



## Welcome to the NH Farm & Forest Exposition!

Friday, February 8, 2008  
9 am - 8 pm  
and

Saturday, February 9, 2008  
9 am - 4 pm

**Location:**  
The Center of NH -  
Radisson Hotel  
700 Elm Street  
Manchester NH

**Admission: Adults \$7.00,  
Children 15 and under are  
free**

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

For more information about the New Hampshire Farm & Forest Exposition, its programs, purposes or exhibitor opportunities, please contact Alan Hardy, Expo Manager, at 603-271-3788, or visit the Expo online at [www.nhfarmandforestexpo.org](http://www.nhfarmandforestexpo.org)

## A New Year...A New You?

### UNH Cooperative Extension can help you stick to your resolutions

Ah, January 1...New Year's Day...it's a day when many of us decide to do something to better ourselves, our family life, or our homes. Despite our best intentions, though, sometimes we fail in our endeavors simply because we don't know how to go about achieving them. UNH Cooperative Extension can help.

Are you finally ready to lose those 10 or 20 pounds, but aren't really sure where to start? Our Food and Nutrition team can give you advice on healthy diets and exercise.

Want to get yourself and your kids involved in some really fun, educational and meaningful activities? Check with our 4-H staff.

Ready to start saving money to buy a home of your own but don't think you can afford it? Our Family and Consumer Resources educators can show you the road to financial well-being.

Is this the year you're going to grow the most beautiful flowers on the block, but you

don't know which ones to plant? The Master Gardeners at our Family, Home and Garden Education Center are on call to assist you.

To explore all that Extension has to offer, start with our web site: <http://extension.unh.edu/>. The website provides information, publications, and a calendar of events.

Every issue of the Hillsborough County *Newslines* features a listing of *What's Happening in Extension* and an interesting array of articles.

Our Family, Home and Garden Education Center, located in Manchester's historic millyard, may be reached toll-free at 1-877-398-4769, Monday through Friday from 9 am to 2 pm and Wednesdays from 5 pm to 7:30 pm, or you may contact our main office in Goffstown at 641-6060, Monday through Friday from 8 am to 4:30 pm.

You **can** stick to your resolutions...and Cooperative Extension can help!

## Get your *NH Outside* Calendar before they sell out!

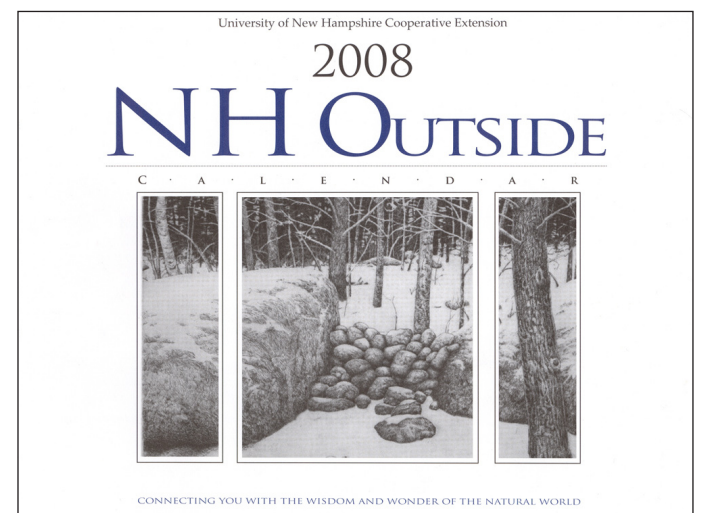
This beautiful 2008 calendar offers a selection of excerpts from *NH Outside*, reflective essays written by UNH Cooperative Extension natural resources volunteers who share the humor, insight, and wonder they've found in the natural world outside their doorsteps.

We started our *NH Outside* writers collaborative in late 2004 to give UNH Cooperative Extension natural resources volunteers who love to write another way to share their experience and enthusiasm with their peers.

These volunteers receive special training and ongoing support to produce reflective essays that share their experiences and that aim to connect readers to the natural world in some meaningful way. We distribute their essays weekly to newspapers throughout New Hampshire.

Illustrated by original artwork, the calendar also offers daily tips and tidbits to expand your awareness of the natural world.

The calendar is priced at \$7.95 each if ordering 1-9 calendars, or \$6.95 each if ordering 10 or more.



