



**AQUÍ PARA  
ESPAÑOL**



# GARFIELD COUNTY EXTENSION NEWSLETTER

Family Consumer Science, Agriculture, and Horticulture

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**CSU COMMUNITY SURVEY**

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**CAPITAL CAMPAIGN**

## 2021 COLORADO HAY DIRECTORY LISTING



**COLORADO**  
Department of Agriculture

WHAT

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.

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](#)



Colorado State University Extension

# 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.



**GARFIELD COUNTY**  
COLORADO STATE UNIVERSITY  
EXTENSION

**REGISTER TODAY AT:**

**[GROWGIVE.EXTENSION.COLOSTATE.EDU/4-H](http://GROWGIVE.EXTENSION.COLOSTATE.EDU/4-H)**





**COLORADO STATE UNIVERSITY  
EXTENSION**

**TAKE THE CSU**

# **COMMUNITY SURVEY**



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](https://extension.colostate.edu/communitysurvey)**

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





## June 2021 Newsletter

For back issues visit:  
[http://  
extension.colostate.edu/topics/  
areas/family-home-  
consumer/family-  
matters](http://extension.colostate.edu/topics/areas/family-home-consumer/family-matters).

For more information,  
contact the CSU  
Extension Office near  
you. Or visit: [extension.colostate.edu](http://extension.colostate.edu).

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University Extension.  
For all other requests,  
contact the author.

*Extension programs  
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without  
discrimination.*

Colorado State  
University, U.S.  
Department of  
Agriculture, and  
Colorado counties  
cooperating.

## 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, meat balls 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.)*



(Continued from page 1.)

### 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.

Nutrition Facts	
8 servings per container	
Serving size <b>2/3 cup (55g)</b>	
Amount per serving	<b>230</b>
<b>Calories</b>	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>16%</b>
Saturated Fat 1g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 49g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 240mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.

## 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 cup chopped parsley      |
| 1/4 cup lemon juice        | 4 medium tomatoes, diced   |
| 3 tablespoons olive oil    | Salt and Pepper (to taste) |
| 4 garlic cloves, minced    | Feta Cheese (optional)     |
| 1/4 cup chopped mint       |                            |

### 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...*

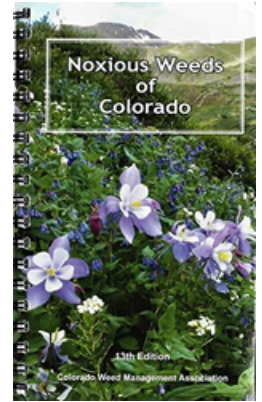


## Noxious Weeds of Colorado Field Guide

[For more information  
\(click here\)](#)

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

[For more information  
\(click here\)](#)

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

For more information  
please contact our office

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](mailto:drew.jacob.walters@colostate.edu) for more information or to schedule an appointment.



## 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](#)



## 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](#)



## 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 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](#)



## 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](#)



## 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](#)

**NDSU**

EXTENSION





**JUNE 8**

**CLIMATE, WATER, AND DROUGHT ASSESSMENT**

**WHAT**

This webinar will provide updated information assessing climate, water and drought of the Upper Colorado River Basin and adjacent areas of the Intermountain West.

**WHO**

CO Climate Center and NOAA

**WHEN**

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

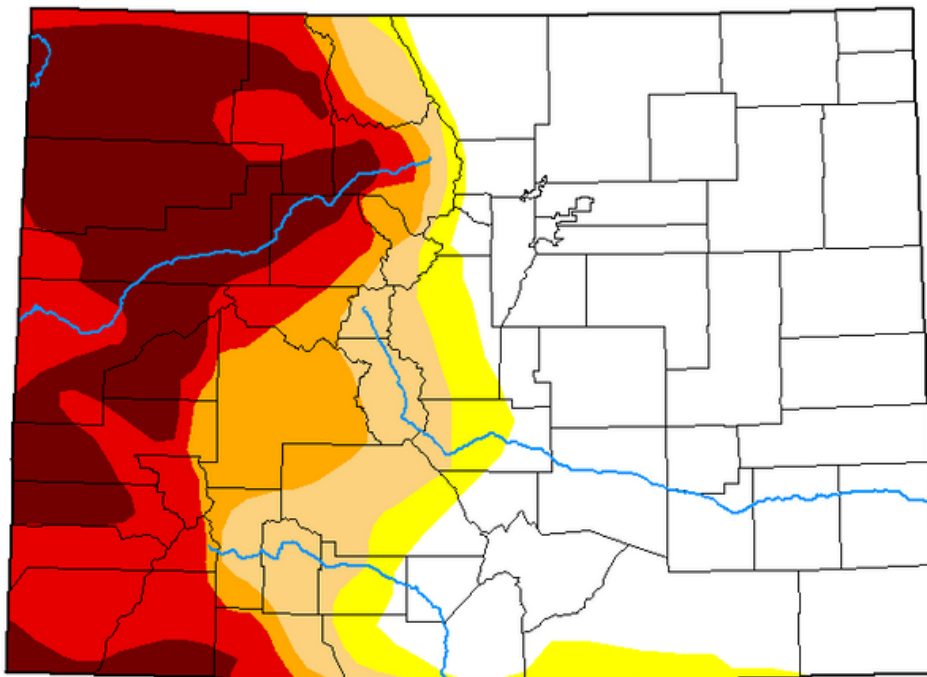
**WHERE**

[REGISTRATION REQUIRED CLICK HERE](#)



## U.S. Drought Monitor Colorado

**June 1, 2021**  
(Released Thursday, Jun. 3, 2021)  
Valid 8 a.m. EDT



**Intensity:**

- None
- D0 Abnormally Dry
- D1 Moderate Drought
- D2 Severe Drought
- D3 Extreme Drought
- D4 Exceptional Drought

*The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. For more information on the Drought Monitor, go to <https://droughtmonitor.unl.edu/About.aspx>*

**Author:**

Brian Fuchs  
National Drought Mitigation Center



[droughtmonitor.unl.edu](https://droughtmonitor.unl.edu)



# Capital Campaign



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

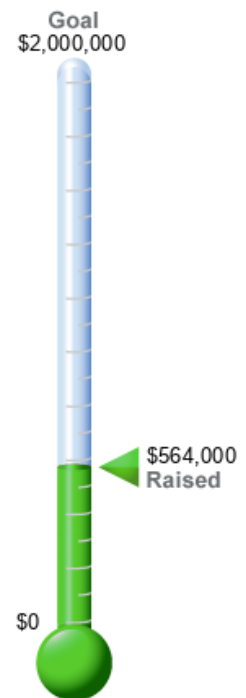
We are 1/4 of the way to reach our goal, we need your help to bring this dream to life. All donations received of \$500 or more will receive recognition on the Clover Wall of Fame.

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.



MAIN LEVEL PLAN



UPPER LEVEL PLAN





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**EXTENSION**

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[garfield.extension.colostate.edu/](http://garfield.extension.colostate.edu/)

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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.

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