

The Sullivan County Extension Connection

Visit our Website at <http://ceinfo.unh.edu>

AUGUST / SEPTEMBER 2007

Timely Tips for Preserving Food at Home



Preserving food at home has long been a New Hampshire tradition. Growing and preserving your own food lets you enjoy delicious, locally grown fruits and vegetables throughout the year.

Even if you don't have time or land to grow your own food, New Hampshire's fruit and vegetable growers offer a wide variety of high quality produce at roadside stands, farmers' markets, and pick-your-own operations.

The advantages of preserving food at home include supporting local agriculture, taking advantage of the abundance of high quality produce, preserving food within hours of picking, and having control over the ingredients. The trade-off for these advantages is the time and effort to preserve food at home and the cost of equipment.

Main food preservation methods

There are three main methods of preserving food: canning (which includes pickling), freezing, and drying. Which method you choose will depend on the characteristics of the food you want to preserve and whether there is a tested and safe method of preserving it.

For example, you might have a bumper crop of basil this year and want to make and can small jars of pesto as gifts for your family. Even though canned pesto is available commercially, there is no recommended

method for canning it at home. Alternatively, you can safely freeze pesto as a way to preserve it.

Even though summer months are usually busy ones and your time may be limited, you can still preserve food at home. Freezing, for example, takes little time and doesn't require any special processing equipment.

Comparing canning, freezing and drying

Let's compare the amount of time and equipment needed for each of the three methods of preserving food:

- **Canning** (includes fruits, vegetables, jellied products, pickled products)
 - Equipment needed: water bath and/or pressure canner, jars and lids
 - Preparation time: long
 - Processing time: medium
- **Freezing**
 - Equipment needed: freezer and packaging materials
 - Preparation time: short to medium
 - Processing time: short
- **Drying**
 - Equipment needed: dehydrator
 - Preparation time: short to medium
 - Processing time: long

Select the method that best fits your schedule and how you'll use the food. Be flexible. You may start the summer growing season thinking this will be the year you make strawberry jam, but your work schedule turns crazy just when the local berries are ripe. If you don't have time to make jam, you can freeze your strawberries, which takes much less time. You may even enjoy berries more than jam (you'll also find the berries more versatile for meal-planning) next February when it seems as though winter will last forever.

(continued on page 2)

4-H Health Rocks! Available for 4th-6th graders

If you are a teacher or an afterschool program director, you might be interested in learning about a new program called Health Rocks! Almost 30 local teens were trained to be mentors last spring. They went into classrooms and afterschool programs once a week for six weeks offering interactive and fun activities for 4th-6th graders encouraging the young students to make good choices about tobacco, alcohol and other drugs. Lessons ranged from one half hour to an hour and a half, but the average time was about 45 minutes.

(continued on Page 6)

Want to start a 4-H Club for Fall 2007?



Now is the time!

Do you live in an area of the county without a 4-H Club? Are you interested in starting a club? Do you want to lead a special project group? Now is the time to start the process!

- ▶ New volunteers need to fill out an application and be interviewed.
- ▶ Youth & parents need to be recruited.
- ▶ Leader training needs to take place. Our next training is September 26, 6:30 - 8:30 p.m. at the Claremont Savings Bank.

For more information call our office at 863-9200 and ask for Nancy or Robin.

What's Inside

Think Variety Think Color.....	2
Cornish Fair	3
Congrats to State Activities Day Winners...	4
Healthy Lifestyles Forum.....	5
Caring for the Land: Why Go It Alone?.....	7
Extension Calendar.....	8

UNH COOPERATIVE EXTENSION
 24 MAIN STREET
 NEWPORT, NEW HAMPSHIRE 03773

PRESORTED STANDARD
 POSTAGE & FEES PAID
 NEWPORT, NH
 Permit No. 55



Sandy J. Trybulski
Program Associate
Nutrition Connections
sandy.trybulski@unh.edu

Think Variety Think Color

The New Hampshire Fruit and Vegetable Program (formerly the NH 5 A Day for Better Health Program) has joined Produce for Better Health Foundation and the Centers for Disease Control and Prevention in launching a new logo, messaging, and recipes. The new name, Fruits & Veggies—More Matters, was designed to tap into consumers' sense of responsibility to help their families be their best. It is meant to provide more ideas, tips and solutions, in addition to information. Fruits & Veggies—More Matters focuses on small steps, helping consumers to eat more fruits and veggies over time. Eating fruits and veggies matters in maintaining a healthy weight and may reduce the risk of many diseases. Think of the variety of colors of fruits and veggies—red, dark green, yellow, blue, purple, white and orange. Eating a colorful variety provides a wide range of nutrients like fiber, vitamins, and potassium. And color is a great way to engage kids. They can find the colors in supermarket fliers to make a shopping

list. In the grocery store involve them in filling the shopping cart with a spectrum of colorful fruits and vegetables to make sure there's a rainbow on their plate!

(Visit www.fruitsandveggiesmorematters.org for ideas and activities.)

Source: NH DHHS Fruit and Vegetable Program

Pack a Family Picnic!