Order online at [https://www.events.unh.edu/register.shtml?event\\_id=3597](https://www.events.unh.edu/register.shtml?event_id=3597) or make check or money order payable to UNH Cooperative Extension and mail to: UNH Cooperative Extension, FHGEC, 200 Bedford Street, Manchester, NH 03101. For more information, please call the Family, Home and Garden Education Center toll-free at 1-877-629-4769.

### UNH Cooperative Extension

Hillsborough County  
329 Mast Road  
Goffstown, NH 03045

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

## Farm & Forest Expo Kids' Day



Emily Messer and Dana DeMore (above) invite you to come and join the activities at the Kids Teaching Kids Day, at the Farm & Forest Expo on February 9 from 10 am - 2 pm. Kids Day is a family affair and you will have fun learning all about trees, bugs, animals, and other neat things through hands-on activities presented by 4-Hers and other participating youth groups.

If your club or group is interested in presenting a hands-on activity, please call the 4-H office at 641-6060 for more information.

## County Horse Quiz Bowl Results

Fifty three 4-H members representing seven clubs (Horse Around, Saddle Whackers, Apple Valley, Silver Stirrups, Hoofbeats, Manes to Tails, and Riders Range) participated in the 4-H County Horse Quiz Bowl Contest. The county hopes to send two senior and two junior teams to the State Horse Quiz Bowl Contest in February.

The top 9 to 11-year-old participants were Megan Tyrrell, Dana Mikkelson, Elyse Morano, Sheridan Beard, Alexa DeMember, and Jessica Ryan.

Eleven junior members tried out. The top six were Blake Connell, Rachel Springman, Kristen Paquette, Anli Kelly-Durham, Jordan Springman, and Lauren Gray.

From the thirteen participating senior members, the top six seniors were Kelcy Bosteels, Beth Chesterly, Paige Sutton, Shawna Sutton, Alyssa Birt, and Katie Bonnette.

Congratulations to the youth who participated in the program and to the leaders, teens, and parents who volunteered to make it a success.

# 4-H Highlights

## New Hampshire to host 2008 New England Regional Volunteer Forum

New Hampshire will host the 2008 Northeast Regional Forum, October 23-26 at the Center of NH Radisson Hotel in Manchester. Volunteer committees are working on many aspects of this event which anticipates over 500 attendees from throughout the Northeast. You will receive more information soon and you will want to attend, so mark your calendars now.

The Programs Committee is looking for one or two more people to help line up workshop instructors. Volunteers would attend meetings in the Concord area, as well as maketelephone calls and send emails. If you are interested in participating, please contact the 4-H office at 641-6060.

Right now the committee is requesting that people save the following items:

- 3" plastic or metal containers (the ones that look like hockey pucks and contain candy or gum) - we need 493, so every one you save helps
- Screw-on soda or juice caps - 2,000 needed
- Orange or green ribbon pieces, at least 5" long, any width - 500 of each color needed
- 4" x 6" felt pieces, any color EXCEPT white or off-white - 476 pieces needed
- 4" diameter warm and natural scraps - 750 needed
- Old cardboard puzzle pieces, 2-4" wide - 900 pieces needed

- Buttons of all shapes and colors, under 1" - over 2,000 needed. If you are throwing out any clothes, please snip the buttons off first!

In addition, each county is being asked to provide at least 50 pumpkins, because the forum will participate in the 2008 Keene Pumpkin Fest. Let's help them to once again beat the record! If your club would like to plant some pumpkins next spring and harvest them in time for the forum, please contact Jolee at 641-6060.

Each county has also been asked to make up some table favors. Please let the 4-H office know if you or your club would like to make some of these simple crafts, and we'll get the directions out to you.

## County Activities Day



Brianna Stoye and Paige Tuttle would like to remind everyone that it's time to begin thinking about what you would like to do for County Activities Day. Brianna and Paige are shown above with their "Bookworm Buddies" action exhibit.

This year's Activities Day will be held at the Milford Middle School on March 29. You can enter a photo, a poster, give an illustrated talk, demonstration, or an action exhibit. If you know how to sew, you can participate in the Fashion Review. For those of you who like to shop, why not purchase an outfit and participate in the 4-H Fashion Selection program?

Information will be mailed to you soon. If you would like someone to come to one of your club meetings, please call the 4-H office to set a date.

