



Newslines

January/February 2010

Family Resource Center Comes to Nashua

The Family Resource Center of Greater Nashua (FRC-GN), a collaboration of agencies serving families in greater Nashua, started operations in September, offering programs and resources to residents of the greater Nashua area. The FRC-GN is housed at the [Boys & Girls Club](#) on Grand Avenue.

UNH Cooperative Extension has been a key player in organizing the community-based effort. Other collaborators throughout the year-long start-up include [Adult Learning Center](#), [Boys & Girls Club](#), [Child and Family Services](#), [Greater Nashua Birth to Six Mental Health Team](#), [Greater Nashua Healthy Community Collaborative](#), [Prevention Makes Cents](#), and [Southern NH Services](#). The need for a family resource center was cited by community members and organizations as important in efforts to strengthen families and prevent child abuse.

The function of the FRC-GN is to support families. Rather than creating a new social service agency, the goal has been to use existing

community organizations to provide programs and resources to all families in greater Nashua. In the past, resources and support have been spread across many agencies and often limited in terms of whom they were serving. Helping citizens find and access needed services has been challenging. Through this collaboration, agencies will be able to offer programs and resources for any citizen; at one location, the [Boys & Girls Club](#).

In October, 2008, 15 professionals from 12 agencies met to discuss how to work together to form a family resource center. That initial meeting formed the basis of continued discussions to determine the feasibility of a center, develop a plan to move forward, and collaborate on the FRC's formation.

The biggest hurdle was finding space in which to operate. The [Boys & Girls Club](#) offered space and is now further supporting efforts through staff, scheduling, management expertise, and marketing. [UNH Cooperative Extension](#) is offering administrative

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see Family Resource Center

Congratulations to Jolee Chase



Hillsborough County 4-H held its annual Recognition and Awards Event on November 6, 2009.

Jolee Chase, Program Associate, 4-H Youth Development was recognized for serving 35 years as a volunteer leader.

Jolee has volunteered with various 4-H clubs over the years, including the Shepherds, Goat's R Us and Pepperell 4-H Clubs, as well as the Hillsborough County Agricultural Fair and the Hillsborough County 4-H Foundation. For more information and to see the full program of the event, please visit our website at:

<http://extension.unh.edu>



Come to the 2010 NH Farm & Forest Exposition!

"NH Agriculture & Forestry: Deep Roots and A Solid Future"

Friday, February 5, 2010
9 am - 7 pm

Saturday, February 6, 2010
9 am - 4 pm

Center of NH - Radisson Hotel
700 Elm Street
Manchester NH

Admission Price:
\$7.00

Children 15 & under Free

There is something for everyone at the Expo! A winter standard since 1984, "New Hampshire's Greatest Winter Fair", offers commercial exhibits, educational sessions, student and exhibitor demonstrations, animals, an auction, and many activities for attendees of all ages!

The presenting sponsors of the 2010 NH Farm & Forest Expo are the University of New Hampshire Cooperative Extension, the NH Division of Forests & Lands and the NH Department of Agriculture, Markets & Food. As a non-profit organization, a volunteer board of directors representing agriculture and forestry interests statewide oversees the annual operation of the exposition.

For More information about the NH Farm & Forest Exposition, its programs, purposes or exhibitor opportunities, please contact:

Tori Berube
Expo Manager
NH Farm & Forest Expo
PO Box 2585, 25 Capitol St.
Concord NH 03302
603-271-3788
Fax: 603-271-1109
info@nhfarmandforest.org

Hillsborough County 4-H Recognition Night

The annual 4-H Recognition night was held on November 6, 2009 at the Milford Town Hall. Over one hundred and forty 4-Hers, leaders, volunteers, families and friends attended. Ethan Craggy served as the emcee, Lillian Zimmerman, Sarah Koski and Mark Cook presented the awards. 4-Hers received recognition for Cloverbud and membership years. Congratulations to Briana Hirst, Kyla Salisbury and Amanda Hanson on reaching the 10 year milestone as a 4-H member. Volunteers were recognized for their years of service. Congratulations to Danielle Morano for 5 years, Diane Hirst, Christina Humber, Jeff Santer, Felicia and Ted Sartell for 10 years, June Edwards for 15 years, Beth Merrill for 20 years, and Rhonda Watts Hettinger and Jolee Chase for 35 years of 4-H volunteer service. Lyn-Dee Eldridge was the guest speaker for the evening. A big thank you to everyone who donated to the community service food drive and the raffle table.



