



July/August 2010

George Hamilton awarded President's Award of Excellence

When you visit an apple orchard, a farmers' market, or the local produce section of a grocery store in New Hampshire, there's a good chance you will see and better yet, taste the fruits of George Hamilton's labors. George has been an extension educator for UNH Cooperative Extension in Hillsborough County for more than 20 years. With his dedication, he does more than help farmers, he helps maintain the agricultural traditions, healthy environment, and open spaces that are critical to our state's identity and economy.

And this being New Hampshire, he's also learned how to stretch a dollar to get the job done. In fact, he has written more grant proposals to the state's Integrated Pest Management program than anyone else, by far. With the help of such grants, the program saves growers \$100,000 to \$200,000 a year.



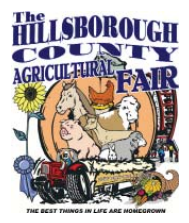
UNH President Mark Huddleston, presents George Hamilton, UNH Cooperative Extension Educator, with the Presidential Award of Excellence

In 2008, he also obtained funding to bring farm safety experts to New Hampshire, and set up a workshop that trained fire departments in eight communities to handle farm-related accidents. George often networks with colleagues here and in other states to coordinate workshops, twilight meetings, and regional publications that bring expertise to New Hampshire farms. So whether you're a grape grower dealing with mummy berry or a giant pumpkin grower looking to win the county fair, George is your source.

At the Durham campus, George was also a strong representative on President Joan Leitzel's council, where he increased awareness of Cooperative Extension's resources and accomplishments. For the good will he "cultivates" every day, we're proud to recognize George with the Presidential Award of Excellence.

NON-PROFIT
ORGANIZATION
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GOFFSTOWN, NH

It's time to mark your calendars for the 53rd annual Hillsborough County Agricultural Fair to be held
September 10 - 12, 2010
at the 4-H Youth Center,
15 Hilldale Lane, Route 13, New Boston.



Have you wondered how to enter your favorite photograph or best tomatoes in the fair? Would you like to be a part of the King Arthur Flour Contest or Baked Mini Donut Contest? To exhibit is easy and best of all it's free! The fair has classes for everyone to choose from offering homemade and home-grown items for children and adults. For more information, visit HCAFair.com. Exhibit set up Thursday, September 9 from 2 - 9 pm.

Admission:
Adults: \$10 one day, \$24 three day pass;
6 - 12 years, \$5 one day, \$12 three day pass.
Under age 6, free.
63 and over, Seniors Day Friday for \$5,
Saturday & Sunday, \$10 for each day.

If you have any questions, please call the Extension office in Goffstown at 641-6060.
See you at the Fair!

Parsley, Queen of Garnishes

Maddy Perron, Hillsborough County Master Gardener

Parsley, queen of all garnishes isn't just another pretty face. It packs a wallop in nutritional value, including vitamins A and C, Calcium, Iron and Potassium. Gram for gram, it has as much as 3 times more vitamin C as citrus juice.



Native to Central Europe and the Mediterranean, this herb has been around for quite a while, having been recorded as far back as the 3rd century BC in Greek herbals. It was used by the Greeks in funeral ceremonies, prior to its use as a culinary herb. The Romans also used it in ceremonies, and used it to make garlands for banquet guests, to counter the strong odors of garlic and liquor. By the Middle Ages it was being used in herbal medicine. It was used for so many illnesses, including the plague, that Pliny wrote that if you scatter it in a fish pond, it has the ability to cure unhealthy fish.

The most familiar variety, curly leaved French parsley (*Petroselinum crispum*), is more decorative than the plain leaved Italian parsley (*P. neopolitanum*), but the latter is more potent in flavor and nutrition, and seems to be more hardy. There is also a variety called Hamburg or turnip parsley (*P.c. tuberosum*). This parsley has a flat leaf, and is grown for its root, which is cooked up as a root vegetable.

Parsley, which is grown in full sun or part shade, is actually a biennial, but its foliage is very lush the first year so it is usually grown as an annual. If it winters over for you, be sure to snip off the flower stalk to encourage lush leaf production. The seed can be grown outdoors as soon as the soil warms to 50 degrees. It can take up to six weeks to germinate, thus the saying,

Continued on page 4...see Parsley

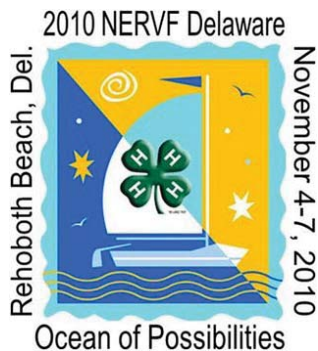
UNH Cooperative Extension
Hillsborough County
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What's Happening in Extension?