## Did you re-enroll in 4-H?

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

are no more family clubs) must submit an enrollment form to the 4-H office in Goffstown to be considered a current 2007-2008 participant in 4-H. All clubs must also have an EIN (employer identification number) for tax purposes. If you have any questions, please contact Janell or Jolee at 641-6060. This will be your final issue of *NewsLines* if you have not already submitted a completed enrollment form and your club's EIN.

## First Aid for Livestock Workshop announced

"First Aid for Livestock, the Next Step:" 3-4 workshop series will be held on Saturday, March 15 (subsequent dates TBA) from 9 am to 3 pm at Alvirne High School. Registration fee is \$10 per person and is limited to the first 40 (10 youth max, unless additional room permits).

## Community Service Project warms community

Hillsborough County 4-Hers tied together 46 no-sew fleece blankets, part of a county-wide community service project. The blankets will be distributed to area shelters to be given to children in need of a warm blanket to call their own. The blankets were donated to the 4-H program by a local business.



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

### Hillsborough County

329 Mast Road  
Goffstown, NH 03045  
(603) 641-6060  
FAX (603) 645-5252

### Family, Home & Garden Education Center

200 Bedford Street  
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### County Office Administrator

Daniel Reidy

### NewsLines Editor

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### Support Staff

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Holly McKinney

### 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

### NE Vegetable and Berry Growers Meeting Series

**Date:** Fri., January 4  
**Time:** 9:45 am - 3:30 pm  
**Where:** Chicopee / Springfield MA

**Date:** Sat., February 2  
**Time:** 9:45 am - 3:30 pm  
**Where:** Suburban Research Center, Waltham MA  
The New England Vegetable and Berry Growers' Association and the various New England states' Cooperative Extensions are sponsoring this meeting series. There is a registration fee for each meeting and lunch can be purchased, if you are pre-registered. For more information on either of these meetings, please contact NEVBGA Secretary John Howell at 413-665-3501, or George Hamilton at 603-641-6060.

### Capturing Local Markets: NH Small-Family Farm Conference

**Date:** Sat., January 5  
**Time:** All day  
**Where:** Holiday Inn, 172 North Main Street, Concord NH  
**Cost:** \$20 per person

Featured presentation will be made by Ben Watson from Peterborough, NH with a farmer panel discussion on selling agricultural products through and to local markets, along with an update on crop insurance. For more information, please contact Mike Sciarabassi, UNHCE Extension Professor/Specialist, Agricultural Business Management, at 603-862-3234.

### Tri-State Greenhouse IPM Workshop: Friend or Foe?

**Date:** Thu., January 10  
**Time:** 9 am - 3 pm  
**Where:** University of New Hampshire, Durham  
Registration fee \$40 (includes a hand lens, coffee, lunch and IPM Guide) plus \$5 parking. Make checks payable to UVM Entomology Research Lab, due by December 21. For more information, please contact Alan Eaton, UNHCE Extension Entomology Specialist, at 603-862-3200, or by email at alan.eaton@unh.edu, or Cheryl Frank at UVM at 802-656-5434, or by email at cheryl.frank@uvm.edu.

### Soil Health Workshop

**Date:** Fri., January 18  
**Time:** All day  
**Where:** 210 Rhodes, Keene State College, Keene NH  
Speakers include Eric Sideman from the Maine Organic Farmers and Gardeners Association, speaking on choosing between the organic fertilizer and amendment options; Vern Grubinger from the University of Vermont Extension, presenting examples of excellent crop rotations on limited land to build soil fertility; and Erro Ruuttila speaking on crop rotation and soil husbandry on Nesenkeag Farm. Also, an overview of insurance options and farmer presentations will be featured. For more information, please contact Carl Majewski at 603-352-4550.

### Small Fruits: Fall Strawberries, Fall Raspberries, and Blueberries - Options and Opportunities

**Date:** Sat., January 26  
**Time:** All day  
**Where:** North Conway Grand Hotel, North Conway NH  
**Cost:** \$20 per person registration fee for lunch and refreshments

Some of the meeting topics are: day-neutral strawberries for fall production and tunnels for fall raspberries - David Handley, University of Maine Cooperative Extension; managing weeds and choosing low-maintenance grasses for the orchard floor - Bill Lord, UNHCE retired specialist; bird and vole control - Alan Eaton, UNHCE specialist; crop insurance options - Mike Sciarabassi, UNHCE specialist; and others. For more information, please contact Tina Savage at 603-447-3834.

