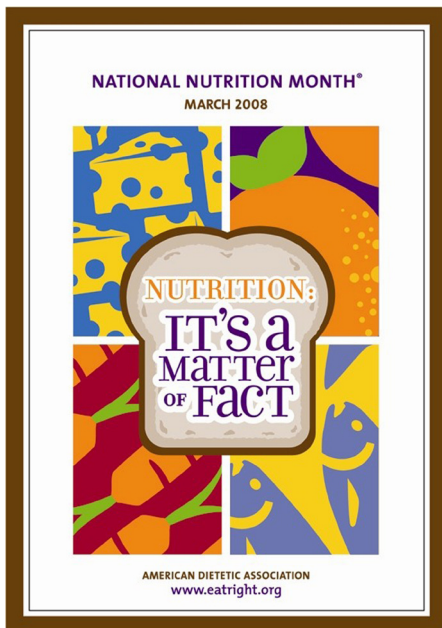




March - April 2008



Celebrate National Nutrition Month® ADA lists “Top Ten Facts About Nutrition”

For 28 years, National Nutrition Month® has been a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year’s campaign, “Nutrition: It’s a Matter of Fact,” encourages all Americans to take the first step toward making healthful food and physical activity choices.

Experts at the American Dietetic Association give these “Top Ten Facts about Nutrition” to help get you started:

1. Eating right doesn’t have to be complicated. Use My-pyramid.gov to develop a personalized plan for life-long health.

2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.

3. Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.

4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.

5. Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories.

6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.

7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.

8. Don’t fall prey to food myths and misinformation that may harm rather than benefit your health.

9. Read food labels to get nutrition facts that help you make smart food choices.

10. Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

Source: American Dietetic Association

For more information on general nutrition or food safety, contact the UNH Cooperative Extension Family, Home and Garden Education Center at 1-877-398-4769. For help with a personalized healthy eating plan, go to www.eatright.org to locate a registered dietitian in your area.

Forestry News

New law clarifies harvest buffers around “prime” wetlands

Wetlands in New Hampshire have three levels of protection: minimum, minor, and major (Wt 303.02, 03, & 04). Most timber harvesting that crosses streams or wetlands requires completion of the *Notification of Forest Management and Timber Harvest Activities Having a Minimum Wetlands Impact Application* sent to the state Wetlands Bureau. Additionally, streams and wetlands (depending on their size) may have either a 50- or 150-foot buffer, whereby not more than half the basal area of trees can be harvested (RSA 227-J:9).

However, timber harvesting “adjacent” to wetlands designated as “Prime” by New Hampshire towns, requires the completion of a *Standard Dredge and Fill Application*. This application is much more elaborate, time-consuming, and expensive than the usual application



for Minimum impact forestry applications.

Twenty-six towns, mostly in southern New Hampshire, have designated Prime Wetlands. For more information, please visit the Wetland Bureau’s web site at www.des.state.nh.us/wetlands.

RSA 482:A-11 IV (effective August 24, 2007) clarified what is considered “adjacent” to Prime Wetlands as establishing a 100-foot buffer. Some towns had originally chosen smaller buffer distances, but the new law will now apply to those towns as well. Therefore, any

tree cutting within 100 feet of a Prime Wetland will require the *Standard Dredge and Fill Application*.

A Prime Wetland may not look any different to you than a typical wetland, brook, or pond, so you will need to ask at the town office if Prime Wetlands have been designated. The towns are supposed to have maps showing the Prime Wetlands in the town and their associated buffer areas.

If you plan to harvest near a Prime Wetland, it is possible to schedule a meeting with the Wetlands Bureau permitting inspector, either at the Bureau’s office or at the site in question. Contact the New Hampshire Department of Environmental Services, PO Box 95, Concord, NH 03302, or by telephone at 603-271-2147.

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4-H animal approval form due dates



Travis Cook is shown above with his La Mancha goat, Fresha.

4-H members who wish to show animals at any 4-H fair or event this year must complete an approval form and have it on file at the 4-H office.

4-H members who would like to qualify to show at the Eastern States 4-H Horse Show must submit their Horse Approval Forms to the 4-H office

From your State 4-H Advisory Committee members

Hi, We're Karen and Grantham Raymond. As members of the State 4-H Advisory Committee, we'd like to hear from you.