A picnic is fun family time: Indoors or out, in a city or country park or in your own yard. Make an everyday meal into an indoor picnic if weather interferes with your outdoor plans.

What's in Your Picnic Basket?

No-chill Foods

- Whole fruit, raw finger vegetables (most can be left at room temperature for a few hours)
- Dried fruit (raisins, apples, apricots), juice boxes, canned fruit
- Wheat tortillas, bagels, pocket bread, whole-wheat crackers or bread, pretzels, buns
- Nuts, peanut butter, unopened canned meat

Cooler Foods

- Cooked and uncooked chicken, meat, shrimp or fish, hard-cooked eggs; deli meat.
- Salads that contain cut-up meats, vegetables, or fruits
- Cheese, string cheese, yogurt, boxed milk
- Single-serving puddings

Warm-up Foods

(in an insulated cooler)

- Soup, hot cocoa with milk
- Baked beans, hot dishes (eat within 1 hour).

Keep family picnics safe at the plate!

- Bring water and soap to wash hands, surfaces, cutting boards
- Bring a meat thermometer. Use it to grill to safe inside temperature: 180 ° for burgers, 165 ° for chicken.
- Store chilled foods in a cooler with ice or ice packs.
- Store uncooked meat, poultry, or fish for grilling in well-sealed container. Pack it in the bottom of the cooler so juices won't leak onto other foods.
- At the picnic, keep coolers in the shade under a tree or bench.
- Return chilled food to the cooler right after serving.
- Discard leftover meat, chicken, fish and eggs, and foods made with them if left out for one hour.

Source: Nutrition Newsletters from Parents of Young Children, USDA, Food and Nutrition Service

Family & Consumer Resources

Gail P. Kennedy
Extension Educator
Family & Consumer Resources
gail.kennedy@unh.edu



Timely Tips for Preserving Food at Home

(continued from Page 1)

Four steps to success

Whether you consider yourself an expert or novice food preserver, you can save time, effort, and money by following these four important steps as you plan ahead this summer.

1. **Plan carefully before you begin to preserve food at home.** Time invested before you begin your project will save you time later.
2. **Use only up-to-date tested recipes and methods(see resources below).** This is an important step. Preserving food safely at home is an evolving science. Recipes and methods are constantly updated based on current research.
3. **Gather all your ingredients and equipment.** Make sure you have everything you need on hand so you can work quickly and efficiently. Inspect equipment and replace as needed.

4. Follow recipes and directions precisely.

Tested recipes are based on precise amounts of ingredients and procedures. For some preservation methods, altering either can affect the quality and safety of the final product.

Resources for tested recipes and methods

- [UNH Cooperative Extension Family, Home, and Garden Info Line](http://www.unh.edu/extension/fhgec/fhgec.html) – 1-877-398-4769. Call toll-free Monday through Friday, 9 a.m. to 2 p.m., and Wednesday evenings 5 p.m. to 7 p.m. You can also email us at answers@unh.edu.

Trained volunteers provide resources, fact sheets and answer your food preservation questions. (<http://extension.unh.edu/fhgec/FHGEc.html>)

- [National Center for Home Food Preservation](http://www.uga.edu/nchfp)
This is a comprehensive website featuring research-based information, publications, recipes, methods, and links for most food preservation methods. (<http://www.uga.edu/nchfp>)
- Pennsylvania State University – [Let's Preserve Fact Sheets](http://www.letspreserve.com)

The *Let's Preserve* Fact Sheet Series includes tested recipes and methods for canning 15 fruits and vegetables. (<http://foodsafety.cas.psu.edu/preserve.html>)

Preserving food at home is a rewarding way to capture the taste of New Hampshire grown fruits and vegetables to enjoy all year long!

Catherine Violette, Ph.D., R.D., L.D.
UNH Cooperative Extension Professor and Specialist, Food and Nutrition

ServSafe® Program for Food Managers



The ServSafe® Program is a one or two-day, advanced training in the latest science-based food safety and sanitation information and industry best practices for food managers, chefs, or others in supervisory roles. ServSafe® is a national certification program of the National Restaurant Association Educational Foundation. At the completion of the program, participants take the national ServSafe® Examination. With a passing grade of 75% or greater, participants receive a certificate verifying completion of the program.

UNH Cooperative Extension collaborates with the NH Lodging and Restaurant Association to offer the program throughout New Hampshire. For a listing of upcoming programs and contact information go to our web site at <http://extension.unh.edu/FoodSafe/FoodSafe.htm> and click on the ServSafe® calendar or go to the NH Lodging and Restaurant Association web site at <http://www.nhlra.com/>

ServSafe Program Schedule for Sullivan County

Where: Valley Regional Hospital, Claremont, NH

When: October 25, 2007 8 AM to 4 PM
(lunch on your own)

Cost: \$135 (includes Essential Course Book & Exam)

To Register: Contact Deb Maes at 787-6944 or deb.maes@unh.edu by October 5, 2007

4-H and Youth



Robin R. Luther
Nancy G. Berry
Extension Educators,
4-H Youth Development
robin.luther@unh.edu
nancy.berry@unh.edu

Cornish Fair free for 4-H members

August 17

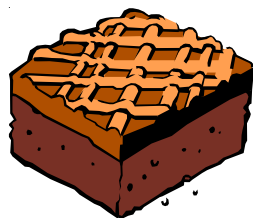
Friday, August 17, is 4-H Day at the Cornish Fair. All 4-H'ers who wear special 4-H member tags will get into the fair that day

FREE! Kids age 12 and younger always get into the fair for free! If you are 13 or older, ask your club leader for your tag. At the fair help promote 4-H by wearing your 4-H t-shirt.