4 - H

2010 4-H Northeast Regional Volunteer Forum



An Ocean of Possibilities Awaits You!

Delaware 4-H is counting the days to November 4, 2010 when they will host the 2010 4-H NERVV Forum.

This will be an incredible weekend of fellowship, education, enthusiasm, encouragement, volunteer celebration & training, and is shared with all members of the Northeast region.

For more information or to register, go to the forum web site at <http://nervv2010.blogspot.com/>.

Some scholarship support may be available for Hillsborough County 4-Hers from the 4-H Parent, Leaders, and Teen Association.



Gilyan Barrett, Alvirne High School student, pictured with her 4-H and FFA project animal, a shorthorn cow, won the experienced dairy fit and show class at the First Annual Alvirne High School Livestock Show, judged by *Jolee Chase*, Program Associate, UNH Cooperative Extension. Fourteen students participated in four fit and show classes - two classes for the first year sheep and dairy project members and two classes for the experienced sheep & dairy members.

Hillsborough County Girls Participate in Junior State Hippology Contest



equine science and husbandry. Elyse and Elizabeth were involved in the junior contest and participated in hands-on activities, skill stations, horse judging and a written test. Elyse received a second place ribbon and Elizabeth a third place ribbon. Congratulations on a job well done!

Elyse Morano and Elizabeth Abbott, members of the **Silver Stirrups 4-H Club** in Merrimack, participated in the 2010 4-H Hippology Contest held on April 10, 2010 at Andover Elementary School. The New Hampshire 4-H Hippology contest is a statewide comprehensive, skill-based competition where youth demonstrate the breadth of their knowledge and understanding of

4-H Agriculture Career Trip

Are you thinking about a career in Agriculture? Explore career directions in the produce, dairy, and livestock industries. The trip will be held from August 10-13 and you will be going to Western New York. One of the stops will be Empire Farms Day where you will get to see the latest technology and techniques for farm management.

The cost is \$150 per person which includes food, transportation, and lodging. The trip is open to youth in NH, Maine, and Vermont, ages 13 and up. Parents and Leaders are welcome!

You can register online at <https://www.events.unh.edu>.

For more information on the trip, visit:

<http://bit.ly/4-HAGTrip>.

Major funding for this trip has been provided by Farm Credit East, Stonyfield Yogurt, and the NH State 4-H Foundation.

Some scholarship money may be available for Hillsborough County 4-Hers from the Hillsborough County 4-H Parent, Leader, and Teen Association.

Hillsborough County 4-H Horse Members Do Well At the State 4-H Horse Judging Contest

On their way to Kentucky (from left) are Sarah Clements, Victoria Dow, Coach Cher Griffin, Kristin Paquette and Julie Lane. Julie, 4-H member from Cheshire County will be working with the Hillsborough members during the summer & fall in preparation for their trip to KY. The girls were the top four seniors in the State Contest held on April 10 at Seery Hill Stables in Andover, NH. Cher Griffin coached the Hillsborough County top team, and will continue to work with the members and accompany them to KY in November.

4-H Children's Teaching Garden at Massabesic Audubon Center



Beech Street students planting in one of the theme gardens.



Julia Steed Mawson and Beech Street students next to the Crunch & Munch garden and the 3 Sisters garden.



Beech Street students and volunteers adding hay mulch around newly planted theme gardens.

CONGRATULATIONS HIGH SCHOOL GRADUATES!

Summer is here and we would like to recognize graduating 4-H members.

Congratulations to Alvirne High 4-H Club members: Heather Biron, Ashley Kern, Alexander Gray, and Jordan Gruelle; Plan B Robotics 4-H Club members: Benjamin Blais, Peter DeVinne, Christopher Maino, and Lauren Jones; NH Cluckers members: Amanda Caban and Kate Santer; Hillsborough County Shepherds members: Greylin Nielsen and Dillon Brady; 4-H Thumpers member; Briana Hirst; and Wapack Youth Robotics Club member: Kayla Schlim.

Best of luck to all of the Graduates!

What's Happening in Extension?