This committee meets four times a year to discuss and present ideas and concerns to the State Extension Educators and Coordinators. We also share information from

2008 Teen Conference - Save the Date! "4-H Tour of the Year"

It's time to start thinking about Teen Conference. If you have not gone to Teen Conference before, make sure you sign up this year. The Conference will be held on the University of New Hampshire campus from June 29 - July 2, 2008. The theme for the Conference is "4-H - Tour of the Year." 4-H teens and friends who have completed eighth grade or are age 14 by June 29 are welcome to attend. Over 170 teens went in 2007.

At Teen Conference, you will participate in small-group workshops and other leadership-building activities. Workshops cover many subjects of interest. You will develop

in Goffstown by April 1, 2008.

Members who wish to show beef heifers at Eastern States and dairy animals, working steers, dogs, and horses that are not trying for Eastern States must submit their forms by May 1, 2008.

Members with sheep, goats, swine, small animals, poultry and rabbits, and other beef not showing at Eastern States must submit their forms by June 15, 2008.

All 4-H project animals must be at least three months old by show date to be exhibited, shown, or brought to any given 4-H event. For example, a lamb born on May 31, 2008, could not be exhibited before August 31, 2008.

All approval forms may be found on the UNH Cooperative Extension web site at extension.unh.edu, or you can call Jolee or Janell at 641-6060 to have forms mailed to you, or to answer your questions.

the state level and from other counties with our 4-H leaders and youth.

If you have any questions, concerns, or ideas that you'd like us to bring to share with the entire State 4-H Advisory Committee, please contact us at 673-5039, or by email at tworaysplusfour@aol.com.

leadership skills, meet with other teens from throughout the state, explore the campus and opportunities at UNH, and bring back information to your local 4-H club or school group.

Participants live in UNH residence halls, eat in the campus cafeteria, and attend sessions in university educational settings. This Conference is planned by the 11-member Teen Council that is made up of 4-H teens from around the state, including our own Will Collins and Grantham Raymond. They work with 4-H staff and other adult volunteers.

See **Teen Conference**, page 4

4-H Highlights

Charles W. Buck Memorial Scholarship

The Charles W. Buck Memorial Scholarship Fund annually presents one memorial scholarship of \$400. To qualify, a student must be a resident of NH, but s/he does not need to be going to school in NH. This award will be given to a graduating high school senior or an undergraduate student majoring in agricultural studies, including pre-veterinary. Scholarship forms are available on the web at extension.unh.edu. For more information, please call the 4-H office at 641-6060.

Leaders Can Take Trips, Too!

If you like to travel and you enjoy teens, you might be interested in chaperoning a 4-H trip to Washington, DC, Atlanta, GA, Madison, WI, or the Eastern States Expo. All you need to do is complete a 4-H chaperone application. You could choose to chaperone NH teens to National Conference in Washington, DC in the spring, or National 4-H Congress in Atlanta in November. Other trip opportunities include the Dairy Conference in Madison, WI or the Eastern States Exposition in Springfield, MA. Your trip expenses are paid for by the 4-H Foundation of NH. Chaperone information and forms are available on the web at extension.unh.edu, or by calling the 4-H office at 641-6060.

15th Annual 4-H Spaces Conference! You Don't Have to be in 4-H to Attend!

4-H Spaces Conference is for all youth ages 9 and older, teens, parents, and youth group leaders. The Conference is divided into four groups, and you will get to choose hands-on learning workshops in four exciting spaces areas:

Outer Space: Science and Technology - Developing our creative, inventive, discovering, and exploring capacities

Inner Space: Personal Development - Developing our unique and special self, relating to others and coping with change

Shared Space: Global and Environmental - Becoming better caretakers of our global environment, our natural resources, diverse peoples and their cultures

Special Spaces: Fun Finale - Recreational and inspirational activities to complete a great day!

The Conference will be held on Saturday, April 21 from 8:30 am - 4:30 pm at Epping High School, Epping, NH. Early bird registration is \$6 per person until March 21; regular registration is \$8 per person. Scholarships are available upon request. For a brochure and list of workshops, or to register, please contact Jeanne Hussey at 679-5616 or 1-800-248-6672, or by email at jeanne.hussey@unh.edu. Conference information is also available on the web at extension.unh.edu.

2008 Northeast Volunteer Forum Talent Revue

Calling ALL singers, dancers, jugglers, instrumentalists, stand-up comedians, and other talented people: If you are interested in participating in the 2008 Talent Revue, or would like more information, please call Michele King at 862-2199, and plan to attend the live audition (location TBA) on Sunday, March 30.