FREE!

Three-day passes are available to adults and youth age 13 and over for \$18.00 each if purchased in advance. If purchased the Friday of the fair they will be \$20.00. Daily admission is \$8.00. These passes can be purchased through our office or at the 4-H exhibit rooms up until 8:00 p.m. Thursday, August 16.

Brownie donations appreciated



Have you ever experienced the famous 4-H Brownie Supreme? If not, you are missing a special feature of the 4-H Leaders' Dairy Booth.

We need donations of plain brownies, specifically a family size mix baked in an 8 inch square pan and left uncut (so they stay fresh longer). Disposable pans are recommended. Plain brownies (no nuts) are needed throughout the fair. We ask any 4-H family who can, to please bring a pan of brownies to the Dairy Booth or send brownies with someone else who is going to the fair.

Get your discount 4-H Dairy Booth tickets!



Once again the Leaders' Association will be offering discount tickets for use at the 4-H Dairy Booth. For **\$5.00** you will receive a ticket that will enable you to purchase up to \$7.50 worth of ice cream, milk, or other dairy products at our booth. **Tickets must be purchased prior to the fair at our office or at the Cornish School on Thursday, August 17, between 2:00-8:00 p.m. AFTER 12:00 NOON FRIDAY, NO DISCOUNT TICKETS WILL BE SOLD!**

CURRENT NEWS

Fair help is needed August 13-19!

We really do depend on 4-H members, parents, leaders, and families to help make the Cornish Fair a success. **If you can spare two hours to watch over the 4-H exhibit rooms anytime between noon on Friday, August 17 and 6:00 p.m. on Sunday, August 19, our Leaders' Association will provide you with a coupon for an item of your choice from the 4-H Leaders' ice cream booth.** This is an easy way to spend time looking closely at the exhibits and answering people's questions about 4-H. Anyone age 8 or older is invited to call our office to sign up at 863-9200. Dairy Booth help must be age 12 or older. It's lots of fun to sell ice cream and you'll keep busy! Call 863-9200 to volunteer for a two hour shift!

You can even sign up on Thursday, August 16, when you bring your 4-H exhibits to the Cornish school. We'll be there from 2:00-8:00 p.m. Try to fill out your exhibit tags in advance with a parent or organization leader. **Be sure to arrange for someone to pick up your exhibits between 6:00 and 7:00 p.m. on Sunday, August 19. No exhibits may be taken before 6:00 p.m.!!**

We're also still in need of about four people to help set up and paper the exhibit rooms August 13 or 14, and a crew of three or four people to clean up at 7:00 p.m. Sunday night, August 19. Call us if you can help! It only takes about an hour to clean up!

See you at the FAIR!



Register your club for a float or marching in the fair parade



We hope many 4-H clubs in the county will participate in the Cornish Fair Parade on Saturday, August 18 at **1 p.m.** The fair theme is "**Country Fresh Family Fun.**" Let's show everyone how creative 4-H'ers are in Sullivan County.

Each participating club should prepare a short description about their club for the parade announcer to read. Register by calling the Extension office and we'll register all our 4-H parade participants. **Call today at 863-9200!** Floats do not have to be elaborate. Simple ideas will still help promote 4-H. All youth floats are eligible to compete for cash prizes (\$125, \$75, \$25), so it can be a fun and profitable project for your club! See the Open Show part of the exhibitors handbook for more information. Be sure to make a large 4-H clover and put your club name on a float sign. Call 863-9200 to register or to discuss float ideas. We'll be glad to help!

Parade participants will need to line up at the Cornish Highway garage on Schoolhouse Road between 11:30 and 12:30 p.m., Saturday, August 18.

Challenge yourself: Enter a Handymaker or Homemaker exhibit

The "Handymaker Award" of \$20.00 will go to the 4-H'er who enters the best exhibit of: one woodworking article, one conservation collection, one photograph, and two different crafts (intermediate or advanced).



The Handymaker Award winner will also receive a special ribbon in memory of Jim Reavis who was a long-time leader in the Hemlock Hi-Toppers 4-H club in Charlestown.

The Angela L. Smith Memorial "Homemaker Award" of \$20.00 will go to the best exhibit of: a sewn garment, a baked good, 2 identical jars of canning, one heritage arts project, and one arts and craft project.



These are fun and competitive areas for you to showcase your best 4-H work. Plan now to get your exhibits ready on time! Fair-goers really enjoy seeing 4-H exhibits!

