teas have the ability to energize and get us kick started into our day. It's been proven that the smell of peppermint oil can stimulate a person who is feeling drowsy. By blending three different types of mint, the Shakers believe that you can increase the menthol content of a tea. Menthol not only soothes, but can freshen the airways as the steam drifts up through the nasal passages.

Basil is known mostly for its distinctive flavor in Italian sauces and pesto, but there are some varieties of basil that are well suited to making herb teas. Lemon, lime and cinnamon basil all can be used to make a flavorful tea.

Chamomile, as most people know, can be used to make a soothing, calming tea. It makes a great after dinner or bedtime tea. Lemon Balm is another great relaxing tea, maybe mixed with some lemon verbena for a little more zip. Lemon thyme also works well as a tea.

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Community Tree Stewards 2006



Hillsborough County, University System of New Hampshire Celebrate Historic Collaboration



Taking part in the historic ceremony celebrating the renewal of the partnership between Hillsborough County, the University System of New Hampshire and UNH Cooperative Extension were, left to right seated, University System of New Hampshire Chancellor Stephen Reno, UNH Interim President J. Bonnie Newman and UNH Cooperative Extension Dean & Director John Pike. Looking on, left to right, are Hillsborough County Commissioner Toni Pappas, County Delegation Chair State Rep. Nelson Allan, and County Commissioner Carol Holden. (Photo Courtesy of UNH)

Legislators, county commissioners and other public officials from around New Hampshire gathered in Manchester recently for an historic ceremony celebrating the renewal of the partnership between New Hampshire's ten county governments, the University System of New Hampshire and UNH Cooperative Extension.

University System of New Hampshire Chancellor Stephen Reno, along with UNH Interim President J. Bonnie Newman and UNH Cooperative Extension Dean and Director John Pike noted the importance of the partnership between the ten New Hampshire

county governments and UNH Cooperative Extension.

A special guest, University System Trustee Merle Schotanus, provided the background on how the New Hampshire legislature re-established these Memorandum of Understandings with each county when he was a state representative to the General Court in 1994.

Every six years, each county signs a Memorandum of Understanding (MOU) recognizing local County Extension Advisory Councils as the sponsor of Extension work. The first MOUs were signed in 1957, almost 50 years ago.

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4-H Horse Judging and Quiz Bowl Results



Congratulations to Molly White who was a member of the State 4-H Horse Quiz Bowl Team that participate at the Eastern National 4-H Horse Round-up which is held at the North American International Livestock Exposition in Louisville Ky in October. Molly's team placed 5th and she placed 5th as overall individually.

On October 28, 30-4-H members representing four clubs participated in the county judging program hosted by Winged Spur Ranch in Candia, home of the Horse Around 4-H Club. Thank you to the gang at Winged Spur and thank you to Cher Griffin who is the 4-H leader in charge of our county judging program.

Reasons Division Winners: Breanna Brennman, Kim Delaney, Stacey Liberman, Brianna Hirst, Jessica Kenyon, and Victoria Dow.

Non-Reasons Winners: Cody Griffin, Alexa DeMember, Erin Rogers, Madison Bayes, Allie Shiblehute, Kristin Paquette, Cassie Bishop, Marsha Dow, Kristin Hirst and Jessica Lowman.

Cher will be working with the youth until the first of the year and then announce the top youth who are 12 and older who will make up the county judging team. The team will participate in the state judging contest that will be held on March 31.

The county quiz bowl was held on November 17, at the 4-H office in Goffstown. Thirty four youth from several clubs participated. The top junior members, Anna Parker, Sarah Sobozerski, Kristen Paquette, and Paige Sutton will be participating for a spot on the county quiz bowl team in the state contest held on February 10.