4-H Shooting Sports

Hillsborough County recently hosted the NH state 4-H Shooting sports training at the Hillsborough County 4-H Youth Center. Almost 20 people from our county participated in the training, including Jr. leaders Mark Cook from Goats R Us, Connor Humber from Dream Team and Colin Ranfos. Volunteers who participated include Greg Belanger, Jack Belanger, Barbara Collins, Keith Collins, Chris Connolly, Tom English, Kelly Hardwick, Mark Hautsman, Alex Humber, Joel Moran, Rene Pincince, Ray Scholl and Doug Wyman.

UNHCE owes a big thank you to Pointer Fish and Game in Bedford for hosting much of the training at their range.

If you are interested in learning more about 4-H Shooting Sports opportunities, please contact Michael Koski at michael.koski@unh.edu or call the office at 641-6060.

Natural Resources Steward Program



Come learn about NH's natural resources and spend your Fridays this fall in the beautiful Portsmouth area with UNH-CE's Natural Resources Steward (formerly known as Community Tree Stewards) volunteer training program. Graduates from the Natural Resources Steward Program have volunteered in over 40 different natural resources-related areas including: inventorying natural resources, protecting thousands of acres of land, discovering endangered species, delivering educational programs to adults and children, and measuring NH's BIGGEST trees!

To find out more information and fill out an application go to: <http://extension.unh.edu/Forestry/FORCTS.htm>. Contact Erin Dancy at: erin.dancy@unh.edu or 603-629-9494 x100.

Come Join the **FUN** with 4-H at the Fisher Cats Game

Sunday, August 8, 2010 at 1 pm at Merchantsauto.com Stadium.

Fisher Cats
vs
Bowie Bay Sox



Bring your friends or take the family to a baseball game and support the 4-H Foundation of NH.

If you are connected with 4-H, please wear **Green** so that we are noticeable in the stands. Hillsborough County 4-H t-shirts are available for \$8 at the 4-H Office.

Game tickets are \$8 each (children under 3 are free) and must be purchased by **July 23**.

A portion of each ticket sold goes to support the 4-H Foundation of NH.

Join other New Hampshire 4-H families and friends for a **FUN** fundraising afternoon!

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____

_____ # Tickets at \$8 each
\$ _____ enclosed

To purchase tickets, please complete the form above and mail with payment no later than July 23* to:

UNH Cooperative Extension,
329 Mast Road, Room 101,
Goffstown, NH 03045.

*Call 641-6060 after July 23 for ticket availability

SAVE THE DATE!

NH Tree Farm Field Day

Date: Saturday, September 18, 2010
Time: 9 am - 3 pm
Location: Parody Tree Farm,
61 Aldrich Road, Keene NH

Come and visit this award winning Tree Farm. Equipment demonstrations, forest tours, talk with experts. Famous whole pig BBQ lunch. Specific information and registration brochure will be available soon from Steve Roberge, Extension Forester, UNHCE Cheshire County, 800 Park Avenue, Keene NH 03431 For more information, contact [Steve Roberge](mailto:Steve.Roberge@unh.edu) at 603-352-4550.

Great Ideas Summer Conference

Date: Wednesday, July 21, 2010
Time: 8 am to 3:30 pm
Location: Bigelow Nursery,
Charlton, MA

Join Massachusetts' largest green industry associations - MFGA and MNLA - for their seventh annual collaborative event, the 2010 Great Ideas Summer Conference and Trade Show for a full day of education, trade show and a mixed planters competition. For more information, visit www.umassgreeninfo.org

Study Flower Gardens

Date: Wednesday, July 21, 2010
Time: 6:30 pm to 8:30 pm
Location: Study Flower Garden,
82 Wakefield Street, Rochester, NH

Cost: none
After a tour of the garden center, guest speaker Michael Provost, Rochester Main Street Director, will give a brief talk on how landscape companies can work with towns and community action groups to gain visibility in their communities and become the "go to" landscape contractor for that town. Come and learn how to become more visible in your home town and benefit the community with your work. For more information contact, [Geoffrey Njue](mailto:Geoffrey.Njue@unh.edu) at 749-4445.

Organic Turf at Sawyer Park

Date: Wednesday, August 11, 2010
Time: 6:30 pm to 8:30 pm
Location: Sawyer Park, Kensington, NH
Cost: none

This tour and twilight meeting will be held at Sawyer Park in Kensington to look at its Adopt-An-Organic-Field program. The collaborative volunteer effort between the community, experts in the field of organic turf care, and companies supporting organic practices will help the town of Kensington implement a safe, sustainable, educational turf model at Sawyer Park. For more information, contact [Margaret Hagen](mailto:Margaret.Hagen@unh.edu) at 641-6060.