Community Service Project: "Hero Packs"

Community Service "Hero Packs" are needed for children of military families. The Hero Pack project is a chance for groups of youth and adults to work together and become involved in a valuable community service effort. You can consider inviting other groups and businesses to join you in your endeavor. Keep in mind, you are building awareness and fostering community support for "suddenly military" kids dispersed throughout the state. If you think this is a community service project that your club would like to participate in, please call the 4-H office at 641-6060 for more information.

NH Hosting Northeast Regional Forum

New Hampshire is hosting the Northeast Regional Volunteer Forum on October 23-26. Volunteer committees are working on many aspects of this event which anticipates over 500 attendees from throughout the Northeast. The Forum will be held at the Center of NH-Radisson Hotel Manchester. If you would like to be a member of one of the committees, we are looking for both teens and adults. Please call the 4-H office at 641-6060 for more information, or to sign up.

What's Happening in Extension

Please note: In this issue, event descriptions have been abbreviated. For complete details, please visit the Cooperative Extension's online Calendar of Events at extension.unh.edu, or call the event's contact person.

Agriculture

Pesticide License Training for Private Applicators in Hillsborough County

Date: Tuesdays, March 4 - 18
Time: 6:00 - 9:00 pm
Location: UNH CE Office, 329 Mast Road, Goffstown
Contact: George Hamilton, 641-6060

This training is free, but participants will need to purchase a manual in order to study for the state exam, and will need this manual for the training. *Please note: no re-certification credits will be issued for attending this workshop.* To order your study materials, please contact Rachel Maccini, Pesticide Safety Education Program Coordinator, at 629-9494, ext. 130, or by email at rachel.maccini@unh.edu.

Landscape Kickoff

Date: Wednesday, March 5
Time: 8:30 am - 3:30 pm
Location: Five Rivers Auditorium, PSNH, Manchester
Cost: \$30 per person
Contact: Margaret Hagen, 641-6060

NH Vegetable and Berry Growers Annual Meeting

Date: Saturday, March 8
Time: 9:00 am - 4:00 pm
Location: Alan's Restaurant, Boscawen, NH
Cost: \$25 per member, \$30 per non-member, includes lunch
To register: Call Chip Hardy, 465-2241, by March 3

Pasture Meeting

Date: Saturday, March 8
Time: 9:00 am - 4:00 pm
Location: The Common Man Inn, Plymouth
Cost: \$35 per person *before* February 18, \$50 per person after
Contact: Bruce Clement, 399-4923 or bclement@cheshire.net

Turfgrass Maintenance for Municipal Employees and Landscapers

Date: Wednesday, March 12
Time: 8:30 am - 3:30 pm
Location: Tin Mountain Conservation Center, Conway
Contact: Margaret Hagen, 641-6060

First Aid for Livestock

Date: Saturday, March 15
Time: 9:00 am - 3:00 pm
Location: Alvirne High School, Hudson

Cost: \$10 per workshop participant - registration is limited to the first 40 participants
To register: Call Tina Savage at 539-3331 by March 7

NH Dairy Management Conference

Date: Thursday, March 20
Time: 9:00 am - 3:00 pm
Location: Fireside Inn and Suites, West Lebanon
Cost: Preregistration \$20 per person (includes lunch) or \$25 at the door
To register: Call Michael Lunak, 787-6944, by March 14

NH Fruit Growers' Annual Meeting

Date: Friday, March 21
Time: 9:00 am - 4:00 pm
Location: Alan's Restaurant, Boscawen, NH
Cost: \$25 per member, \$30 per non-member, includes lunch
To register: Call Herb Cooper, 323-7558, by March 17

Sprayer Calibration for Farmers

Date: Tuesday, March 25
Time: 6:00 - 9:00 pm
Location: UNHCE Office, 329 Mast Road, Goffstown
Contact: George Hamilton, 641-6060

Garden Center Kickoff

Date: Wednesday, March 26
Time: 8:30 am - 3:30 pm
Location: Intervale Pancake House, Henniker
Cost: \$10 per person
Contact: Margaret Hagen, 641-6060

Fruit Pruning Demonstrations for Home Gardeners

George Hamilton will explain and demonstrate fruit pruning techniques. Dress for the weather with proper clothing and foot gear; contact George at 641-6060 for further details.