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What's Happening in Extension?

Agriculture

Forestry

NH Small-Family Farm Conference

Date: Tuesday, January 5, 2010
Time: 9 am to 3:30 pm
Location: Holiday Inn, Concord, NH
Cost: \$25. per person for lunch and refreshments

The theme for this year's conference is *Growing Your Small Farm into a Profitable Business*. There will be a farmer panel discussion on "Growing the Business" along with presentations on dealing with strategies in reducing risk and supportive government programs. Contact UNH Cooperative Extension Professor/Specialist, Agricultural Business Management, [Mike Sciabarrasi](mailto:Mike.Sciabarrasi@unh.edu) at 603-862-3234.

NE Vegetable & Berry Growers Meeting Series

Date: Friday, January 8, 2010
Time: 9:45 am - 3:30 pm
Location: Chicopee/Springfield, MA
Date: Saturday, February 6, 2010
Time: 9:45 am - 3:30 pm
Location: Suburban Research Center, Waltham, MA

The New England Vegetable & 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 preregistered. For more information on these meetings, contact NEVBGA Secretary John Howell at (413)665-3501, or [George Hamilton](mailto:George.Hamilton@unh.edu) at 603-641-6060.

NH Women in Agriculture Conference

Date: Saturday, January 9, 2010
Time: 9 am to 3:30 pm
Location: Antioch University, 40 Avon Street, Keene, NH
Cost: \$20. per person for lunch and refreshments.

Featured presentations will be made by Kathy Soder, USDA-ARS on "Balancing Farming and Family" and Annette Higby on "Legal Issues for Women in Agriculture." Also, a farmer panel discussion on "How We Balance Farming and Family" will be taking place along with an update on crop insurance. Contact UNHCE Cheshire County Office, [Carl Majewski](mailto:Carl.Majewski@unh.edu) at 603-352-4550.

Tri-State Greenhouse IPM Workshops for January 2010

Date: **January 11:** Manchester, ME;
January 12: University of NH, Durham, NH; Cost: \$36
January 13: Burlington VT
Time: 9 am - 3 pm
The cost is \$30. per person. For the UNH and UVM dates, it costs an extra \$6. (parking permit)
This year, we will incorporate training on: 1) trying compost teas to manage pest problems, 2) nutrient & pH problems, 3) diseases, and 4) using "habitat plants" in greenhouses. Our special guest is Alison Kutz-Troutman, a grower and consultant from Bellingham, Washington. Other speakers include Bruce Watt, Brian Krug, Alan Eaton and Margaret Skinner. You must register in advance, as there is limited seating at

all three sites, and limited parking at the UNH and UVM sessions. People arrive & check in before 9 am, and the program wraps up at 3:30 pm. We provide wake up coffee in the morning and lunch. Attendees get a large packet of handouts, a hand lens, lectures, and "hands-on" training with live samples. To register for any of the three meetings, contact Cheryl E. Frank, Entomology Research Lab, 661 Spear Street, Burlington, VT 05405-0105. Questions? Call Cheryl E. Frank at 802-656-5434 Fax: 802-656-5441, email: cheryl.frank@unh.edu. Sorry, no refunds. The VT and ME meetings have already been approved for 5 PAT recertification credits. Credits for the NH session had not been determined at the time of this announcement.

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

Date: Tuesday, January 19, 2010
Time: 8 am - 4 pm
Location: Grappone Conference Center 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. For more information, call Guy Hodgdon at 1-800-639-5601 or visit NHLA@comcast.net

Seminar on Agricultural Income Taxes

Date: Monday, January 25, 2010
Time: 6 pm - 9 pm
Location: UNHCE 329 Mast Road, Goffstown, NH
This meeting will give an update on federal farm income taxes under the current law as it pertains to farming and related agricultural business along with New Hampshire Business Taxes. UNH Cooperative Extension and First Pioneer Farm Credit of Bedford are cosponsoring this meeting. For more information or to register, contact [George Hamilton](mailto:George.Hamilton@unh.edu) at 603-641-6060 or e-mail Holly McKinney at holly.mckinney@unh.edu; or contact Carol Zintel at the First Pioneer Farm Credit Office at 1-800-825-3252.