4-H MEMBERS' CORNER

Congratulations to State Activities Day Winners

Sullivan County 4-H members excelled at their state contests at Pembroke Academy on June 2. **Kate Stockwell of the Horse Huggers** was recognized as a NH 4-H Achievement Award winner after competing with her 4-H resume and an interview process. **Megan McPherson of Fun 4-H** was a senior winner in the Photography Contest. Her photo featured a beautiful butterfly. Senior **Shelby Pillsbury of the Creative Clovers and Sullivan County 4-H Teen Club** won for her action exhibit titled "Duct Tape Decor."

Heather Stockwell of the Horse Huggers won top honors in the junior demonstration category. Heather's demonstration was on "Tin Candles." **Kate Stockwell of the Horse Huggers** and **Andrew Rondeau of Covered Bridge** won top honors in the senior demonstration category. Kate's demonstration was on "Horse

Bits: Treats for Your Equine Friends." while Andrew's demonstration was on "How to Make Cow Pies."

Lindsay Adams, Megan McPherson and Ryan McPherson of Fun 4-H won the prestigious honor of placing in the top ten sewers in the state Fashion Revue. Lindsay and Megan each sewed a prom dress while Ryan made a pants and shirt outfit.

In the Fashion Selections competition **Lindsay Adams and Megan McPherson** also placed in the top 3 in the state! They showcased their consumer ability by purchasing an outfit, modeling it and being interviewed about their choices.

Congratulations to all of you on a job well done!



Charles Barry of the Oak Hill Riders is the first ever driver to qualify for the state 4-H Horse Show from Sullivan County.



Pictured here (l-r) are the Equestrian team who represented Sullivan County at the State 4-H Horse Show in July: Charles Barry, Katherine Stockwell, Ella Littlefield, Joleen Leonard, Alisha Famiglietti, Anna Haron and Danyelle Davis.

County Horse Team Members Selected to Compete at State Event

Twelve Sullivan County 4-H horse project members took part in this year's qualifying show at the Hopkinton Fairgrounds on June 23. The dual county qualifying show gives youths a chance to be involved in good spirited competition with 4-H members sharing a common interest and love for horses. Youths age 12 and above have the extra incentive of competing for a spot on the Sullivan County 4-H equestrian team. In 2007 the following high scoring members qualified to ride as part of this team: Oak Hill Riders, **Ella Littlefield, Joleen Leonard, Anna Haron, Katherine Stockwell** of the Horse Huggers and **Kristi Eccard** of the Washington Generals. Oak Hill Rider **Charles Barry** qualified as Sullivan County first driving competitor at the state show. **Danyelle Davis** and **Alisha Famiglietti** will serve as the team stable managers. State show team members each received drape medals. To qualify, 4-H'ers have to be

well versed in several areas of horsemanship including horse knowledge, judging, Fit and Show, Equitation and two choice classes. Individually earned scores in each of these areas are added together to determine the membership of State Show team.

High point award winners are selected based on the combined scores of the equitation and pleasure riding classes. This year's Senior high point champion was **Ella Littlefield** and **Joleen Leonard** was reserve champion. **Charles Barry** was recognized as Jr. Champion and Jr. Reserve Champion went to **Kristi Eccard** of the Washington Generals. In the Walk Trot division **Alicia Famiglietti** received the Champion ribbon and **Alicia Barry** received the Reserve Champion ribbon. Congratulations!

Congratulations Corner

Help us applaud the varied accomplishments of our animal science project members. We love to share both individual & team success earned by Sullivan County members during state level dairy & horse contests.

State Horse Judging Competition

Congratulations to the Sullivan County Horse Judging team members **Victoria LaBelle, Ella Littlefield, Becky Locke** and **Naomi O'Day** for being the overall top placing team in the Senior Reasons Division. The four top scoring individuals in the Senior Division contest became the tentative NH 4-H State Judging team. This year **Victoria LaBelle** of the Oak Hill Riders placed 3rd. The fifth - eighth placing individuals become alternates. **Naomi O'Day** of the Oak Hill Riders placed 7th and will join in team practice sessions as an alternate. The final team selection is based upon their continued involvement in completing homework assignments and attending practices. State team members participate in the Regional Contest and ultimately in the National Competition in Kentucky!

A total of nine Sullivan County youth participated in the State Horse Judging Competition, representing the Oak Hill Riders and Horse Huggers 4-H clubs. In the Junior individual judging competition two Sullivan County youths placed among the top ten. Congratulations to first placing member **Joleen Leonard** and **Alisha Famiglietti** who placed fifth.

State Dairy Judging Competition



Brooke Clark of Cornish took fourth place in the Junior Division of the State Judging Tour. She placed first judging Holsteins, second

judging Brown Swiss and fourth in the Jersey and Guernsey classes. Next year **Brooke** will move on to the Senior Division and have the additional challenge of presenting oral reasons. She will need to explain why she placed each class of dairy animals in a particular order from first through fourth. A huge thanks to **Marcia Clark** for her help in organizing the farms for this year's state level competition.