Asian Longhorned Beetle Awareness Meeting

Date: Tuesday, August 17, 2010
Time: 5:30 pm to 8:30 pm
Location: Nashua Public Library
Forest health experts fear that an exotic pest called the Asian Longhorned Beetle (ALB), which made its way into the U.S. in wooden packing crates from China more than a decade ago, could move into New Hampshire and devastate our forest landscape. In the summer of 2008, the beetle was discovered in Worcester, Massachusetts. Since then more than 26,000 trees have been taken down in that area. With Worcester just 40 miles from New Hampshire, state and local officials are very concerned. To help teach people how to recognize the adult Asian Longhorned Beetle, and signs of its presence, free educational meetings have been held around the county since last summer. In addition to a question and answer session, those attending learn how to scout for and report potential beetle sightings, how ALB could impact New Hampshire's forest and nursery industries, how to prevent the movement of ALB and how other states are coping with ALB infestations.

Beetle Blitz

Date: Saturday, August 21, 2010
Time: 9 am
Location: Nashua Public Library
With nearly five million forested acres in NH, it is believed that ordinary citizen observers are the most important key to identifying the possible presence of ALB in New Hampshire. As a follow up to the evening citizen awareness program, participants can volunteer to work with forest professionals who will be surveying for ALB in Nashua. Groups will leave the library to inspect suitable host trees within a specifically designated area.

Free newsletters about your growing baby

How does your child grow?
How can you encourage and support your child's natural development?

Find out by reading Cradle Crier and Toddler Tales, an Extension *Just In Time Parenting* newsletter sent free to your home or by email. Published by The University of New Hampshire Cooperative Extension the 12 issue Cradle Crier series covers your baby's first year, while the six-issue Toddler Tales series covers the second year.

This series of newsletters is sent to you based on your child's age, so that you'll have specific information about your child's development as he or she grows. There will also be useful tips about how you can encourage and support your child's development through the first two years of their life. To begin receiving the *Just In Time Parenting* newsletter, please contact the UNHCE Hillsborough County office at 603-641-6060, or by emailing: maggie.decker@unh.edu, or by visiting:

<http://cecf1.unh.edu/cctt/index.cfm?fuseaction=subscribe.EmailSignupForm>

What's Happening in Extension?...continued

New Hampshire Tree Fruit Growers Twilight Meeting

Date: Wednesday, July 14, 2010
Time: 5:30 pm - 8 pm
Location: UNH Woodman Horticultural Farm,
Durham, NH

A farm twilight meeting for commercial tree fruit growers will be held at the UNH Woodman Horticultural Farm, Durham, NH. This meeting is being partially funded under a collaborative agreement between the University of New Hampshire Cooperative Extension and the USDA Risk Management Agency.

The UNH Agricultural Research Station, UNH Woodman Horticultural Farm staff, the New Hampshire Fruit Growers' Association and UNH Cooperative Extension are sponsoring this tree fruit twilight meeting.

The featured speaker will be Cornell University's Dr. David Rosenberger. Dr. Rosenberger is an experienced tree fruit pathologist and will discuss an IPM Approach of Controlling Summer Diseases" (Sooty Blotch and Fly Speck) and Peach Diseases. Field Claims Specialist Janice Barnes will be presenting how crop insurance companies conduct apple and peach yield assessment for determining a claim.

UNH Cooperative Extension Specialists will be discussing pest management options and orchard management. Pesticide Applicator recertification credits will be available. Call [George Hamilton](#) at the Hillsborough County UNHCE office 603-641-6060 for more details.

No-Till Forage Seeding Farm Twilight Meeting

Date: Tuesday, August 17, 2010
Time: 5:30 pm - 8 pm
Location: John Lastowka Residence,
183 Amherst Road, Merrimack, NH

A special farm twilight meeting dealing with no-till forage seeding will be taking place at the John Lastowka residence. In August of both 2008 and 2009, John made successful no-till forage seedings and is planning to make another seeding this August.

Carl Majewski, Agricultural Resources Extension Educator in Cheshire County, will be discussing how to make a no-till forage seeding. Chad Cochrane, USDA - Natural Resources Conservation Service District Conservationist in Hillsborough County, will present information on NRCS programs that farmers should consider participating in.