Organic Growers' Workshops

Date: Tuesday, January 26, 2010
Time: 9 am - 3:30 pm
Location: Stonewall Farm, Keene NH
Cost: \$25. per person for lunch and refreshments.
Speaker presentations include "Growing and Marketing Organic Herbs and Botanicals", "Walking the Line Between Direct Marketing and Wholesale", "Setting Up a Winter CSA", and "Organic Management of Late Blight and Other Diseases". Also, a panel discussion on "Funding Opportunities for Farmers" will be taking place and an overview of crop and revenue insurance options will be featured. For more information, please contact UNHCE Cheshire County Office, [Carl Majewski](mailto:Carl.Majewski@unh.edu) at 603-352-4550.

continued

Organic Growers' Workshops

Date: Wednesday, February 10, 2010
Time: 9 am - 3:30 pm
Location: Common Man Restaurant, Plymouth NH
Cost: \$25 per person for lunch and refreshments.
Speaker presentations include "High Tunnels and Other Season Extenders", "Winter Production", "Farm Planning and Evaluating Profitability", and "Organic Management of Late Blight and Other Diseases". Also, a panel discussion on "Funding Opportunities for Farmers" will be taking place and an overview of crop and revenue insurance options will be featured. Contact UNHCE Grafton County Office, [Heather Bryant](mailto:Heather.Bryant@unh.edu) at 603-787-6944.

New England Grows

Dates: February 3, 4, & 5, 2010 (Wednesday, Thursday & Friday)
Location: The Boston Convention & Exhibition Center
This 3 day 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 Bedding Plant Workshop

Date: Thursday, February 18, 2010
Time: 8:30 am - 4 pm
Location: Massabesic Audubon Center Auburn, NH
This program is intended for commercial greenhouses that produce bedding plants. The program will be a great way to jump start your spring season whether you are new to growing or are a seasoned veteran. This year's Bedding Plant Conference will feature Carol Glenister from IPM Laboratories, Inc and Fred Hulme from The Scotts Co. Carol will discuss the steps an operation should take to get a successful biological control program started and Fred will cover the importance and method of selecting a fertilizer program to fit the needs of your individual situation. For more information, contact [Margaret Hagen](mailto:Margaret.Hagen@unh.edu) at 603-641-6060.

Chain Saw Safety

Date: Friday, February 5, 2010
Time: 5 pm - 7 pm
Location: Farm & Forest Expo Center of NH Radisson Hotel [Jon Nute](mailto:Jon.Nute@unh.edu), Extension Educator, Forest Resources, will lead a hands-on workshop on safety, use and maintenance of the backyard chain saw. We encourage you to bring your own saw. Pre-registration is required by contacting Holly McKinney at 603-641-6060 or by email at holly.mckinney@unh.edu.

Information Workshops on NH Current Use Tax Rules

Date: Monday, March 1, 2010
Time: 7 pm - 9 pm
Location: Town Office 66 Main Street Antrim NH
Rural landowners of 10+ acres can enroll their property in the state's "Current Use" program and lower their property taxes. However, this protected property also has restrictions on its future use. We will explain Current Use Assessment and the 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. For more information or to register, please call [Jon Nute](mailto:Jon.Nute@unh.edu) or [George Hamilton](mailto:George.Hamilton@unh.edu) at 603-641-6060.

Nutrition Connections

Warming the Winter with Vegetables

Date: Thursday, January 28, 2010
Time: 1 pm - 2 pm
Location: Prime Time, 195 McGregor Street, Suite LL22, in the lower level of the Mill West building right across from Catholic Medical Center, Manchester NH.
Winter vegetables are in a category by themselves. They can be enjoyed in stews, soups, and "comfort food" to warm any winter meal.
The program is free but preregister by calling ASK-A-NURSE 603-626-2626.