4-H LEADERS' UPDATE

Save the Date All Leaders Training Wednesday, Sept. 26

All 4-H volunteer leaders in the county are invited to attend an important Leader Training from 6:30- 8:30 p.m. on Wednesday, September 26 at the Claremont Savings Bank Community Room on Broad Street in Claremont.

We will have several brand new kits for leaders to explore and try out: one is on Healthy Microwave Cooking and the other is on Aerospace. For refreshments, we'll even sample microwavable snacks! We will also share the Essential Elements of a good 4-H program for clubs or after-school programs.

Please encourage all of your club leaders to attend this interactive training. Make plans now to carpool and come meet other 4-H volunteers from all over Sullivan County. Call Sandy Rumrill at our office to register. The number is 863-9200, or email Sandy at sandy.rumrill@unh.edu

We hope to see many of you in September! Invite new volunteers too!

Sell 4-H Cookies



Get sales experience, have fun and raise money for your club treasury by selling delicious 4-H cookies this fall! All community clubs are invited to sell cookies.

Part of the profit is kept by your club and the other part goes to the Sullivan County 4-H Foundation to support 4-H programs such as camp scholarships, new club kits, Rally plaques and awards, ribbons at County Activities Day, flowers at the Fashion Show, etc.

All organization leaders will be sent detailed information in late August. Parent help is always welcome. Most clubs take advance orders for the cookies and then deliver them to families in mid-October.

Healthy Lifestyles Forum

Teens and Adults Wanted



If you want to learn more about obesity, fitness, mental health and more, and you are 14 year or older, here's an opportunity for you: the Healthy Lifestyles Northeast Regional Forum in Portland, Maine from October 11-14.

We can send teams of 1 or 2 adults and 2 or 3 teens to this wonderful 3 day forum in the beautiful city of Portland. The forum starts on Thursday evening and continues through Sunday morning. Because Portland is so close to us, it means only missing school on a Friday. Tours on Friday include trips to the University of Southern Maine to learn about maintaining your health in college, a trip to the University of New England to learn stress management techniques and mindful meditation, and a trip to the new Whole Foods Market to see and sample the fresh foods they offer and to learn about careers in food production.

Workshops on Saturday include youth and adult partnerships, Health Rocks!, Stress, Healthy Brain, Cooking up Fun, Sugar Search, Lifetime Fitness and much more. Youth and adults will gain information that they can then use back in their own 4-H clubs, after-school programs or their communities. For more information, go to <http://www.umext.maine.edu/4-HVolLeadersForum/>

Generous scholarship assistance for NH teams is being made available from the 4-H Foundation of NH, Inc. Contact Nancy Berry at 863-9200 for more information.

Surf and Sail with Cyfernet's Mission of the Month

Learn about waves, wind power and boat building through exciting experiments, investigations, creative activities and competition.

Catch a Wave: In this lesson, experiments allow youth to see how waves are formed and why some waves are bigger than others.

Sailboat Investigation: Using a variety of everyday household materials, youth attempt to design and build a "sailboat" that will travel in a straight line for at least 75 centimeters on a smooth surface.

Cardboard Boat Race: Exercise your imagination and ingenuity by designing and building a kayak, paddle wheeler, pirate ship or other human-powered "boat" with just two basic items: cardboard and duct tape.

Visit <http://www.cyfernet.org/4htech/missions.html> for complete details.



Bruce Fairbank is pictured here teaching Fun 4-H members woodburning. He is willing to teach woodburning to other 4-H members at club meetings. Call him at 826-5568.

Save the Date! Leader Training Workshops Saturday, November 10, 2007 8:30 am - 4 pm Newport Middle High School

Watch your mail for a brochure describing all of the exciting hands-on workshops being offered to 4-H volunteers and other adults from all counties. Learn about foods and nutrition, aerospace, wood-working, photography, forestry and much more!

If you are unable to attend on November 10, there will be two other Leader Training Workshops offered in the central and northern parts of the state on Nov. 3 and 17. Plan to attend one of those if you can't come on the 10th. Details will be in the next newsletter.

GENERAL 4-H NEWS AND INFORMATION

Thanks to Fashion Show Participants at Nursing Home

Patients and guests at the Sullivan County Health Care Facility in Unity thoroughly enjoyed seeing the sewing creations modeled by 4-H members on Sunday, June 10 as part of the Commissioner's free Pancake Breakfast and Open House.

Many thanks to the following members who participated in the fashion show: **Max and Rose Abendroth** of the Abendroth Family Club, **Jacob Baker, Josh Baker, Danielle Beneat, Mary Jelliffe, Thomas Jelliffe, and Abby St. Pierre**, all of Fun 4-H, **Monica & Dominic Stout** and **Dylan Palmer** of the Clever Cardinals, **Michael Carter and Katrina Desmarais** of Washington Generals and **Jeremy Rumrill and Joshua Rumrill** of Jim Dandies 4-H.

We also had several past and future 4-H members take part in the show: **Shannon St. Pierre, Wendy**

(Adams) **King** and her children, **Hailey, Brian, and Rebecca Baker, Julia Stout, and Rachel Abendroth**. Commentators for the show were **Monica Stout and Shannon St. Pierre**.



