



# Cooperative Extension forges community outreach partnership with UNH Manchester



On September 1, Dr. Patrice Mettauer from the Department of Communication Arts at UNH Manchester joined UNH Cooperative Extension in a 40 percent appointment in Community Outreach and Leadership.

Thanks to support and resources made available through Associate Vice President for Research and Outreach Scholarship, Julie Williams, deans from UNHM and Cooperative Extension signed a Memorandum of Understanding (MOU) formalizing their commitment to working collaboratively to provide community outreach to the greater Manchester area.

Mettauer will be focusing on:

- Identifying community needs that would benefit from the knowledge and skills available at UNH Manchester and UNH Cooperative Extension.
- Establishing appropriate community partnerships

where congruent missions and goals exist.

- Working with UNH Manchester faculty and Extension staff to develop service learning and community engagement opportunities critical to urban areas such as economic development, land use, and community and civic engagement.
- Overseeing student internship programs at UNH Manchester.
- Coordinating and promoting campus-to-community initiatives through lectures, seminars, workshops, and one-credit courses at off-campus locations.
- Working closely with an advisory council includ-

ing Extension staff, UNHM faculty and other external community members as appropriate to plan and implement programs.

- Teaching UNH Manchester courses in the field of expertise.
- Joining the public discourse on outreach scholarship through publications and conference presentations.

Dr. Patrice ("Trece") Mettauer is housed at UNHM and will work with Family, Home & Garden Education Center, Hillsborough County, and other Extension staff to develop and deliver educational programs. Welcome, Patrice!

## Holiday Cooking Questions?

- How do I thaw my turkey?
- How long do I cook a 20 pound turkey?
- What should I do with all the leftovers?
- Can I make eggnog without raw eggs?

Call our Family, Home & Garden Education Center Info Line for answers to all of your holiday food questions.

**Call**  
**1-877-398-4769**  
**Monday - Friday**  
**9 am - 2 pm**  
(except December 24)  
**Wednesdays**  
**5 pm - 7:30 pm**  
(except November 21)

Email questions to [answers@unh.edu](mailto:answers@unh.edu)  
Visit us online at [extension.unh.edu/fhgec/fhgec.htm](http://extension.unh.edu/fhgec/fhgec.htm)

## Muñiz Recognized for School Nutrition Education Program

New Hampshire Partners in Education, a nonprofit organization promoting the efforts of volunteers and outside groups that work with schools, has honored UNH Cooperative Extension's Awilda Muñiz with one of its 2007 Gold Circle awards.

Muñiz, a Hillsborough County Program Associate with the Nutrition Connections program, was recognized for her nutrition education work with third graders at the Ledge Street School in Nashua. Assis-

tant principal Pilar Peigh nominated Muñiz for the award.

Ledge Street School teacher Bonnie Blaisdell said, "Awilda's classes were always so motivating to the students. She used hands-on and fun materials. The students enjoyed all the healthy snacks she made with them. She stressed the importance of eating healthy food, and I've noticed this starting to make a difference in their choice of snacks. All of Awilda's lessons really involved the students. She made learning

about nutrition and taking care of our bodies fun. We are looking forward to working with her again."

Congratulations, Awilda!



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

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## Fox Family wins Commissioner of Agriculture Award for Excellence at Hillsborough County Fair



Pictured are (back row, left to right) Mary and Dan Fox, Linda Milliken, and Fair Director Jolee Chase. In front with two of the family goats are Marisa and Brianna Lafoe.

On September 8th, the Fox family was awarded the Commissioner of Agriculture Award for Agricultural Excellence at the Hillsborough County Agricultural Fair. The family farm is made up of three generations: Dan and Mary Fox who live in Mont Vernon, their daughter, Linda Milliken, and her daughters, Briana and Marisa Lafoe who live in New Boston.

The Fox family has raised and shown dairy goats for over

20 years. The family raises Nubians, LaManchas, Saanens and Alpines.

The award recognized exhibits which promote a better understanding of agriculture and rural life and is determined by judges appointed by the Commissioner of Agriculture, Markets and Food. Stephen H. Taylor is the Commissioner, NH Department of Agriculture, Markets and Food.



### 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>

### County Office Administrator

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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."



The 4-H Leader/Parent/Teen Association sponsored a bus trip to the Big E on September 20. The day was a fundraiser for the association as the participants spent time working in the New Hampshire building serving NH-made blueberry pie with ice cream, peach crisp, broccoli-cheese soup and other yummy foods. They also had time to walk around and see the exhibits, vendors, and visit the other New England buildings. This was the first year for the association at this fundraiser, but according to Michael Koski, 4-H Extension Educator, it won't be the last, as it was one of the easiest "fun" fundraisers he's been involved with.

