



**Hillsborough
County
UNHCE**

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

In Hillsborough County 12 staff, supported by more than 30 campus-based Extension specialists deliver these resources in an unbiased manner to those living and working in this 29 town, 2 city region that claims nearly one third of the entire states population. Federal and state support of more than \$681,736 bolster a Hillsborough County contribution in FY 2013 of \$360,455.

County government in partnership with UNH Cooperative Extension

County Commissioners:
Toni Pappas, Chair
Carol Holden, Vice Chair
Sandra Ziehm, Clerk

County Legislative Delegation:
Stephen Spratt, Chair

John Pike
Dean and Director, UNHCE

**Support for Cooperative Extension
Makes Positive Impacts in Hillsborough County**

Selected Highlights

Agricultural Productivity:

■ The NH State Women’s Prison Garden is evidence of what gardening programs can accomplish. Started in April 2012, the 1,000 square foot women’s prison garden began as a budget friendly way to provide fresh produce to inmates. Soon it became obvious that beyond its economic benefit, inmates were provided with a program that taught them valuable life skills and gave them a sense of accomplishment which aided in their rehabilitation. The women were eager to learn, easy to work with and things got done in record time. “On average the garden provided about 20 pounds of produce each week to the kitchen and the satisfaction and pride felt by the gardeners was really fun to see. The best part of the project was watching the gardeners’ faces light up during our sessions,” Extension Field Specialist and project coordinator, Margaret Hagen said. “They got a real charge out of the plants themselves, learning new things and sharing garden experiences. As gardening always does, working together provided opportunities to share recipes, stories from childhood gardens and hopes for future gardens. The warden was so pleased with the results that in September we were invited back for next year.”



■ During the 2012 growing season, thirty (30) fruit and vegetable farms at thirty-two farm sites in New Hampshire monitored for insect pests supported by an IPM grant totalling \$62,185. Through the

use of lures, traps, and a scout, judicious decisions can be made that reduce the number of pesticide applications, thus increasing marketable produce, enhancing a farms sustainability and reducing environmental impacts.

■ Master Gardeners volunteered 1,715 hours and reached 7,645 people this year in Hillsborough County. Master Gardener projects included: a Garden Tithing program that grew 23,839 pounds of produce distributed through the Peterborough Food Pantry, the establishment of a plot at the Wilton Community Garden that delivered 300 lbs of produce to the local food pantry and to the spaghetti suppers at the Milford UU Church, a seed starting program for Nashua Head Start, the Elders on the Grow weekly horticultural therapy program at the Hillsborough County Nursing Home, The Peter Woodbury School Garden, volunteer trainings on how to garden in public spaces, planning the Welcome Spring Gardening Symposium for the public, and the establishment of a school garden to raise flowers for local nursing homes. Four grants from the NH Master Gardener Association were received for county projects.



Education Center:

■ 103 Education Center Master Gardener Volunteers chipped in and donated over 3,000 hours and answered 5,500 consumer calls and emails on trees and shrubs, annuals and perennials, vegetables, lawns and more.

HILLSBOROUGH COUNTY

Community Development:

■ Extension staff provided planning and facilitation support to the Peterborough Library Steering Committee to plan a forum to engage the community in consideration of desired services for a modern 21st Century Peterborough Library, the oldest publicly supported library in America. They are planning a February 16, 2013 event.

■ Cooperative Extension continues to work with the County Commissioners and the Dept. of Administration and Finance in the pursuit of revenue options for the County Complex lands and buildings, as a follow up to the Extension led two day October 2009 design charrette. In cooperation with the town of Goffstown, a zoning change was crafted. This zoning change received overwhelming support at the March 2012 town meeting enhancing development options for much of the county land.

Youth Development:

■ The 4-H Youth Development program provides youth and adult volunteers opportunities to make a difference in their lives and communities. 4-H staff provide volunteer training and management to over 90 volunteers who provide over 4,500 hours of service to Hillsborough County, serving over 3,000 youth.

