The Colorado Hay Directory is provided as a service to hay producers and buyers. You can register to be listed if you are a producer who direct markets their hay.

**WHAT**

- **MORE INFO:** CLICK HERE FOR THE 2020 LISTING
- **DEADLINE:** June 15, 2021
- **COST:** $25.00 (listing fee)
- **HOW**
  - If you are not listed and would like to be included in the 2021 listing, please complete and return the form below.

[CLICK HERE TO ACCESS THE HAY DIRECTORY LISTING FORM](#)
JOIN GROW & GIVE

Help your local community by donating a portion of your garden harvest

CSU Extension's Grow & Give program was created to address food insecurity in Colorado by connecting backyard and community gardens to food banks and donation sites across the state. The Grow & Give program helps provide participants with resources to both 'Grow' and 'Give' their garden's bounty to those in need.

REGISTER TODAY AT: GROWGIVE.EXTENSION.COLOSTATE.EDU/4-H
For over 100 years, Colorado State University Extension has helped Coloradans answer questions, solve everyday problems, and live a better life. But community needs across the state are changing faster than ever. We need your help to understand the pressing issues facing Colorado communities today. Weigh in via our community survey.

EXTENSION.COLOSTATE.EDU/COMMUNITYSURVEY

COMPLETE THE SURVEY FOR A CHANCE TO WIN A $25 CASH CARD
Herbs

Jessica Clifford, MS RDN; Extension Nutrition Specialist

Herbs make meals more exciting and delicious! Not only do herbs add extra flavor to our dishes, they also reduce the amount of salt we need to use. Salt is something most people can use a bit less of in their diet.

Herbs are the leaves and sometimes the tender stems of specific plants. Purchase herbs fresh or dried, depending on when and how you will use them. There are many types of herbs. Some of the more common herbs include:

- Basil – warm and somewhat spicy flavor, used in various pesto recipes
- Chives – mild onion flavor
- Cilantro – bright, clean flavor, best fresh
- Dill – fine and fresh, flavor of dill pickles
- Oregano – bold and peppery, spaghetti sauce flavor
- Parsley – bright green, mild peppery-lemon flavor
- Rosemary – bold, woody-evergreen flavor
- Sage – pronounced earthy, eucalyptus-lemon flavor
- Tarragon – peppery scent and anise-like flavor
- Thyme – mild lemon-clove flavor
- Mint – fresh mint flavor, best fresh

Dried herbs work best when added to dishes with liquid, such as in soups, stews, pasta sauce, and marinades. Fresh herbs taste best when added to foods or dishes that are served cold, such as salads, fruits, and yogurt sauces. They also work well when added at the end of cooking, such as mixed into a sauce after it has cooked or used to top a dish right before it is served. For example, add fresh herbs as a topping for pizza, soup, pasta salad, stir-fry, or tacos. Also, try adding some fresh herbs in a pitcher of water for a refreshing flavor. Remove herbs from water and discard herbs after a day.

Feel free to experiment with various herbs in various dishes. If you need some inspiration, below are some ways you might use different herbs.

**Basil**
- Fresh – top pizza when fresh out of oven, put in pasta salad, add to yogurt sauce for dipping or make pesto sauce
- Dried – add to pasta sauces, marinades, meatballs or soups

**Chives**
- Fresh or dried – top a baked potato or stir fry, add to scrambled eggs or salad

**Cilantro**
- Fresh – top tacos, stir fry or noodle dishes; add to guacamole, coleslaw, salad or yogurt sauce

**Dill**
- Fresh or dried – top fish; add to green salad, cucumber yogurt salad, potato salad, egg salad or broth-based soup

(Continued on page 2.)
Oregano
- Fresh or dried – top pizza, add to sauces, marinades or stuffing

Parsley
- Fresh – add to salads or broth-based soups, top mashed or roasted potatoes
- Dried – add to soups, stews, sauces or marinades

Rosemary
- Fresh or dried – add to roasted potatoes, soups, stews, marinades or sautéed mushrooms

Thyme
- Fresh or dried – top fish, add to sauces, pasta salad, grain salad, meat dishes or eggs

Mint
- Fresh – flavor water or tea, add to fruit salad (goes great with watermelon or oranges), green salad or grain salad

Let’s Talk

Preparing foods at home and adding ingredients like herbs, onion, garlic and spices can help flavor our food while needing less salt. This is a good time to talk with your children about how our bodies need more of some foods and nutrients and less of others. Sodium (found in salt) is one of those nutrients that we need just a little bit of. Too much salt can hurt our bodies, especially our hearts. Many pre-made packaged foods are often highly processed and have much higher levels of sodium than the foods that we make at home.

Work with your children to read the nutrition facts label on the back of packaged foods. When purchasing a packaged food, compare the sodium amounts per serving for different brands or types of that food. Aim for those that contain 5% or less of the daily value (DV) of sodium per serving.

Recipe for Health
Tabbouleh

Tabbouleh is a Mediterranean salad made with bulgur wheat and flavored with fresh herbs (mint and parsley), garlic and lemon. Try it today!
Serves: 8

Ingredients:
2 cups cooked bulgur wheat
1/4 cup lemon juice
3 tablespoons olive oil
4 garlic cloves, minced
1 cup chopped parsley
4 medium tomatoes, diced
Salt and Pepper (to taste)
Feta Cheese (optional)

Directions:
1. Combine the cooked bulgur, lemon juice, olive oil, and garlic in a bowl. Chill for 30 minutes.
2. Add the remaining ingredients, and lightly season with salt and pepper to taste.
3. Garnish with crumbled feta cheese, if desired.

Tips:
Try adding other ingredients such as diced cucumber, diced celery, chopped scallions, diced bell pepper, pine nuts or chickpeas for more flavor.