5 - 9 A Day

Made Easier For One or Two

Date: Wednesday, February 10, 2010
Time: 1 pm - 2 pm
Location: Prime Time, 195 McGregor Street, Suite LL22 in the lower level of the Mill West building right across from Catholic Medical Center, Manchester NH.
Discover resourceful ways to get the recommended 5 to 9 a day of fruits and veggies into your meals while cooking for one or two.
The program is free but preregister by calling ASK-A-NURSE 603-626-2626.

Here are some tips from the 2010 NH Outside Calendar:

January:

- ☞ Recycle holiday trees into mulch.
- ☞ Use bird feeders that keep seed dry.
- ☞ Turn off dishwasher drying cycle and air-dry dishes.
- ☞ Check home-canned foods for spoilage.

February:

- ☞ Cut back geraniums for repotting next month.
- ☞ Finish up ordering your seeds.
- ☞ Inspect orchid flowers for mealybugs.
- ☞ Look for mid-winter clearances at local greenhouses.

What's Happening in Extension?

Family & Consumer Resources

Safety Awareness in the Food Environment (SAFE)

Date: Tuesday, January 12, 2010
(snow date January 13, 2010)
Time: 10 am - 12 pm
Location: NH Food Bank
Manchester NH

Date: Wednesday, January 13, 2010
(snow date January 20, 2010)
Time: 2 pm - 4 pm
Location: Pelham School District
Pelham NH

Date: Tuesday, January 19, 2010
Time: 9 am - 11 am
Location: Milford High School
Milford NH

Date: Thursday, February 18, 2010
Time: 10 am - 12 pm
Location: NH Food Bank
Manchester NH

Do you prepare or serve food to 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; how these steps fit your process, from receiving to serving. To register, please call Alice Mullen at 603-629-9494 x150, by email at alice.mullen@unh.edu.

Green Fuzz, Pink Slime and Other Aluminum Surprises

Date: Wednesday, February 17, 2010
Time: 12 pm - 1 pm
Location: UNH Manchester
Manchester NH

You reach into the refrigerator and grab some leftovers wrapped in aluminum foil. When you open it, the food looks okay, smells okay, but is it safe to eat? Foodborne bacteria can make you and those you care about sick. Many cases of foodborne illness occur each year due to improper handling of food in the home. A recent government survey reported that many consumers don't wash their hands and kitchen surfaces before preparing food. Do you know what foodborne bacteria is lurking in your kitchen? Learn four simple food safety steps you can follow to reduce your risk for foodborne illness, and how to be food safe. For more information, please call Alice Mullen at 603-629-9494 x150, by email at alice.mullen@unh.edu.

Managing Money In Tough Times

Is it hard to pay your bills or save money? Do you have an emergency fund? We all spend our money differently. Learn new ways, start new habits and see the results. Discover strategies to stretch your dollars and decrease your debt by attending this workshop.

Date: Tuesday, January 12, 2010
Time 7 pm - 8:30 pm
Location: Wadleigh Memorial Library
49 Nashua Street, Milford NH
To register for this free program call the library at 603-673-2408, email refdesk@wadleighlibrary.org or sign up online at www.wadleighlibrary.org

Date: Wednesday, January 13, 2010
Time: 6 pm - 7:30 pm
Location: Boys & Girls Club of GN
47 Grand Avenue, Nashua, NH
Child Care is available by calling the [Boys & Girls Club of Greater Nashua](http://www.boysandgirls.org) at 603-883-0523.



What Do You Do with a Tax Refund?

Date: Wednesday, February 10, 2010
Time: 6 pm - 7:30 pm
Location: [Boys & Girls Club of GN](http://www.boysandgirls.org)
47 Grand Avenue, Nashua, NH
Are you one of those people who will get a tax refund for 2009? Do you know what you will do with it? Learn new ways to think about your refund and why it's important to **PLAN AHEAD** for it. Whether you pay down debt, save it, or pay for something you need or want, the important thing to do is have a PLAN! Child Care is available by calling the [Boys & Girls Club of Greater Nashua](http://www.boysandgirls.org) at 603-883-0523

Bear Hill 4-H Camp Closes

Dear 4-H families,

A high quality camping program has long been a tradition in the New Hampshire 4-H Youth Development program. Over the past 70 years, we have offered many youth and camp counselors an exceptional experience at the Bear Hill 4-H Camp facility at Bear Brook State Park. Despite the positive aspects of operating a traditional, residential camp at Bear Hill, the camp has consistently operated at a deficit for many years.