Date: Saturday, March 29
Time: 9:00 am - 1:00 pm
Location: 183 Amherst Road, Merrimack

Features pruning mature semi-dwarf and standard apple trees and peach trees before noon, and blueberries and grapes in the afternoon

Date: Friday, April 4
Time: 5:30 pm - 7:00 pm
Location: Brookdale Fruit Farm Packinghouse, Broad Street (Rte. 130), Hollis
Features pruning mature grape vines

Date: Monday, April 7
Time: 4:00 - 6:00 pm
Location: Shieling State Forest, Old Street Road, Peterborough
Cost: \$5.00 per person

Features pruning older mature apple and pear trees for wildlife, and crabapple trees

Date: Wednesday, April 9
Time: 5:00 - 7:00 pm
Location: 439 Mason Road, Milford
Features pruning young (2 to 10-year old) dwarf apple, pear, peach, cherry, and plum fruit trees

Pruning Ornamentals

Date: Thursday, April 3
Time: 9:00 am - 12 noon
Location: Woodman Farm, Durham, NH
Contact: Margaret Hagen, 641-6060

NH Fruit Growers' Twilight Meeting

Date: Wednesday, April 16
Time: 5:30 - 7:30 pm
Location: Alyson's Orchard, Walpole, NH
Hosts: Owner, Robert Jasse and Orchard Manager, Homer Dunn

NH Giant Pumpkin Growers' Meeting

Date: Monday, April 21
Time: 6:30 - 8:30 pm
Location: Demers Garden Center, Manchester
Contact: Robert Demers, 625-8298.

Trevor Hardy of Brookdale Fruit Farm will make a presentation on drip irrigation and how to set up drip irrigation systems for your giant pumpkin patch.

Managing Sweet Corn Insect Pests and Oriental Fruit Moth on Tree Fruits

Date: Thursday, April 24
Time: 6:00 - 9:00 pm
Location: UNHCE Office, 329 Mast Road, Goffstown
Contact: George Hamilton, 641-6060

Dr. Alan Eaton, UNH CE Entomology Specialist, and George Hamilton will present an informative lecture on identifying sweet corn insect pests and discuss how to monitor and scout for these insects as well as how the information obtained is used for pest control options. Dr. Eaton will also discuss how to monitor Oriental Fruit Moth on peaches and plums.

Forestry

2008 Proposed Current Use Changes Informational Workshop

Date: Monday, March 17
Time: 7:00 pm
Location: Shieling State Forest, Old Street Road, Peterborough
Cost: \$5.00

To register: Call 431-6774
For more information, please contact Jon Nute at 641-6060, or by email at jonathan.nute@unh.edu.

The Current Use workshop will be repeated on the following dates in two other counties:

Date: Wednesday, March 19
Time: 6:30 - 8:30 pm
Location: Keene Public Library, Winter Street, Keene
Cost: Free
To register: Call 352-4550

Date: Wednesday, March 26
Time: 7 pm
Location: Belknap County office of UNH Cooperative Extension, 36 County Drive, Laconia
Cost: Free
To register: Call 527-5475

Christmas Tree Pest Management Workshop

Date: Wednesday and Thursday, March 19 & 20
Location: Keene State College
Cost: \$150 (includes parking, breaks, hand lens, reference materials, and lunch for both days)
To register: Call Kristina Ferrare at 862-3883



Signs of Spring Nature Walk

Date: Saturday, April 12
Time: 9:30 - 11:30 am
Location: Marvell Tree Farm, 57 Highland Road, New Boston
Cost: Free
To register: Call 641-6060

Extension wildlife specialist Matt Tarr and forester Jon Nute will help you learn plant and wildlife identification and how you can improve the habitat on your own property.

See **What's Happening**, page 4

2008 proposed Current Use changes

The Current Use Advisory Board has proposed changes in the forestland assessment rates for 2008. Owners who enroll their rural property in the Current Use land protection program pay dramatically lower property tax rates, but pledge not to develop the property. The Current Use assessment rates (per acre) are as follows:

Forestland with a management plan written by a forester:

White pine at present \$102 av. proposed \$139 av.
 Hardwood at present \$30 av. proposed \$41 av.
 All others at present \$72 av. proposed \$32 av.

Forestland without a written management plan:

White pine at present \$159 av. proposed \$190 av.