### Soil Health Workshop

**Date:** Sat., February 9  
**Time:** All day  
**Where:** NH Farm and Forest Exposition, Center of NH Radisson Hotel, Manchester  
**Cost:** \$5 per person for morning refreshments  
Speakers include Eric Sideman from the Maine Organic Farmers and Gardeners Association, speaking on choosing between the organic fertilizer and amendment options; Tom Morrison from the Univer-

sity of Connecticut discussing "Do organic growers need to be concerned with over-application of nutrients in New England?" An overview of insurance options and farmer presentations will also be featured. For more information, please contact Dr. Becky Grube, UNHCE Sustainable Horticulture Extension Specialist, at 603-862-3203.

### Forage Crops Production

**Date:** Mon., February 11  
**Time:** All day  
**Where:** Eastgate Motel, Littleton NH  
**Cost:** Registration fee for lunch  
Speakers on forage crop production will be featured with an overview of insurance options and certification. For more information, please contact Michael Lunak at 603-787-6944.

### Alternative Forage Crops and Oil Seeds

**Date:** Wed., February 20  
**Time:** All day  
**Where:** UNHCE Hillsborough County Office, 329 Mast Road, Goffstown NH  
**Cost:** \$15 per person registration fee for lunch  
Speakers on organic grain production (Dr. Heather Darby, University of Vermont Extension) and alternative forage crops will be featured with an overview of insurance options and certification. For more information, please contact George Hamilton at 603-641-6060, or by email at george.hamilton@unh.edu.

### New Hampshire Plant Growers Association Joint Meeting with the New Hampshire Landscape Association

**Date:** Wed., January 16  
**Time:** 8 am - 4 pm  
**Where:** Grappone Center, Courtyard Marriott, 70 Constitution Ave., Concord  
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. For more information, contact Guy Hodgdon at 1-800-639-5601, or by email at NHLA@comcast.net.

### New England Grows

**Date:** Wed., February 6 through Fri., February 8  
**Time:** Weds., 11 am to 7 pm; Thurs. and Fri. 8 am to 5 pm

**Where:** The Boston Convention & Exhibition Center, 415 Summer Street, Boston MA  
**Registration Fee:** \$35 before January 15; \$50 afterward  
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](http://www.NEGrows.org).

### Greenhouse Bedding Plant Workshop

**Date:** Tue., February 12 (snow date February 19)  
**Time:** 8:30 am to 3:30 pm  
**Where:** Massabesic Audubon Center, Auburn NH  
This workshop will focus on bedding plant scheduling and production (Chris Robarge, UNH Thompson School), fertilizers and fertilizer injector systems and using your pH and eC meters (Dr. Brian Krug, UNHCE Greenhouse Specialist), using plant growth regulators (Margaret Hagen, UNHCE Extension Educator), coping with greenhouse insects (Dr. Alan Eaton, UNHCE Entomology Specialist), and managing greenhouse disease problems (Dr. Cheryl Smith, UNHCE Plant Health Specialist). For more information, please contact Margaret Hagen at 641-6060, or by email at margaret.hagen@unh.edu.

### Landscape Kickoff

**Date:** Wed., February 20  
**Time:** 8:30 am - 3:30 pm  
**Where:** Manchester, NH (TBA)  
This workshop provides an opportunity to get together with other landscapers to re-energize and focus on the upcoming season. Talks will be given by a mix of landscape and Cooperative Extension professionals and will feature a variety of relevant topics. For more information, please contact Margaret Hagen at 641-6060 or by email at margaret.hagen@unh.edu.

**More What's Happening in Extension appears on page 4**

# What's Happening in Extension

## Family & Consumer Resources

### Starting Over: New Choices... New Directions

**Where:** UNHCE Office, 329 Mast Road, Goffstown  
**Cost:** \$50 per individual or \$65 per couple; course fee will be waived with necessary documentation.

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

#### Course dates and times are:

January 8, 10 am - noon;  
 January 8, 6 pm - 8 pm;  
 February 20, 10 am - noon;  
 February 20, 5 pm - 7 pm

For more information, or to register, please contact Sue Farris at 641-6060, or by email at sue.farris@unh.edu.

### Money in your Pocket: Stretching Resources

**Date:** Weds., January 9, 16, 23 and 30

**Time:** 6:30 pm - 8 pm

**Where:** Wadleigh Memorial Library, 49 Nashua Street, Milford NH

This program is presented in collaboration with the town of Milford. The 4-session program is designed to help folks with money management issues they face on fixed and limited incomes. We will talk about making spending choices, developing and using a spending plan, cutting expenses, tracking spending, and identifying resources in the community. The program is free of charge. For more information or to register, please contact Sue Farris at 641-6060, or by email at sue.farris@unh.edu.