## 4-H Highlights

### It's Re-enrollment Time

Forms to re-enroll for the new 4-H year will be in the mail soon. There is important information on tax numbers that all clubs must have as of 2008. Have your members update and choose their projects and check and make sure their email, phone and address are up to date. Forms are due back in the 4-H office by December 31. Failure to send back your re-enrollment form will mean your name gets deleted from the mailing system. Get those forms in so you don't miss out on anything. For questions please contact Janell George at 641-6060, or by email at [janell.george@unh.edu](mailto:janell.george@unh.edu).

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

The Hillsborough County 4-H Foundation has winter rental space available at the T.R. Langdell Arena, located at the 4-H Youth Center just off Route 13 in New Boston. Vehicles, boats, campers, etc. will be accepted on October 20 and 27 from 8:00 am to 2:00 pm. All storage must be removed on April 12, 2008. Space is assigned on a first-come, first-served basis. If you cannot make the above dates/times and would like to request a special appointment, please call Amy Compagna at 487-2684. If you need forms or more information, please call 641-6060 or email [jolee.chase@unh.edu](mailto:jolee.chase@unh.edu).

### NH Youth Development Leader Forums

Are you a youth group or 4-H club leader? Do you want to learn about some exciting curriculum for kids? If you answered yes, plan on attending one of the Forums on November 3, at Lakeway Elementary School, Littleton, NH, November 10 at Newport High School, Newport, NH, or November 17 at Pembroke Academy, Pembroke, NH (this is where State Activities Day was held).

Each Forum will include workshop sessions on Circle of Courage, Youth Ventures, GPS, Animal Science, Operation Military Kids, Organizational Leaders, NH Volunteer Forum Community Service Opportunity, Your Key to Success and the new kits: 4-H Microwave Magic and 4-H Flight Command Central: Rockets, Aviation, and Beyond.

The Forums will help leaders of any youth group, after school group or 4-H club learn more techniques to work effectively with youth in a positive environment. Teens 12 - 18 are also invited to participate.

Registration for the Conference is \$ 15.00. The fee includes all activities, lunch, breaks and handouts. Registration information will be posted on the 4-H section of our website, [www.extension.unh.edu](http://www.extension.unh.edu) or you can call the county office at 641-6060 to have it mailed to you.

### Farm & Forest Exposition - Kids Day

It's time to sign up your club to participate in "Kids Teaching Kids Day" that will be held February 9, 2008 from 10 am - 2 pm at the Center of New Hampshire/Radisson Hotel in Manchester.

"Kids Teaching Kids Day" is part of the NH Farm & Forest Exposition. I'm looking for 4-H clubs, afterschool programs, and other youth groups to do educational "hands-on" activities, or a play, dance, or singing for the children and families visiting the Exposition. I would like to extend an invitation to you to participate in this program. Not only will your group enjoy the day, but they can help promote your program, 4-H, and agriculture in our state. To participate or if you have any questions please call Jolee at 641-6060 or email [jolee.chase@unh.edu](mailto:jolee.chase@unh.edu).



Come join the fun at "Kids Teaching Kids" Day at the NH Farm and Forest Exposition. Cheer on Travis Kazo (above) as he puts his rabbit through the Rabbit Hopping course.

# What's Happening in Extension

## Agriculture

### Educational Meeting Series Introduction to Plant Disease Management

**Date:** November 5, 2007  
**Time:** 6 - 9 pm  
**Where:** UNHCE Office  
329 Mast Road, Goffstown  
**Cost:** \$5 per farm  
**Speaker:** Dr. Cheryl Smith,  
Plant Health Extension  
Specialist, UNHCE

Contact George Hamilton at 641-6060 or by email at george.hamilton@unh.edu for additional information on this or any of the Education Meeting Series discussions.

### Educational Meeting Series Small Fruit Diseases

**Date:** November 12, 2007  
**Time:** 6 - 9 pm  
**Where:** UNHCE Office,  
329 Mast Road, Goffstown  
**Cost:** \$5 per farm  
**Speaker:** Dr. Frank Caruso,  
Associate Professor of Plant  
Pathology, University of  
Massachusetts - Cranberry  
Station

Contact George Hamilton at 641-6060 or by email at george.hamilton@unh.edu for additional information on this or any of the Education Meeting Series discussions.

### Educational Meeting Series Vegetable Diseases

**Date:** November 19, 2007  
**Time:** 6 - 9 pm  
**Where:** UNHCE Office  
329 Mast Road, Goffstown  
**Cost:** \$5 per farm  
**Speaker:** Dr. Margaret Tuttle  
McGrath,

Associate Professor,  
Department of Plant  
Pathology, Cornell  
University - Long Island  
Horticultural Research &  
Extension Center

Contact George Hamilton at 641-6060 or by email at george.hamilton@unh.edu for additional information on this or any of the Education Meeting Series discussions.