Hardwood at present \$78 av. proposed \$80 av.
 All others at present \$125 av. proposed \$69 av.
 The Current Use web site is: www.revenue.nh.gov/munc_prop/propertyappraisal.htm.

Informational workshops will be held on several dates around the state; please see the "What's Happening in Extension" section for details. We will explain Current Use assessment and different aspects of the program so you can decide if this land conservation opportunity is right for you. If your land is already in Current Use, this will be a good refresher course to remind you of the regulations.

2008 Grower Assistance Guides

The following guides and manuals are aids for commercial growers and farmers, and are available through UNH Cooperative Extension.

The 2008-2009 *New England Vegetable Management Guide*, \$15.00. The guide is also available free of charge online at www.nevegetable.org. The free web version was made possible by grants from the Environmental Protection Agency to the NEVBGA, UMass Extension, and all the Vegetable Extension programs of New England. Members of the NH Vegetable and Berry Growers will receive the guide free from their association.

The 2008 *New Hampshire Guide to Specific Weed Problems in Corn*, free.

The 2008 *New England Tree Fruit Pest Management Guide* will be released in the spring and is a joint effort between Cornell Cooperative Extension and the New England Cooperative Extensions. The guide will cost approximately \$35 per copy and members of the New Hampshire Fruit Growers will receive the guide free from their association.

The 2008 *New England Small Fruit Pest Management Guide* will be released sometime this spring, cost TBD.

What's Happening in Extension

4-H

4-H Leader Training: Garden Docent Volunteer Teacher Training for the 4-H Children Teaching Garden at the MAC

Date: Tuesdays, March 4 - April 8
 Location: Massabesic Audubon Center, Auburn
 To register: Call Janell, 641-6060, or email janell.george@unh.edu

Pre-registration for this program is required, as well as a commitment to all five sessions.

4-H Fashion Revue

Date: Friday, March 7
 Time: Check-in at 5:00 pm
 Location: 4-H Office, 329 Mast Road, Goffstown
 Contact: Mike Koski, 641-6060
4-H County Activities Day
 Date: Saturday, March 29
 Time: 9:00 am
 Location: Milford Middle School, 33 Osgood Road, Milford
 Contact: Janell George, 641-6060 or email janell.george@unh.edu

4-H Leader Training

Date: Friday, April 18
 Time: 6:00 pm
 Location: 4-H Office, 329 Mast Road, Goffstown
 Contact: Janell George, 641-6060 or email janell.george@unh.edu

Family & Consumer Resources

Strengthening Families 10-14 Program in Hillsboro

Date: Wednesdays, March 5 through April 16
 Time: 6:00 - 8:00 pm
 Location: Hillsboro-Deering Middle School, 6 Hillcat Drive, Hillsboro
 To register: Call Sue Farris, 641-6060 or email sue.farris@unh.edu

Pre-registration for this program is required to attend; dinner and childcare will be provided

Safety Awareness in the Food Environment (SAFE)

Date: Wednesday, March 5
 Time: 11am to 1 pm
 Where: NH Food Bank, 62 West Brook Street, Manchester NH
 Date: Thursday, March 6
 Time: 9 am to 11 am
 Where: BCTV, Bedford

For more information, call Alice Mullen, 629-9494, ext. 150, or by email at alice.mullen@unh.edu.

ice Mullen, 629-9494, ext. 150, or by email at alice.mullen@unh.edu.

Feeling Secure in a Changing World

Date: Tuesday, April 15
 Time: 7-8 pm
 Location: UNHCE Goffstown office
 For more information, call Alice Mullen, 629-9494 x150.



Hillsborough County

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

Family, Home & Garden Education Center

200 Bedford Street
 Manchester, NH 03101
 (603) 629-9494
 FAX (603) 629-9998

Web site <http://extension.unh.edu>

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Mission Statement

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

Practical solutions to everyday questions




Family, Home & Garden
 EDUCATION CENTER

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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...



Teen Conference (continued from page 3)

Registration materials will be sent from the county 4-H office by the middle of March. *Teens: if you don't receive information, and are interested in attending, call the office.* The County registration deadline is May 10, with late registrants accepted only if space is available. The cost is expected to be approximately \$175, which includes your room, workshops, activities, and materials. Some workshops may carry an additional fee.

For more information on this program, go to our web site at extension.unh.edu, or call the 4-H office at 641-6060.