Pictured above are some of the 4-H members who participated in the fashion show held at the Sullivan County Health Care Facility in Unity.

4-H Teen Exchange was a Success

The Sullivan County 4-H Teen Club hosted 9 4-H teens and 2 chaperones from Wharton County, Texas from June 27 - July 3. The group was welcomed with games and a family cookout at Mt. Sunapee. Local businesses donated items for NH gift bags too. We made several bus trips: to Boston to the Quincy Marketplace, Paul Revere house, Old North Church and the Museum of Science, to the White Mountains to explore the Flume and Cannon Mountain and to the ocean to York Beach and Hampton Beach. (The Texas teens were excited to see several New England states while they were here.) Our teens hosted a "good-bye breakfast" in Sunapee on the last morning before wishing the Texas teens off on their trip home to Texas.

Our teens are already looking forward to next summer when they will travel to Texas to stay with host families there. All teens in the county are invited to get involved in the teen exchange program by joining the 4-H Teen Club. You only have to be 12 to join the club; however, you must be at least 13 years old to travel to another state.

Plan to attend the fall meeting of the Teen 4-H Club on **Wednesday, September 19 from 6-8 p.m.** This will be an active meeting where we will do some fun group get-acquainted activities in the woods behind the **Newport High School**. Meet in the parking lot at the north end of the high school.



4-H Health Rocks!

Available for 4th-6th graders

(continued from Page 1)

Student and teacher feedback was positive. Students enjoyed learning from teens who weren't much older (usually 8th-12th graders). Teachers said that the activities reinforced other material that the students learned from DARE, guidance or health programs. Teams of teen and adult mentors reached over 140 students this spring in Charlestown, Claremont, Unity, Newport and Sunapee. For more information or to request a Health Rocks! program at your school or group, contact Nancy Berry via email at nancy.berry@unh.edu.

4-H Day at the Big E

Looking for a great way to spend the day with your family and to go on an adventurous day trip away from home? **Saturday, September 15**, is 4-H Day at the Eastern States Exposition in Springfield, MA. **All 4-H members, leaders, and families can receive passes and get in free for that day only.** If you would like passes for your family be sure to call the Extension office at 863-9200 by Friday, September 7, so that we can get passes for you. Wear your 4-H t-shirts and go have a wonderful family time. If you can't attend the fair on Sept. 15, go anytime from Sept. 14 - 30, and pay the regular admission price as follows: Weekdays \$8 for children (6-12) and \$10 for adults. On weekends it is \$10 for children and \$15 for adults. Visit the website at <http://www.thebige.com> for show information and other specials.

EASTERN STATES 4-H DAY

Saturday, September 15th

Name _____

Address _____

Tickets Needed _____

Return by September 7, to:

Attn: Nancy Berry

UNH Cooperative Extension

24 Main Street

Newport, NH 03773



SAVE THE DATE!

4-H Rally & Awards Night

Friday, October 19, 2007

7:00 p.m.

Claremont Middle School

Have you looked at our website recently?

In many cases you can find the information or forms that you need with a few clicks of your computer mouse. Be sure to check it out at <http://extension.unh.edu/4H/4H/htm>

Agricultural Resources



Seth A. Wilner
Extension Educator
Agricultural Resources &
Environmental Stewardship
seth.wilner@unh.edu

Haynes Dairy Farm Wins NH Green Pastures Award

John and Beth Haynes of Claremont, NH won the 2007 NH Green Pastures Award! The Green Pastures Program recognizes one winner from each of the New England states annually. The judging criteria are based on outstanding accomplishments in business management, crop production, pasture quality, herd performance, environmental practices, and community leadership. The judges cited the many farm innovations, clean cows and barn, quality pasture, and the overall dairy operation as the primary reasons for awarding the Haynes this year's award.

The New England Green Pastures Program was started in 1948. After World War II, many regional farm leaders worried that a post-war depression would hurt agriculture. If New England dairy farmers could rapidly adopt researched innovations and new technologies, they could remain cost-effective and reduce the impact of economic downturns. To this end, the New England Pastures Program developed an annual award to honor innovating farms like the Haynes!

John and Beth Haynes were selected this year for outstanding pasture management skills that have allowed their dairy farm to thrive in these difficult times. The Haynes have recently been certified as an organic dairy and now sell their milk to Organic Valley for premium prices. Haynes Dairy Farm is a grass-based dairy, using grasses and legumes in the 100 plus acres of pasture and hay land that are grazed for the bulk of their feed. They supplement this feed with organic grain and minerals, including kelp meal.

Haynes Dairy Farm has been a grass-based dairy operation since its inception in 1961 when John's parents-David and Nellie Haynes-purchased the farm. John Haynes has farmed with his family his entire life and took ownership of the farm with his wife Beth in 1993. John and Beth have used Management Intensive Grazing practices to improve their soil quality, increase biodiversity on their farm, and enhance the conservation of their farm's natural resource base.

The Haynes currently milk 62 Holsteins and have a total herd of 98 cows. They recently won an award for low somatic cell counts, which is a benchmark for good herd health. In 2006 they had a yearly rolling herd average of 18,000 lbs.