Nutrition Information / Amount Per Serving (1/2 cup): Calories 101, Total Fat 5.4 g, Saturated Fat 0.8 g, Cholesterol 0.0 mg, Sodium 10.3 mg, Total Carbohydrates 12.5 g, Fiber 3.2 g, Protein 2.3 g

Helping families increase physical activity and enjoy healthy foods...
RESOURCES AT OUR OFFICE

Noxious Weeds of Colorado Field Guide

WHAT
This pocket-sized field guide includes the A, B and C Colorado State Noxious Weed Lists as well as a Watch List. Species are listed in alphabetical order and each comes with a detailed description as well as pictures to help in identification.

COST
Free, while supplies last. We have about 10 books left.

Testing

WHAT
We have test sample kits for:
- Soil
- Compost or Manure
- Water
- Feed
- Plant Tissue

COST
Give us a call or swing by our office to determine which test is most suitable for you and to look at pricing options.

Respirator Fit Testing and Training

WHAT
We are offering quantitative fit testing for any particulate respirator or gas/vapor respirator with a particulate prefilter. Fit testing/training will take place at our office and by appointment only.
All fit-testing is done in a manner that conforms with Appendix A of the OSHA Standard 1910.134.

COST
$5 / Test - Please email drew.jacob.walters@colostate.edu for more information or to schedule an appointment.
### JUNE EVENTS AND WORKSHOPS (1/2)

#### JUNE 8-10  USDA LIVESTOCK WEBINAR SERIES

**WHAT**  Join The U.S. Department of Agriculture (USDA) will host a series of three live educational webinars about USDA’s Livestock Mandatory Reporting (LMR) Program

**WHO**  USDA and Partner Organizations

**WHEN**  
- Tuesday, June 8 @ 5:00 PM MST
- Wednesday, June 9 @ 5:00 PM MST
- Thursday, June 10 @ 5:00 PM MST

**WHERE**  REGISTRATION REQUIRED CLICK HERE

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#### JUNE 9  CSU PERENNIAL TRIAL RESULTS

**WHAT**  Learn performance of the CSU Perennial Trials from CSU Extension's Ornamental Plant Specialist.

**WHO**  Jim Klett - CSU Extension

**WHEN**  Wednesday, June 9 @ 12:30 PM MST

**WHERE**  REGISTRATION REQUIRED CLICK HERE

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#### JUNE 10  GUNNISON STATE OF THE RIVER

**WHAT**  One of the major tributaries of the Colorado River, your Gunnison River provides the life force for local West Slope communities. Learn more about the river’s hydrology and water supply as we enter another drought year

**WHO**  Colorado River District

**WHEN**  Thursday, June 10 @ 6:00 PM MST

**WHERE**  REGISTRATION REQUIRED CLICK HERE
JUNE EVENTS AND WORKSHOPS (2/2)

**JUNE 24**

**NAVIGATING DROUGHT ON YOUR RANCH**

**WHAT** Monthly webinar series to assist ranchers navigating the drought.

**WHO** North Dakota State University Extension

**WHEN** Thursday, June 24 @ 12:00 PM MST

**WHERE** ZOOM REGISTRATION REQUIRED CLICK HERE

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**JUNE 24**

**EVALUATING CONSERVED CONSUMPTIVE USE IN CO RIVER**

**WHAT** A discussion on the initial findings of a groundbreaking research project exploring water conservation in high-altitude ranching operations.

**WHO** Colorado Water Conservation Board

**WHEN** Thursday, June 24 @ 9:00 AM MST

**WHERE** REGISTRATION REQUIRED CLICK HERE

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**JUNE 17**

**COMPOST ON THE FARM**

**WHAT** A panel of grape and vegetables growers share the nuts and bolts of their experiences with composting in their farming systems.

**WHO** Sonoma Resource Conservation District and partners

**WHEN** Thursday, June 17 @ 11:00 AM MST

**WHERE** REGISTRATION REQUIRED CLICK HERE
This webinar will provide updated information assessing climate, water and drought of the Upper Colorado River Basin and adjacent areas of the Intermountain West.

CO Climate Center and NOAA

Tuesday, June 8, 2021 @ 10:00 AM MST

REGISTRATION REQUIRED CLICK HERE
Capital Campaign

Please consider donating to the Garfield County Education Center through our capital campaign.

We are 1/4 of the way to reach our goal, we need your help to bring this dream to life. All donations received of $500 or more will receive recognition on the Clover Wall of Fame.

All donations are tax deductible through CSU Foundation, Garfield County Education Center. Please call the Extension office for donation information: (970) 625-3969.

The Garfield County Education Center will house Garfield County CSU Extension, Maker Space, STEAM Education Center and Classrooms.

Through CSU Extension, we deliver youth and adult programming on a multitude of topics throughout Garfield County. We provide services to additional schools that fall within districts in surrounding counties. The focus on growing our youth inspired us to reach out to you as we are in the process of a capital project that supports our rapidly expanding program reach.

The County Commissioners in Garfield County have pledged their faith in the work of Garfield County Extension to the purchase of land and the warehouse building. The vision includes an indoor working Maker Space, STEAM Educational Room, indoor classrooms outdoor classrooms and the Garfield County CSU Extension Office.
Carla Farrand  
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4-H Youth Development, Family & Consumer Science  
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Cell- 720-441-8165

STEM AmeriCorps Members  
Kara Holden, Heather Johnson, & Gabby West

Alice Smith  
Accounting Technician II

The Extension Office is open (for calls or by appointment) Monday-Friday, 8 am to 1 pm and 2 pm to 5 pm (closed daily 1-2), 970-625-3969.

Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. CSU Extension programs are available to all without discrimination. No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.