Pesticide Applicator recertification credits will be available. Call [George Hamilton](#) at the Hillsborough County UNH Cooperative Extension office 603-641-6060 for more details.

Pond Maintenance Clinic

Date: Wednesday, July 21, 2010
Time: 6 pm - 8 pm
Location: Connolly Brothers Dairy Farm,
Temple, NH

A pond requires care and maintenance to provide enjoyment and years of service. When maintained properly, they improve the value of a property with enhanced aesthetics, recreation, and wildlife benefits.

Topics include general pond management, pond ecology, water quality, troubleshooting algae and weed control, selecting stocking fish species, techniques of stocking fish species and permits for pond building or repairs.

This hands-on pond clinic will be held around a pond site - rain or shine - so please dress for outdoor conditions. Sponsors of the clinic are Hillsborough County Conservation District and USDA Natural Resources Conservation Service.

To register and for information or request from individuals requiring special accommodations in order to participate, call Kerry Rickrode, District Manager for the Hillsborough County Conservation District at 603-673-2409 or email kerry.rickrode@nh.nacnet.net by Thursday, July 15.

Tips from the NH Outside 2010 Calendar

July

Avoid tall grass and brushy areas, a prime tick habitat.

Enrich your landscape with a garden sculpture.

Soak newly planted trees 1-2 times per week.

Pinch back snapdragons for a second bloom.

Buy a quart of fresh NH blueberries and make muffins.

August

Remove all but one or two pumpkins from the vine.

Prune raspberry canes once they have fruited.

Keep pet wastes out of compost piles.

Fertilize lawns for fall growth.

Harvest produce in clean, food-grade containers.

Parsley...Continued from page 1

"parsley seed goes 9 times to the devil and back before germinating." One way to hasten germination is to soak the seeds overnight and



pour boiling water in the hole when planting. It's not too crazy about being transplanted, so plant it where you want it to remain for the summer, or plan on transplanting on an overcast day, and be careful not to disturb the long tap root.

Pests include carrot weevils, nematodes, and parsley worm (a pretty green and white striped caterpillar). The parsley worm grows up to be a beautiful black swallowtail butterfly, so you may want to plant enough to share with these endangered critters.

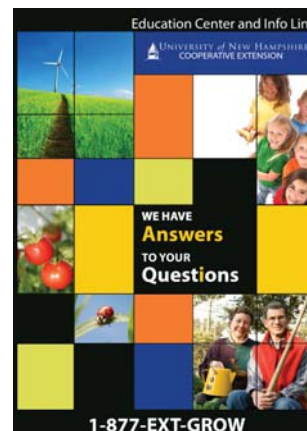
As an ornamental plant, parsley makes a lovely frilly border in an herb or flower garden. It can also be used to repel asparagus beetles in the vegetable garden.

Medicinally, parsley is used as a diuretic and digestive aid. I like to mix chopped parsley with Gorton (a French pork spread) to help make it more digestible.

When used in the kitchen, parsley is best used fresh, or added at the end of cooking. Parsley works well at blending the flavors of other foods and herbs, as in Tabbouleh (a Middle Eastern dish). Persillade, a minced garlic and parsley mixture is added to sautés, meats and poultry in the final stages of cooking.

For winter use curly parsley is best preserved by freezing since it loses its flavor when dried. By far the best way to enjoy it through the winter is to grow it fresh on a sunny window sill. You'll find it quite handy for adding fresh flavor and garnish to dull winter meals.

Don't hesitate to nibble on it. Its high chlorophyll content is a natural breath freshener.



Energy Answers
1-877-398-4769

Parsley Soup

Ingredients:

1 large onion
2 large carrots
¼ cup butter
1 large potato, peeled and thinly sliced
3 ¾ cups chicken stock
freshly ground pepper
1 cup fresh parsley

Slice the onion and carrots very thin, and sauté in butter for 5 minutes. Add potato and cook 3 more minutes. Add chicken stock and fresh pepper and simmer for 35 minutes. Cool slightly, puree in blender with parsley, then reheat.

Parsley Spread

Ingredients:

2 large bunches of parsley
½ medium onion
Mayonnaise or Miracle Whip
salt & pepper to taste

In a blender, process parsley leaves with onion until very fine, mix with mayonnaise until spreadable. Use on crackers, as a spread on tea sandwiches or add to tuna or chicken salad.



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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."