Following an extensive review and financial analysis, we have determined it is no longer possible to offer camp at a reasonable cost to families. Even with a significant increase in the camper fee, we would just "break even" and we simply do not have sufficient resources needed to maintain the facility and provide the quality camping experience at an affordable cost. The difficult decision has been made to close the Bear Hill 4-H Camp.

At the same time, New Hampshire Fish and Game also announced activities at Barry Conservation Camp will begin a one-year hiatus through 2010 to address infrastructure problems. Operated in partnership with UNH Cooperative Extension's 4-H Youth Development Program, the summer youth camp has been offered by Fish and Game since 1984.

I am exploring opportunities for NH 4-H members to attend other 4-H camps. Watch the 4-H Camp section of the UNH Cooperative Extension web site <http://extension.unh.edu/4H/4HCamps.htm> for further information as it is made available.

My sincere thanks to everyone who supported 4-H camps throughout the years. These camping programs have received a great deal of support from county conservation groups, 4-H foundations, 4-H leader councils and 4-H clubs. This support has helped with facility upgrades and provided scholarships for youth.

If you have questions please do not hesitate to contact me at 603-862-2187 or email wendy.brock@unh.edu.

Sincerely,

Wendy Brock
Program Leader, 4-H Youth Development



UNH Cooperative Extension Master Gardener Program – Lend a Growing Hand!

Do you love gardening and sharing your gardening experience with others? Consider becoming a Master Gardener volunteer for UNH Cooperative Extension to share gardening knowledge and experience and educate individuals and communities.

An interest in plants and gardening, a personal commitment to volunteerism and enthusiasm for sharing knowledge with others are the only prerequisites.

The educational component of the Master Gardener Volunteer Program consists of 13 weeks in a classroom setting with hands-on activities. Instructors provide an overview of: major horticulture subjects; environmentally sound gardening practices; food safety and preservation; and issues affecting NH residents and home owners. To become a Master Gardener, graduates volunteer 45 hours at the Family Home & Garden Education Center Information Line answering questions from the public.

The Winter/Spring 2010 class will begin Tuesday, February 2, 2010 at the Hillsborough County Office in Goffstown. Classes are 9 am -4 pm each Tuesday through April 27. Applications are due December 27, 2009. Class size is limited and fills up quickly so register early! For more information and an application: Visit the web site at <http://ceinfo.unh.edu/Agric/AGMastGD.htm>, call 877-398-4769 or send an email to marcy.stanton@unh.edu.

KITCHEN PLANTS ARE FUN FOR KIDS

By **Margaret Hagen**, Extension Educator, Agricultural Resources



January is often a hard month for kids: the excitement of Christmas is over and the short, cold days limit the amount of time that can be spent outdoors. January is a good month to involve you and your children in turning food from the kitchen into green food for the eyes. With minimal effort you can turn carrot, beet and pineapple tops into foliage; potatoes into vines; and avocado and citrus seeds into houseplants. All you need are a few jars, some pie tins, tooth picks, pebbles, a flower pot or two and some potting soil.

You'll also need to incorporate some of the fruits and vegetables listed above into your menus for a week or two. Picking out the produce you ultimately plan to turn into plants is part of the fun. Involving your children in choosing the produce, preparing it for eating, and turning the waste into plants is fun as well as educational. It's especially rewarding if your pineapple eventually blooms or your lemon tree sets fruit.

Carrots and beets will grow glossy, dark green leaves with prominent red veins. One way to get good results is to cut a 1-3 inch section off the top of the large, fresh carrot or beet and plant it in moist sand with only the upper part exposed. Or you can place a 2-3 inch piece of vegetable top in a pie pan with pebbles and water. If you keep it well watered and in the sun, leaves will soon appear. This method also works with parsnips and turnips.