John and Beth have set up fencing and move their cows every 12 hours to prevent grasses from being over-grazed and to provide enough high quality feed to maintain good milk production. They have also placed watering systems in each paddock so that the cows have access to water without having to travel back and forth to the barn regularly. These pastures get manure and wood ash, but no other added fertilizers. Pasture health is maintained through grazing.

As one might guess, John and Beth are innovative farmers, adopting new methods and technologies to stay profitable and efficient in today's difficult milk market. In addition to setting up a sophisticated grazing system, they also make use of a "round-the-barn track feeder" to feed out baleage efficiently. Gutter cleaners and new ventilation systems keep their barns clean and comfortable for cows and farmers alike. The Haynes also set up a training paddock to teach the young calves to stay away from the electric fence!

Trying new practices is a difficult part of farming, since learning new systems requires time and effort, which are scarce commodities for all farmers. Being innovative and adapting to changing markets, regulations, and technologies have allowed John and Beth Haynes to thrive. It is for these skills and achievements that the Haynes have been selected for this year's NH Green Pastures Award.



Pictured from left to right: John, Beth, Nellie and David Haynes. Robbie decided to get into the picture also!

Forest Resources



Chuck Hersey
Extension Educator
Forest Resources
chuck.hersey@unh.edu

Caring for the Land: Why Go It Alone?



forest industry and much of our recreation.

Owning land gives many rewards and, as with most precious things, the more you pay attention and care for your land, the greater those rewards. Wendy Scribner, UNH Cooperative Extension Educator, Forest Resources, Carroll County, encourages owners to know their land.

"It's important to think about what you really want from your land. You can grow firewood and timber, create a haven for wildlife, cut trails, and so many other things. The list is endless," she notes.

Her colleague in Cheshire County, Steve Roberge, agrees. "Owning land gives you many options and I'm here to help."

There is an Extension Forestry Educator like Scribner and Roberge in each county. Their job it is to provide assistance and advice to landowners. You don't have to go it alone. They are a phone call away. Chuck Hersey is the Extension Forestry Educator in Sullivan County and can be reached at 863-9200 or chuck.hersey@unh.edu.

In addition to these forestry educators, there are over 200 foresters offering a range of services, including forest stewardship planning, current use assistance, inventory and appraisal, buying and selling standing trees, tending and nurturing young trees (weeding and thinning), cutting for regenerating the next forest, wildlife habitat management, and trails and other recreation improvements. In New Hampshire, all foresters offering services to private landowners for compensation must be licensed.

UNH Cooperative Extension compiles a directory of licensed foresters offering services to landowners, but no list compensates for an informed consumer. "I can walk the land with landowners and help them know what they can get out of the land," says Roberge, "Caring for land can be complicated."

Selling timber is possibly the most complicated woodlot activity and yet timber sales can be an important tool to achieve personal objectives, which may include generating more income, improving wildlife habitat, or constructing woods roads. Your forester helps you avoid mistakes by marking the trees to cut, arranging for a buyer, preparing a written contract, collecting payments, and making sure environmental laws are followed.

Does it pay to hire a forester to help you take care of your woodlot? Scribner is a believer in plans, "Thoughtful planning pays. Studies show that forest owners with management plans double their timber sale income, leave twice the number of trees to grow for the future and do a better job of enhancing wildlife than owners without plans."

One way of looking at the question of "does it pay?" is to look at the income from selling timber. A recent study in Massachusetts found that prices offered varied as much as 212 percent.

Without experience in the market place, would you be able to evaluate the fairness of an offer? A New Hampshire study cited the benefits of using forestry assistance during timber sales as generating a higher income, improving the quality of the stand, and having more remaining trees in your lot.

Only you can select a forester who can meet your needs, someone you trust and with whom you feel comfortable. The forester needs to understand your objectives, interests and limitations. You can care for your land and you don't have to go it alone.

By Karen Bennett, Extension Forestry Specialist February, 2007

For more information about forestry help, contact Chuck Hersey at 863-9200 or visit extension.unh.edu and click on forest and trees.

(continued on page 8)

Caring for the Land: Why Go It Alone?"

(continued from Page 7)

Granite State Woodlot and Wildlife Management Course

Comprehensive 5-day course designed to provide in-depth instruction on a variety of forest stewardship topics including: forest management, silviculture, forest ecology, tree identification, trail design, forest inventory, tree measurement, wildlife management, wetland identification and boundary location. A team of 13 natural resource professionals will instruct participants through presentations and lots of hands-on training in the woods.

When: September 17-21, 2007

Where: Hollis, New Hampshire

Cost: \$250 per person, includes lodging, all meals and educational materials.

For more information visit this website:

<http://extension.unh.edu/Forestry/documents/camp07.pdf> or call Jon Nute, Hillsborough County Forester @ 641-6060.