■ 4-H staff collaborate and provide educational training and resources for over 20 non-profit organizations, helping them serve Hillsborough County. Grant and program support brought into Hillsborough County through the 4-H program exceeded \$125,000 last year.

Financial Management:

■ Sound financial decision-making and effective resource management are important to personal and family stability. Families benefit by having the knowledge to manage debt, and save to accomplish goals. Increasing the financial security of families will enhance the financial stability of communities.

UNHCE provides education that gives youth and adults tools and knowledge to more effectively manage their finances. In 2011-2012, 440 people, including 21 professionals who will use the knowledge learned in their work with vulnerable families, participated in Hillsborough County UNHCE financial education classes.

Forest Resources:

■ Extension's forestry program provides educational and technical assistance to forest landowners in the wiser use of their forest resources for income production as well as recreation, wildlife, aesthetics and watershed management. Some of this year's accomplish-

ments include the examination of 2,356 acres of forest land with 39 landowners, and 27 presentations and tours with an attendance of 516 adults and 701 youth.

■ The county extension forester met with citizen committees or town officials in Amherst, Frankestown, Nashua, and Temple to provide forest management or landscape tree advice. Hillsborough County was declared a disaster area because of tropical storm Sandy on October 29, 2012. High winds caused tree damage and 200,000 residents lost power. Recovery information was presented on our website, as well as newspaper and radio interviews with the forester.

■ In FY 2012 Natural Resource Stewards worked to strengthen communities and enhance ecosystems in 22 Hillsborough County cities and towns and 81 statewide. During FY 2012, 108 experienced Stewards reported 11,866 hours of service in over 40 categories of natural resource work, the equivalent of 5 plus fulltime employees caring for New Hampshire's natural resources.

Food Safety:

■ The Centers for Disease Control estimates 48 million illnesses, 128,000 hospitalizations and 3,000 deaths occur annually from foodborne illness. Extension's food safety programs target knowledge and behavior within the food service environment to help reduce the risks. Over 600 adults attended programs that teach food service workers, consumers and volunteers proper food handling techniques and ways to reduce the risk of foodborne illness. Partnerships include restaurants, NH Food Bank, human service agencies, including Meals on Wheels, local health departments, school food services, and farmers' markets.

Nutrition Education:

■ Nutrition Connections, through EFNEP (Expanded Food and Nutrition Education Program) and SNAP Ed (Supplemental Nutrition Assistance Program Education) provided behavior-focused programs to 234 adults (with 632 family members) and 1,121 youth. Our nutrition programs address public concern by giving our participants tools to make healthier choices. Eighty percent improved their food resources, fifty percent improved food safety practices and ninety percent improved their nutrition practices. This enables families to miss less time from work and school, reduce obesity, and often reduce health care costs.

Hillsborough County
329 Mast Road Goffstown, NH 03045
hillsborough@ceunh.unh.edu
Ph: (603) 641-6060
Fax: (603) 645-5252
Monday-Friday, 8am-4:30 pm
Web Page: <http://extension.unh.edu/Countries/Hillsboro/Hillsboro.htm>

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture, and New Hampshire counties cooperating. 04/13

STAFF

County Office Administration & Community & Economic Development
Dan Reidy

Food & Agriculture
Margaret Hagen
George Hamilton

Natural Resources
Jon Nute
Mary Tebo Davis

Youth & Family
Jolee Chase
Sharon Cowen

Nutrition Connections
Heidi Bennett
Awilda Muniz

Administrative Assistants
Janell George
Jill Ketchen

COUNTY ADVISORY COUNCIL MEMBERS

Helen Costello, Hampton
Robert Demers, Manchester
Tyler Hardy, Hollis
Suzanne Harvey, Nashua
Erna Johnson, Milford
Allyson Jutras, Hudson
Kathryn Nelson, Nashua
Eric Radlof, Milford
Kim Roy, Manchester
Kristin Sarvai, Manchester
Mary Sliney, Goffstown
Beth Todgham, Nashua
Sean Trombly, Milford
Colette Valade, Nashua

Education Center Staff
Rachel Maccini
Marcy Stanton
Ron Christie
Pamela Doherty