Sweet potatoes will produce vine-like stems with leaves similar to those of philodendron. Just place the narrow end of the potato in a pot of sand or a glass jar of water. If the mouth of the jar is too wide, simply support the potato with a few toothpicks. Put it in a warm, light spot and in 10 days or so the first roots should appear. The shoots will soon follow. If you want long, viney top growth, cut off all but a few of the shoots. If you want a more permanent plant, you can carefully pot up your new plant. Later you can take cuttings from the plant and root them.

To grow a pineapple, simply leave an inch of fruit attached to the leaves when you cut it up to eat. Trim away the salad part of the fruit taking care not to damage the core. Remove a couple rows

of the lower leaves so the core can be seen. Allow this to air dry for a couple days so it doesn't rot. Then, either suspend the pineapple over water like the sweet potato, or plant it directly. If you choose to plant it, dust the cut surface with a rooting hormone after drying. If you decide to plant your pineapple, use a sterile medium like builder's sand, vermiculite or perlite. Plant it so the rooting medium comes right up to the base of the leaves. Support it with toothpicks if necessary. Your rooting medium needs to be kept moist, and at all times the cups at the bottom of the pineapple leaves should be wet. The easiest thing to do is cover the pot with a plastic bag to maintain high humidity and place it in a sunny, warm location. In 2-6 weeks roots should appear. If the top seems slow to root, spray it once a week with houseplant fertilizer diluted to one-quarter the recommended strength. After roots develop, you can transplant the pineapple to a well-drained potting soil. Your pineapple will thrive in a hot, sunny, humid location. The cups at the base of the leaves must always contain water. Pineapple are slow to mature, but if you're lucky, after 2 years or so you may see a flower stalk form with numerous blue-violet blooms.

Avocados sometimes are slow to start (it takes 3-8 weeks for the pit to split and roots and shoots to emerge), but once they do, they grow quite rapidly. After removing the avocado pit from the fruit, wash it off and allow it to dry for a couple of days. Peel away as much of the skin as you can. Then suspend it over a jar of water (broad end down) supported by toothpicks.

After several strong roots have developed, plant the pit in a well-drained potting mix. Be very careful of the roots and leave just a little of the pit sticking above soil level. Grow your avocado in a sunny window and provide as much humidity as you can. To keep your plant from getting leggy, pinch out the growing point. This will give you a shrubby, bushier plant.

The orange, grapefruit and lemon seeds that you throw out with the garbage can be turned into houseplants, too. The trick with these is to plant them before the seeds dry out. If the fruit has been stored in the refrigerator, soak the seeds in warm water for 24 hours first. Plant the seeds one-half inch deep with the pointed end up. To keep the plant's height within reason, keep pinching back the growing points.

Most of these kitchen plants grow rapidly so your problem may be keeping them within bounds. It's one of the reasons they're ideal for children who love to see the fruits of their labors. With a little judicious planning and pruning, you can have great-looking, inexpensive plants that will cheer up a dreary winter day.

Call the UNH Cooperative Extension's Family, Home & Garden Education Center's Info-Line toll free at 1-877-398-4769 for "Practical Solutions to Everyday Questions." Trained volunteers are available to answer your questions Monday through Friday from 9 am to 2 pm.

New Maple Spout

By **J.W. Nute**, Extension Educator, Forest Resources

Dr. Tim Perkins at the [University of Vermont's Proctor Maple Research Center](#) has developed a new maple spout for collecting sap for maple syrup. The plastic spout is used with a plastic tubing collection system and contains a ball valve to prevent back flow and contamination of the tap hole during the production season.

Sap flow reduction and stoppage is induced by microbial contamination in the tap hole as well as within the tubing of older collection systems. By limiting microbial contamination, the tap hole drying response is delayed. Tests last year showed an increase of 58 to 91% in sap production compared to using traditional spouts. The new spout has been

licensed and is being produced by Leader Evaporator.

Other research at the Proctor Center has tried to address the old question "Which side of the tree is best for tapping?" The south side of the tree, facing the sun, thaws when the other sides of the tree may still be frozen, and will produce sap early in the season. However, the north side of the tree may still be producing sap later in the season, because of its cooler environment. "It all depends!" says UVM Maple Specialist Tim Wilmot, who has extensively researched the topic with his own experiments. Over time, sap production was about equal between south and north facing taps. However, the individual years have varied tremendously



because of the weather. Years with short runs and a quick end to the season made the south side taps more productive. But a long season with intermittent spells of warm weather has made the north side taps more productive.