2007 NH Outstanding Tree Farmers of the Year Field Day

David and Tanya Tellman

Saturday, September 22, 2007

Whitefield, NH

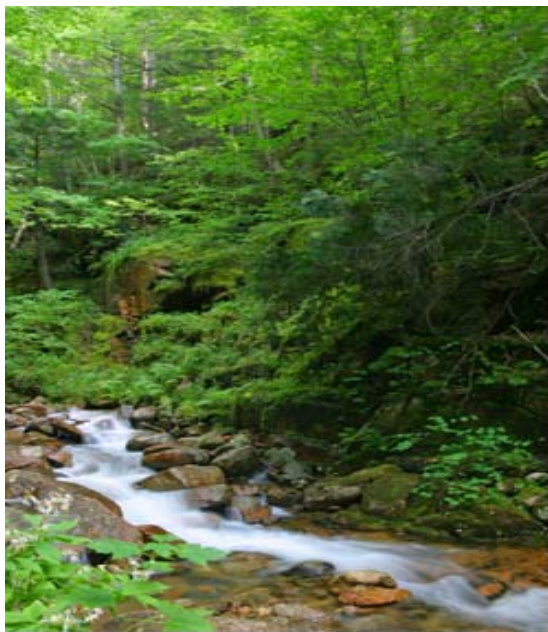
David and Tanya Tellman of Whitefield, New Hampshire have been selected by the NH Tree Farm Committee as the 2007 NH Outstanding Tree Farmers of the Year. David and Tanya Tellman own Pine Knob Tree Farm which spans 852 acres in Whitefield and Bethlehem. Since 1992, Pine Knob Tree Farm has served as a model of long-term forest stewardship for timber, wildlife, recreation and water in challenging conditions. They have actively managed their tree farm with assistance of Grafton County Extension Forester Nory Parr, licensed consulting foresters and other natural resource professionals for a wide range of values including timber, early successional wildlife habitat, sugarbush, recreational trails and aesthetics.

Please join us on Saturday September 22, 2007 for the 18th annual New Hampshire Tree Farm Field Day at the Tellman's Pine Knob Tree Farm in Whitefield. There will be forestry and wildlife walks of the property, tour of a biomass power plant, raffles and of course a pig roast and chicken BBQ and much more. Please contact Chuck Hersey at 863-9200 or chuck.hersey@yahoo.com for more information.

Cornish Fair Woodsman Field Day

8/18/2007

The Cornish Fair Woodsman Fields Day will be held on Saturday, August 18th. This is a competition of logger and woodsman skills including axe throwing, hot saw competitions, tree felling, and much more. This competition features not only the best of the best locally but also professionals showing off their skills. Be sure to check out this exciting event at the Cornish Fair.



Extension Calendar	
July	September
17 4-H Records Judging, All Day	15 Eastern States 4-H Day
18 4-H Day at the Fisher Cats; 7:05-10:00 p.m., Will be held at the Fisher Cats Ball Park, Manchester, NH.	17-21 Granite State Woodlot Management Course; Hollis, NH
20 Managing Wildlife Habitat On Your Land, 1:00-4:00 p.m., Will be held at 5 Whitney Rd., Plainfield, NH.	19 4-H Leader & Teen Club Meeting 6-8 p.m. @ Newport High School
	22 NH Outstanding Tree Farmers of the Year Field Day; Whitefield, NH
	26 Leader Training @ Claremont Savings Bank Community Room; 6:30 a.m. - 8:30 p.m.
August	October
6 4-H Exhibit Set-up at Cornish Fair,	11-14 Healthy Lifestyles Forum Portland, ME
7-19 Cornish Fair.	19 4-H Rally & Awards Night; 7 p.m.
8 4-H Exhibit Judging at Cornish Fair 8:30 a.m. to noon.	25 ServSafe Program; 8 a.m. - 4 p.m. Valley Regional Hospital
8 Woodsmen's Field Day at Cornish Fair	
	November
	10 Leader Training Workshops @ Newport Middle High School; 8:30 a.m. - 4 p.m.



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

SULLIVAN COUNTY
24 Main Street
Newport, NH 03773
(603) 863-9200
FAX 863-4730
sullivan@ceunh.unh.edu

Support Staff
Pam Joslin, *Layout*
Sandy Rumrill, *Layout*
Susan Mills, *Layout*

Professional Staff

Nancy G. Berry
Extension Educator, 4-H & Youth Development
Gail P. Kennedy
Extension Educator, Family & Consumer Resources
Robin R. Luther
Extension Educator, 4-H & Youth Development
Sandra J. Trybulski
Program Associate, Nutrition Connections
Seth A. Wilner, Co-Office Administrator
Extension Educator, Agricultural Resources & Environmental Stewardship
Charles Hersey, Co-Office Administrator
Extension Educator, Forest Resources

Advisory Council

Sara Poisson, Claremont
Sandy Hodskins, Lempster
Richard Scheuer, Cornish
Pauline Bailey, Sunapee
Judith Kaufman, Cornish
Bard Flanders, Goshen
Steve Hammond, Newport
Don Clarke, Claremont
Debbie Hall, Goshen
Marilyn Brannigan, Newport
Carla Skinder, Delegation Rep.
Commissioner Ben Nelson