### The Eco-Friendly Garden Center

**Date:** November 8, 2007  
**Time:** 8 am - 3:30 pm  
**Where:** Cole Gardens and  
The Common Man  
Restaurant, Concord  
**Cost:** \$35 by November 5;  
\$40 afterward or at  
the door

UNH Cooperative Extension and the NH Plant Growers Association are co-sponsoring this one-day workshop, beginning with an open house at Cole Gardens in Concord, from 8 - 9 am, then adjourning to The Common Man Restaurant in Concord. The theme for the workshop is the Eco-Friendly Garden Center; featured speakers include Paul Tukey on transitioning to organic turf, Scott LaFleur on easy-to-grow natives with curb appeal, Drs. Cheryl Smith and Stan Swier on eco-friendly pest control products and Dr. Barry Rock from UNH on global warming. For more information, please contact Margaret Hagen at 641-6060, or by email at margaret.hagen@unh.edu.

### Corn and Forage Crop Meeting

**Date:** November 15, 2007  
**Time:** 10 am - 3 pm  
**Where:** Stuart & John's Sugar  
House,  
Westmoreland, NH  
**Cost:** \$15 per individual  
(includes lunch and  
reference materials)

This meeting is for farmers raising silage corn and forage crops. The meeting will be at Stuart & John's Sugar House, located at the junction of Routes 12 & 63 in Westmoreland. We have applied for pesticide recertification credits to the NH Department of Agriculture, Division of Pesticide Control. For more information and to register, please contact Carl Majewski at 603-352-4550.

### Agricultural Tax Management and Planning Seminar

**Date:** December 6, 2007  
**Time:** TBA  
**Where:** UNHCE Office, 329  
Mast Road,  
Goffstown

UNH Cooperative Extension and First Pioneer Farm Credit of Bedford are co-sponsoring this meeting to review income tax law and preparation along with income tax management

as it pertains to farming and related agricultural business. For more information or to register, please contact Carol Zintel at Farm Credit at 472-3554, or George Hamilton at 641-6060.

### The New England Vegetable and Fruit Conference

**Dates:** December 11-13, 2007  
**Where:** Radisson Hotel (The  
Center of New  
Hampshire),  
Manchester, NH

The New England Vegetable and Fruit Conference will include 27 educational sessions over three days. A Farmer-to-Farmer meeting after each morning and afternoon session will bring speakers and farmers together for informal, in-depth discussions on certain issues. There is also an extensive Trade Show with over 100 exhibitors.

Please see the article on page 4 of this newsletter for complete details, including registration information, or visit the NE Vegetable and Fruit Conference online at [www.newenglandvfc.org](http://www.newenglandvfc.org).

## 4-H

### 4-H Marketing You Resumes Due

**Date:** November 15, 2007  
4-H Marketing You resumes are due on November 15. The 4-H Marketing You program is open to all Hillsborough County 4-Hers ages 14 and up, and consists of writing a personal resume and story, and then being interviewed. Participation in this program is required to apply for National 4-H Conference or National 4-H Congress. Contact Jolee Chase at 641-6060 or by email at [jolee.chase@unh.edu](mailto:jolee.chase@unh.edu) for more information.

### 4-H Marketing You Interviews

**Date:** November 26, 2007  
**Time:** 6:30 pm  
**Where:** 4-H Office, 329 Mast  
Road, Goffstown

4-H Marketing You interviews will be held at the county 4-H office. Resumes due November 15 (see above). For more information, please contact Jolee Chase at 641-6060, or by email at [jolee.chase@unh.edu](mailto:jolee.chase@unh.edu).

## Forestry

### Roads and Trails on Your Woodlot Workshop

**Date:** November 2, 2007  
**Time:** 12:30 - 4:40 pm  
**Where:** Fire and Safety  
Building, 1714 Dover  
Road (Rte. 4), Epsom  
**Cost:** \$10 per person each  
session; \$5 each  
additional family  
member per session

The well-laid out and constructed woods road or trail will give you years of service and pleasure. Learn the basics of woods road design, construction, and maintenance, as well as sources of technical and financial assistance. The event flyer and registration form are available online at <http://extension.unh.edu/Forestry/documents/fall07.pdf>. Questions about the program may be directed to Karen Bennett at 862-4861 and questions about registration may be directed to Debra Anderson at 862-1028.

### Your Woodlot and Wildlife Workshop

**Date:** November 9, 2007  
**Time:** 12:30 - 4:40 pm  
**Where:** Fire and Safety  
Building, 1714 Dover  
Road (Rte. 4), Epsom  
**Cost:** \$10 per person each  
session; \$5 each  
additional family  
member per session

Learn techniques you can use to create, improve and maintain foraging, nesting, denning and cover for native birds, mammals, reptiles and amphibians. We will also introduce you to a variety of financial assistance programs (EQIP, WHIP, NH Small Grants) that can help pay for habitat improvement projects. Questions about the program may be directed to Karen Bennett at 862-4861 and questions about registration may be directed to Debra Anderson at 862-1028.