### Safety Awareness in the Food Environment (SAFE)

**Date:** Thu., January 17

**Time:** 9 am to 11 am  
and

**Date:** Wed., February 13,

**Time:** 11 am to 1 pm

**Where:** NH Food Bank, 62 West Brook Street, Manchester NH

Do you prepare or serve food for 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; and how these steps fit your process, from receiving to serving. To register, please contact Alice Mullen at 629-9494, ext. 150, or by email at alice.mullen@unh.edu.

last minute to put their presentations together? Would you like to know how to better prepare for the day? County Activities Day is an opportunity for 4-H members to demonstrate their presentation skills and subject matter knowledge. 4-Hers participate in Action Exhibits, Demonstrations, Public Speaking, Posters and Photography, and Fashion revue competitions. Leaders are encouraged to work with their club members while they plan, produce, and practice their presentations. Jolee Chase will discuss the different presentation areas and walk leaders through the Activities Day process from start to finish. To register, please contact the 4-H office at 641-6060, or by email at janell.george@unh.edu.

### Leader Training Session: Health - Fitness Activities for Youth

**Date:** Mon., January 21

**Time:** 10 am - noon

**Where:** County 4-H Office, 329 Mast Road, Goffstown  
 Health, childhood obesity, and lack of physical activity are at the forefront of news and education these days. How can you get your club members moving toward better physical fitness? 4-H offers a new curriculum series on Health and Keeping Fit. Julia Steed Mawson will walk workshop participants through this new series and teach them how to apply these basics to their club's activities. To register, please contact the 4-H office at 641-6060, or by email at janell.george@unh.edu.

### Leader Training Session: Garden Docent Teacher Volunteer Training for the 4-H Children Teaching Garden at Massabesic Audubon Center

**Date:** Tues., March 4, 11, 18, 25 and April 8

**Time:** 9:30 am

**Where:** Massabesic Audubon Center, Auburn, NH

The 4-H Teaching Gardens, located at Massabesic Audubon Center in Auburn, offer inner-city youth from Manchester and Nashua the opportunity to spend time outdoors and learn how a garden impacts every aspect of their lives. They participate in all stages of the gardening process from planting to

harvesting. Garden Docents are volunteers specially trained to work with these youth teaching and mentoring the gardening experience. Come get your hands dirty and have fun. Pre-registration is required as space is limited, and the commitment to all five sessions is necessary. To pre-register, please contact the 4-H office at 641-6060, or by email at janell.george@unh.edu.

### Kids Day at the Farm and Forest Expo

**Date:** Sat., February 9

**Time:** 10 am - 2 pm

**Where:** Farm & Forest Expo, Center of NH Radisson Hotel, Manchester

Come and join the activities at the Kids Teaching Kids Day at the Farm & Forest Expo! Kids Day is a family affair and you will have fun learning all about trees, bugs, animals, and all kinds of neat things through hands-on activities presented by 4-Hers and other participating youth groups. If your club or group is interested in presenting a hands-on activity, please call the 4-H office at 641-6060 for more information.

## Forestry

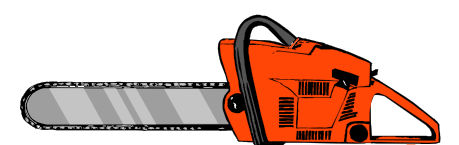
### Use of the Backyard Chainsaw

**Date:** Fri., February 8

**Time:** 6 pm - 7 pm

**Where:** Farm and Forest Expo, Center of NH/Radisson Hotel, Pierce Room

Jon Nute, UNHCE Forest Resources, will lead a hands-on workshop on safety, use and maintenance of the backyard chainsaw. You will learn about proper cutting methods and safe handling. You will also learn simple maintenance tips, such as how to clean your saw and sharpen the chain. We encourage you to bring your own saw. Pre-registration is required; please contact Holly McKinney at 641-6060, or by email at holly.mckinney@unh.edu.



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UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

**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...

## 4-H

### Leader Training Session: Preparing for County Activities Day

**Date:** Mon., January 21

**Time:** 10 am - noon

**Where:** County 4-H Office, 329 Mast Road, Goffstown

Have your members participated in County Activities Day? Did they wait until the