The top seniors are Beth Chesterly, Alyssa Birt, Paige Whitten and Rebecca Hines. Also participating in the contest were Victoria Dow, Stacey Uberman, Jamie Wojtkiewicz, Shawna Sutton, Sara Arrigo, Kim Delaney, Halsey Labrie, Noah Sobozenski, Kristin Hirst, Grace, Marsha Dow, Ryan O'Dwyer,

Elyse Morano, Katelyn Fournier and Madson Boerner.

Congratulations also to Cher Griffin, coach of the State 4-H Judging team that went to Louisville KY, and Kristen Brasard, a member of the team. Their team placed 9th in Performance, 11th in Reasons, and 12th in Halter. The team placed 11th over all out of 23 teams that participated in the judging event.



Top novice 4-H members 8-12 years, pictured are, front row, Cassie Bishop, Catie O'Dwyer, back row, Aubey Rogers, Erin Rogers, Anli Kelly Durham and Alexa DeMember.

4-H Youth Venture

Blend the chill in the air, bare trees shaking in the wind, the smell of wood burning from a cozy fire, and the sight of snow clouds hanging low over the mountains in the distance, and you know the blissful, serene days of fall are almost gone.

Hello, my name is Alice Ballenger and I'd like to introduce myself to NH's 4-H family. I am the Youth Venture Partner Specialist dedicated to working with 4-H in helping to launch its newest youth development program – 4-H Youth Venture.

Over the past months you might have seen me or overheard my southern accent at various awards nights, club and adult leaders meetings, and even the various fairs throughout the summer and fall. I have thoroughly enjoyed meeting some of you, but there are still a lot of you I have not had the pleasure to meet. So, I thought I would share the great news with all of 4-H New Hampshire.

What is a 4-H Youth Venture? It's a new, yet sustainable, program, service, or club created by, run by, and maintained by young 4-Hers, ages 12-18, that is designed to benefit their school, neighborhood, or com-

munity. Many of the 4-H projects you're working on right now are practically ventures already.

For example, a group of 4-H teenagers has begun to knit scarves for U.S. soldiers stationed overseas. In order for this project to qualify as a 4-H Youth Venture, the group would need to develop a workable plan to keep the project going long-term. They might organize fundraisers and develop methods of recruiting new members when needed. And, once this team is approved as a 4-H Youth Venture – they qualify for a grant of up to \$1,000 to help their venture's long-term plans.

There are many possible ideas for ventures. Most are derived from your passions. If you love to play an instrument and sing, perhaps you can put together a group to perform for nursing home residents or hospital patients. You could start a music tutoring program for young children who might not be able to afford such lessons. Similar programs might teach art, reading, or provide extra help with math.

A large number of 4-Hers participate in animal projects. How about developing an educational program to teach other younger students in after-school programs about your animals?

If you like arts and crafts, why not create holiday mementos; wreaths, valentine's cards, etc...to sell. Money raised could be earmarked for a particular charity or new equipment for your school or 4-H club.

What's Cooking at County Activities Day?



Linda Verville would like to remind everyone that it is time to begin thinking about what you would like to do for County Activities Day. Linda is shown making her famous chicken skillet meal. This year's Activities Day will be held at the Milford Middle School on March 24. You can enter a photo and/or poster, an illustrated talk, demonstration or action exhibit. If you sew, you can participate in Fashion Review. For those of you who like to shop, why not buy an outfit and participate in the 4-H Fashion Selection program. For more information call the 4-H office, 641-6060.



4-H Highlights



Farm & Forest Kid's Day

The NH Farm & Forest Expo has been a winter standard since 1984. Called the "New Hampshire's Greatest Winter Fair," the Expo has become a much anticipated annual event. This event is held at the Radisson Hotel, 700 Elm Street, Manchester, NH, on February 2 and 3.

Saturday February 3 is Kid's Day where your 4-H group or other youth group can set up a table. Youth are asked to prepare an interactive youth game or activity highlighting agriculture or environmental science.

If your club or youth group are interesting in participating in this fun and educational event please email jolee.chase@unh.edu or call Jolee at 641-6060 to sign up or receive more information.

Did You Re-Enroll in 4-H?