If you would like to make maple syrup from a few of your back yard maple trees, please contact **Jon Nute** at 641-6060.

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Family Resource Center

support, marketing, and programs. Other resources and programming are offered by professionals from a number of agencies. The state of NH supplied \$10,000 initial "seed" money, from funds specifically targeted to funding family resource centers throughout the state.

The NH Children's Trust Fund

indicates that family resource centers were part of a national movement in the 1980's to strengthen families and communities through family support and child abuse prevention. The centers are critical because of societal changes that have moved many families away from traditional family support systems. According to the Trust Fund, "there is a growing body of research that indicates that providing support and resources for children and families has a positive impact on the quality of life in communities. Communities with a strong social network have families and children who are better prepared to meet the social, educational, and economic challenges of the future."

4-H News

County Horse Quiz Bowl Results

Twenty eight 4-H members representing five clubs (Apple Valley 4-H Riding Club, Mini Hoofbeats, Silver Stirrups, Hoofbeats and Manes to Tails) participated in the **4-H County Horse Quiz Bowl** contest held on November 10, 2009. The county plans to send two senior and two junior teams to the State Horse Quiz Bowl contest in January 2010.

The top 9 - 11 year old participants in order from 1st to 8th place, were: (with only a few points between them) Abbey Bono, Madeline Short, Natalie Lewis, Hannah Welch, Michaela Arroyo, Ashley Caron, Monique Sirois and Morgan Graveline.

Madeleine Bergeron, Emily Bono, Angelena Leal, Olivia Bianchi, Elizabeth Abbott, Elyse Morano, Sarah Bishop, and Allison Ives, are junior members, ages 12 - 13, who will be working with coaches Angela Lefavour and Chelsea Chapman until January 30, 2010, as part of the two juniors teams participating in the **State 4-H Horse Quiz Bowl**.



Shown are the top novice 4-H members ages 8-11 who participated in the County 4-H Quiz Bowl. Front row left to right Monique Sirois, Ashley Caron, Hannah Welch, Madeline Short, Abbey Bono, back row Kelly Chase moderator, Morgan Graveline, Michaela Arroyo, Natalie Lewis and score keeper Chelsea Chapman



**UNIVERSITY OF NEW HAMPSHIRE
COOPERATIVE EXTENSION**

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

Practical solutions to everyday questions

Farm and Forest Expo

Help Needed The Hillsborough County 4-H program is looking for 4-H members, teens, leaders and volunteers who would like to participate at this year's **Farm and Forest Expo** by scooping ice cream at the NH 4-H Foundation booth. To sign up, please call 641-6060.

Important information: There will not be a Kid's day on Saturday in 2010; however, there will be opportunities for youth to display their livestock on Friday and Saturday during the expo. If you are interested in bringing a rabbit, lamb, chicken, dog, dairy or beef animal, or pony to be on display and you are willing to talk about 4-H and your project, please call Jolee at 641-6060 or email jolee.chase@unh.edu.

The Equine Challenge will be held on Saturday from 9 am - 1 pm in the Pierce room, so please share this information with your 4-H members. All youth (including 4-H and Pony club members) ages 8 - 11 are welcome to participate in a friendly, novice level quiz bowl event designed to showcase their knowledge of horses. Participants will answer questions verbally or visually using a buzzer board. Youth participants in this event do not have to be 4-H or Pony club members. Pre-registration is required on or before February 1, 2010 by contacting Mary Davis at 603-742-3712 or by email at mcdavis511@comcast.net.

Winter Rental

There is still room to store your boat, camper, horse trailer, vehicles, etc., at the Hillsborough County 4-H Foundation in the T.R. Langdell Arena located at the 4-H Youth Center in New Boston. Lessee must provide a copy of his/her insurance policy for item(s) stored. All storage will need to be removed on April 10, 2010. For more information or to obtain a storage form call Jolee at 641-6060 or email jolee.chase@unh.edu.