What's Happening continues on page 4.

## Annual New England Vegetable and Fruit Conference set for December

The New England Vegetable and Fruit Conference will be held this December 11, 12 and 13 at the Radisson Hotel in Manchester, NH. This conference is put together with close collaboration between growers and Extension from across the region. The steering committee gathers the best speakers from within our region and across the country to let you know about the latest innovations and advances in the fruit and vegetable industry.

Twenty seven educational sessions over three days will mix the best theory and practice regarding major fruit, berry and vegetable crops. Virtually every session, from "Organic Apple Production" to "Lettuce and Greens" will include the perspective of farmers, Extension staff and researchers.

A "Farmer to Farmer" session will be held after each morning and afternoon session to allow speakers and farmers the opportunity for informal, in-depth discussion of the issues they find to be most critical.



An extensive Trade Show will feature over 100 exhibitors. Meet with fellow growers, advisors, researchers, and industry representatives so you can learn new ideas and new information that will have a positive impact on your farm.

The event is sponsored by the New England Vegetable & Berry Growers Association and the Massachusetts Fruit Growers' Association in conjunction with the Universities of Connecticut, Massachusetts, New Hampshire, Rhode Island, Vermont and Maine, as well

Cornell University and the Connecticut Agricultural Experiment Station, in cooperation with the U.S. Department of Agriculture.

The three-day educational program offers four to five concurrent sessions each morning and afternoon. On Tuesday, December 11 the sessions are on tree fruit, peppers and eggplant, root crops, soil health, strawberries, cucurbits, urban food production, season extension, and stone fruit. On Wednesday, December 12 sessions are on tree fruit, blue-

berries, brambles, minor crops, renewable energy, organic production, tomatoes, and postharvest management. The sessions on Thursday, December 13 are on non-chemical weed control, ornamentals, sweet corn, viticulture, lettuce and greens, and pumpkins.

The pre-registration fee to attend any part or all of the conference or trade show is \$70 for the first member of the farm or business and \$40 for each additional member (family or employee) when pre-registered with first member. The pre-registration fee for students (high school or college) is \$30 each when pre-registered by the instructor. Pre-registration must be received by November 30, 2007. There is an additional fee of \$10 per person for late registration or walk-ins.

Additional information on the New England Vegetable and Fruit Conference, including downloadable registration material, may be found at <http://www.newenglandvfc.org/>.

### Forest Laws Workshops for Municipal Officials

**Date:** November 13, 2007  
**Time:** Choose 8:00 am - 2:30 pm or 8:00 am - noon  
**Where:** New Boston Community Church, Dignard Room, Meeting House Hill Road, New Boston

Questions about the program may be directed to Karen Bennett at 862-4861, and questions about registration may be directed to Debbie Anderson at 862-1028.

### Family & Consumer Resources

#### Parent Book Group

**Date:** November 8 and December 13, 2007  
**Time:** 9:30 - 11:30 am  
**Where:** Bedford Public Library

A parent book group, supported by the book "How to Talk So Your Kids will Listen and Listen so Your Kids will Talk," will discuss the sometimes fun and other times challenging aspects of communicating with children. Come to the Bedford Public Library discuss the book and

share ideas. For additional information, please contact Sue Farris at 641-6060, or you may register online at [www.bedford.lib.nh.us](http://www.bedford.lib.nh.us).

#### 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:  
**November 8, 5 - 7 pm;**  
**November 9, 10 am - noon;**  
**December 3, 5 - 7 pm;**  
**December 7, 10 am - noon**

For more information, or to register, please contact Sue Farris at 641-6060, or by email at [sue.farris@unh.edu](mailto:sue.farris@unh.edu).

## Stay physically active to minimize the stress of the holiday season

Physical activity, such as walking, is great way to reduce stress during the holidays. Try these ideas to stay active:

- Have your guests take a group walk before or after a holiday meal.
- Park your car in the farthest possible parking space at work or when shopping at the mall. The extra steps will add up!
- Ask a friend to be your walking buddy. You can support and motivate each other for walking throughout the holiday season.

Other stress reduction tips:

- Eat less fat and sugar.
- Eat at least five servings of fruits and vegetable-seach day.
- Go easy on caffeinated and alcoholic beverages.
- Try to get 8 hours of sleep each night.

- Make a realistic budget and detailed shopping list. Pay with cash instead of credit; this helps to eliminate impulse buying.

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](mailto:answers@unh.edu)

**Visit our website:** [extension@unh.edu](http://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...