Every fall, returning and new members, leaders, and families which are now Independent 4-H

members (no more family clubs) must submit an enrollment form to the 4-H office in Goffstown to be considered a current 2006-2007 participant in 4-H.

This will be your final issue of the newsletter if you have not yet submitted a completed enrollment form. If you have any questions, you may call the 4-H office at 641-6060.

NH 4-H Teen Winter Day

Date: January 28
Time: Noon - 4:00 p.m.
Where: Pat's Peak, Henniker
Cost: \$15

The Merrimack County 4-H Junior Leaders would like to invite 4-H teens from Hillsborough County and other interested counties to join them for a snow tubing party at Pat's Peak. You must be 13 - 18 to attend. Space is limited to 30 youth. Register deadline is Friday January 19. Adults are needed as chaperones. For more information and a registration form, please call 641-6060.

What's Happening in Extension

Agriculture

Birds, Bees, & Bears- Balancing Wildlife & Farm Production: NH Small-Family Farm Conference

Date: January 4, all day
Where: Cat n' Fiddle, Concord
Cost: Fee for Lunch

Presentations on wildlife encounters, property fencing, bees and native pollinators, resident species control, migratory birds, vole control, and revenue insurance. Contact UNH CE Extension Professor/Specialist, Agricultural Business Management, Mike Sciabarrasi at 862-3234.

NE Vegetable & Berry Growers Meeting Series

Date: January 5
Time: 9:45 a.m. - 3:30 p.m.
Where: Chicopee/Springfield, MA
Date: February 3,
Time: 9:45 a.m. - 3:30 p.m.
Where: Suburban Research Center, Waltham, MA

The New England Vegetable & Berry Growers' Association and the various New England States' Cooperative Extension are sponsoring this meeting series. There is a registration fee for each meeting and lunch can be purchased, if you are preregistered. For more information on these meetings, contact NEVBGA Secretary John Howell at (413)665-3501, or George Hamilton, 641-6060.

Tri-State Greenhouse IPM Workshop: Moving Ahead with Biological Control and How You Can Too!

Date: January 9
Time: 8:00 a.m. to 4:15 p.m.
Where: UNH, Durham, NH
Cost: \$50 (includes hand lens, coffee, donuts, lunch & handouts) plus \$5 parking. Make checks out to UVM Entomology Research Lab, due by December 20.

For more information contact Alan Eaton, UNHCE - Extension Entomology Specialist, at 862-3200 or Margaret Skinner UVM at (802)656-5440.

Minimizing Risk in Organic Veg. & Small Fruit Production

Date: January 19, all day
Where: Meredith Community Center

Cost: Fee for Lunch
Topics include organic pest management, how to make good compost, organic certification, risk management options, seed availability, new varieties and more. Contact Amy Ouellette at the UNH CE Belknap County Office by phoning 527-5475.

NH Plant Growers Association Joint Winter Meeting with NH Landscape Assoc.

Date: January 23
Time: 8:00 am - 4:00 pm
Where: Courtyard Marriott, Concord, NH

This annual winter meeting is an opportunity to mix with professionals you may not see very often, as well as attend some great educational seminars. Morning topics include concurrent sessions with the following topics: Soil Biology from A to Z (Paul Sachs, North Country Organics), The Retail Landscape - It's All About Color (Terri Coldreck, Color Results, Kennebunk, ME), An Ecological Approach to Landscaping Shoreland Properties (Amy Ouellette & Jeff Schloss, UNHCE) and Biological Control of the Introduced Lily Leaf Beetle in New England (Lisa Tewksbury, URI). Steve Taylor, NH Commissioner of Agriculture will offer his perspective on the future direction of our industry and R. Wayne Mezitt from Weston Nurseries will share his company's evolution from a production-based to a market-focused business. For more information contact Guy Hodgdon at 1-800-639-5601 or NHLA@comcast.net.