Family, Home & Garden EDUCATION CENTER

UNIVERSITY OF NEW HAMPSHIRE
COOPERATIVE EXTENSION



Toll Free Info Line
1-877-EXT-GROW
(1-877-398-4769)

Monday-Friday 9am-2pm
& Wednesday 5pm-7:30pm

Email questions to:
answers@unh.edu

Visit our website at:
extension.unh.edu

4-H Recognition Night Honors

On November 6, 2009, forty-seven 4-H leaders were honored for their years of service at the county recognition night. Leaders who have served for 1, 2, 3, 5, 10, 15, 20, & 35 years were honored and those serving in-between those years were thanked for all of their work during the past year.



Pictured from left to right are 10 year leaders, Felicia and Ted Sartell, Jeff Santer, Diane Hirst and Christina Humber. Missing is Joan Bonnette.

Have you re-enrolled in 4-H?

Each fall new members, returning leaders, and Independent 4-H members, must submit enrollment forms to the 4-H office to be considered a current 2009-2010 participant in 4-H. All clubs must also have an employer identification number (EIN) for tax purposes and an American Income Life 4-H Club membership policy. If you have any questions, please contact Janell at 641-6060. This will be your final issue of **Newlines** if you have not already submitted a completed enrollment form.



Congratulations to Ashley Winslow who was a member of the State 4-H Judging Team that participated at the Eastern National 4-H Horse Round-up which was held at the North American International Livestock Exposition in Louisville KY this past November. Ashley said it was a great learning opportunity for her and has set the goal to go back in 2010 as a member of the State Quiz Bowl team.

Honors at Annual Meeting 4-H Foundation of New Hampshire

Rhonda Watts Hettinger was honored for 35 years volunteering for the 4-H program at the 51st annual meeting of the 4-H Foundation of New Hampshire. Rhonda is a respected leader in the horse program, and is known by all involved in the horse program for her side saddle riding. She has judged 4-H fitting and show classes in each of the NH 10 counties, preparing youth for the State Horse Show.



Presenting Rhonda with her award is Jean Richardson, Vice Chair of the 4-H Foundation.

County 4-H Horse Judging Results

Eight youth from *Apple Valley 4-H Riding Club, Manes to Tails, Hoofbeats and Silver Stirrups* participated in the 4-H County Horse Judging contest held at Hillside Equestrian Farm in Auburn. This program was held to choose the top 4-H members ages 12 and over who will participate in the State 4-H judging contest to be held in April. The youth listed below will work with Cher Griffin, leader of the Apple Valley Riding 4-H club and county coach for the next four months to prepare for the contest. Reasons Team: Kristen Paquette, Victoria Dow, Sarah Clements, Kelcy Bosteels, and Dan Makowski.

In the 8-11 ages novice group, Elyse Morano placed 1st in the halter and performance classes; Emily Bono placed 2nd in halter and 3rd in performance; and Abby Bono placed 3rd in halter and 2nd in performance. Overall, Elyse placed 1st, Emily, 2nd and Abby 3rd.

In the 14-18 ages group, Kelcy Bosteels placed 1st in halter, 5th in performance, and 4th in Reasons; Victoria Dow placed 2nd in Reasons, 3rd in performance; Sarah Clements placed 2nd in performance, 3rd in halter and 3rd in Reasons; Kristin Paquette placed 1st in performance, 1st in Reasons and 4th in halter; and Dan Makowski placed 5th in halter, 4th in performance and 5th in Reasons. Overall, Kristen placed 1st; Victoria, 2nd; Sarah, 3rd; Kelcy, 4th and Dan, 5th.

Thank You!

The Hillsborough County 4-H horse program would like to thank Cher Griffin for her time, and Hillside Equestrian Farm who did an outstanding job of providing top-notch horses and great classes for the members to judge. We hope they will be able to host this program again next year.



Cher Griffin is shown with the 4-H novice horse judging members, Abby Bono, Emily Bono, and Elyse Morano at the county event held at Hillside Equestrian Farm.



Members of the Hillsborough County 2010 4-H Horse Judging team shown, from left, Sarah Clements, Kristen Paquette, Victoria Dow, Kelcy Bosteels, coach Cher Griffin and Dan Makowski are all smiles.