Growing Grapes in NH as an Alternate Enterprise: No Longer a Dream

Date: February 3, all day
Where: NH Farm and Forest Exposition, Manchester

Speakers will address grape varieties, establishing a vineyard, crop insurance for grape growers and basics of wine making. Contact Dr. Becky Grube, UNH CE Sustainable Horticulture Extension Specialist at 862-3203.

Pesticide License Training for Private Applicators for Cheshire & Hillsborough Counties

Date: January 26 & 27
Time: Jan 26, 4:00 - 9:00 p.m.
Jan 27, 9:00 a.m.-noon
Where: Shieling Forest, Peterborough, NH

Do you use or supervise the use of pesticides for producing an agricultural commodity on property owned or rented by you or your employer? Do you apply pesticides on property owned by another person, without compensation other than an exchange of personal services?

If you answered "yes" to any of these questions, the State of NH requires you to have a private applicator's pesticide license. UNH CE will be conducting training sessions for individuals who are not presently certified to apply pesticides and those whose private applicator licenses have expired due to lack of required re-certification credits.

This training is free, thanks to NH Department of Agriculture's IPM Grant Program, although participants will need to purchase a manual in order to study for the state exam. Please note: no re-certification credits will be issued for attending this workshop.

To register for training and order your study materials, contact Rachel Maccini, Pesticide Safety Education Program Coordinator at 629-9494 ext. 130 or register on-line at: https://www.events.unh.edu/register.shtml?event_id=2379

New England Grows

Dates: February 6 - 8
Where: The Boston Convention & Exhibition Center

This conference and trade show has become a must-attend event for nursery growers, retail garden centers and landscape professionals in the Northeast. The New England Grows' educational program features well-respected green industry professionals, academics, researchers, and high-caliber marketing specialists from across the nation and around the globe. The exposition features over 700 exhibiting firms with the latest plant material, products, equipment and services for green industry professionals. For more information visit www.NEGrows.org.

Greenhouse Production Basics

Date: February 21
Where: Massabesic Audubon Center, Auburn
Time: 8:30 am - 3:00 pm

This workshop, designed for the novice grower, will cover site selection, greenhouse construction, growing media, plant nutrition, budgeting, niche marketing and plant selection. It will be followed by a March twilight meeting at a local greenhouse where greenhouse insect and disease problems will be addressed. For more information call Margaret Hagen at 641-6060

Alternative Forage Crops and Oil Seeds

Date: February 20, all day
Where: Eastgate Motel, Littleton
Cost: Fee for Lunch

Speakers on organic grain production and alternative forage crops will be featured with an overview of insurance options and certification. Contact UNH CE Grafton County Office, Michal Lunak at 787-6944.

Forestry

Cutting Your Own Firewood

Date: Jan 13,
Time: 10 a.m. - 12 noon
Where: Shieling Forest Peterborough
Cost: \$5.00

If you occasionally use a chainsaw to cut firewood or clear away fallen trees, this workshop is for you. A.J. Dupere, Community Forester with the Division of Forest and Lands, will demonstrate how to safely operate a chainsaw and perform basic maintenance. We will be working in the woods to cut and stack one cord of firewood for use next winter. Please bring a hard hat and gloves and dress for the weather conditions. Pre-registration is required-call 431-6774.



Safety Awareness in the Food Environ- ment (SAFE)

Date: January 17
Time: 1 - 3 p.m.

Where: NH Food Bank,
Manchester

Date: February 8
Time: 12:30 - 2:30 p.m.

Where: NH Food Bank,
Manchester

Date: February 13
Time: 9:00-11:00a.m.

Where: Bedford Safety
Complex, Bedford

Do you prepare or serve food in a restaurant? 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.

ServSafe

Date: January 31,
snow date February 1

Time: 8 a.m. - 5 p.m.

Where: Holiday Inn, Nashua

Cost: \$125, includes
coursebook and exam

The ServSafe® program is a national food safety certification program sponsored by the National Restaurant Association Educational Foundation. This training provides participants with the latest science-based information on food safety and best practices in the industry. This in-depth training is critical for owners, food managers, chefs, cooks, and other key personnel who supervise foodservice workers. At the end of the training, participants take the ServSafe® Food Protection Manager Certification Examination. With a passing grade of 75% or greater, participants receive a certificate verifying completion of the program. To register, call the NH Lodging and Restaurant Association, 228-9585.

Parenting During Difficult

Circumstances

Dates: Jan 4, 11, 18, 25

Time: 1-2:30 p.m.

Where: UNHCE Office
Goffstown

Free series for parents going through tough times such as custody issues, divorce, illness, and other family circumstances. The series offers insight into child behavior as well as practical discipline techniques presented by UNH CE Educator Sharon Cowen.

To register please call 641-6060
or email jessica.croteau@unh.edu.

4-H

NH Sheep & Wool Growers' Association Lambing Clinic

Date: Feb 17

Time: 8:30 am - 2:00 pm

Where: Chesham, NH

Cost: \$5.00.
(Free to NHSWGA members)

The morning session will be held at the Wells Memorial School in Chesham. David Kennard will present a slide show on the step by step birthing of a lambing and a discussion on caring for your newborn lambs in winter confinement. Dr. Charles DeVinne will talk about vaccinations and the treatment of common lambing diseases. Bruce Clement will cover nutrition and care of the pregnant ewes and feeding of newborn lambs through weaning.

The afternoon session will be demonstrations/hands on workshops at David Kennard's Wellscroft Farm. For more information or a copy of the brochure you can call David Kennard 827-3464 or Jolee Chase 641-6060.



Family, Home & Garden
Education Center

OPEN HOUSE

Ask questions, meet the
volunteers, staff, and the new
Administrator, Alice Mullen,
and tour the facility.

January 18, 2007
2:00-4:30 p.m.

January 19, 2007
9:00 a.m.-4:30 p.m.

200 Bedford Street
Manchester
1-877-EXT-GROWS

UNH Cooperative Extension Welcomes 4-H Educator Michael Koski



Hillsborough County 4-H Team, left to right, Janell George, Michael Koski, Julia Steed Mawson, and Jolee Chase

Hello all, I'm Michael Koski, the new 4-H Extension Educator for Hillsborough County. I am very happy to be here and I am looking forward to working with Jolee, Julia, all the 4-H volunteers and members as part of the Hillsborough County 4-H team. My 4-H experience and interests are primarily in animal science, science/outdoor education and family development. My responsibilities will include working with Jolee and Julia in the traditional club program (county events, the Hillsborough County Agricultural Fair, recruiting new clubs) along with the 4-H after school programs.

Most recently, I was a 4-H Educator for UMass Extension in Plymouth County. There I helped to grow the traditional 4-H club program along with 4-H science programs among schools, commu-

nity groups and home-schoolers. Prior to working with Extension, I taught high school/middle school Physical Science and coached basketball.

My wife Patricia, daughters, Sarah, Jane and Emma, and I (along with some pygmy goats, rabbits, a poodle and a bunch of chickens) live in Weare. The girls are homeschooled and we are all involved in various church activities, the community basketball league and, of course, 4-H.

I received a Bachelor of Arts degree in Biology from Gordon College and a Masters of Education in School Administration from Salem State College. I am looking forward to meeting the 4-H family to begin learning how together we can "make the best better" in the Hillsborough County 4-H program.

TEA from page 1



Ginger, with its pungent taste also seems to stimulate. It's easy enough to slice a few pieces of fresh ginger and pour boiling water over it to make a quick cup of tea.

When harvesting for herb teas, keep in mind that the oils are most potent just as the herb comes into flower. That doesn't mean the plant is off limits for picking at other times. Most of the herbs mentioned here can be grown outside or on your window sill. Why not try growing some plants this winter that can be a joy to behold as well as fun to harvest and steep? Cheers!

UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

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