GARFIELD COUNTY FAIR

WHAT
Join us at the 2021 Garfield County Fair! The week is packed with fun events, concerts, and contests.

WHERE
Garfield County Fair Grounds
1001 Railroad Ave. Rifle, CO

CLICK HERE FOR MORE INFORMATION
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
CSU Horticulture Short Course
July 15th | Webinar
6 Sessions for $25
Open to Public

REGISTER NOW

PlantTalk
COLORADO
COLORADO STATE UNIVERSITY EXTENSION

JULY 15
CSU Horticulture Short Course (Online)

Click Here for More Information and to Register!
Canning

August 11: All Things Fruit (jam, jelly, pie filling, canned fruit)

August 25: Pickles and Salsa

September 15th: Meat and Vegetable Pressure Canning

September 29: Freezing, Drying and Fermentation

$40 per class | 10-3 pm
3170 B 1/2 Road Grand Junction, CO 81503

Preregister at: https://www.eventbrite.com/e/161776404581

If you have a disability for which you seek an accommodation, please notify CSU Extension at least 3 to 5 business days in advance of the event. Colorado State University Extension, US Department of Agriculture and Colorado counties cooperating. Extension programs are available to all without discrimination.
Fruits of Summer
Sheila Gains, Family and Consumer Science Agent, Arapahoe County Extension

Juicy, sweet and refreshing. That is a perfect description of summer fruit. Fresh summer fruits, from apricots to watermelon, are a great source of water, fiber and various vitamins and minerals. So when taking a break from working in the hot sun, a hike or other summer activity, reach for a piece of fruit for a refreshing burst of energy.

Some whole fruits, like a peach, are packaged by nature in the perfect portion for one person to enjoy. Others, like watermelon, are meant for cutting and sharing. While fresh fruits are most often eaten raw and unadorned, they can also be used as an ingredient in sauces, salsas, salads, soups, beverages (juice, cooler or smoothie), snacks, sandwiches or desserts. Consider all the ways you can prepare fruit: sliced, diced, pureed, stewed, sautéed, or frozen, etc. The possibilities for fruit-based recipes are endless.

When you purchase Colorado grown fruit you are supporting local growers. Locally grown produce is often at its peak of freshness, best flavor and best price. Colorado fruits that are in-season in July and August include apricots, cantaloupe, cherries, grapes, honeydew melon, peaches, pears, plums, strawberries and watermelon. For a state calendar for what produce is in season visit the Colorado Produce Calendar.

Know what to look for when selecting fresh fruit:
Apricots: Should be a light peach-apricot color, smell like an apricot and be plump. Avoid pale yellow or green, very hard or soft or shrivelled ones. Apricots will continue to ripen (sweeten and soften) on the counter or in a brown bag. Apricots are a good source of Vitamins A and C.

Cantaloupe: A ripe cantaloupe should smell like a cantaloupe and the blossom end should yield to gentle pressure. Vine ripened cantaloupes have a depression where the stem was attached. Avoid cantaloupes that look shriveled, bruised or have punctures or cracks. Cantaloupe is a good source of Vitamins A and C.

Cherries: Purchase cherries that are plump with firm, smooth and brightly colored skins. Quality cherries are sold with the green stems attached. Avoid mushy, shriveled and dull cherries. Cherries are a good source of fiber and Vitamin C.

Honeydew Melon: Look for melons that have creamy, yellow rinds and smell like a honeydew. Honeydew provides a good source of Vitamin C.

Peaches: Peaches are ripe when the background color (backside of the fruit) has changed from green to white or yellow. A ripe peach will smell like a peach, even if it still a little firm to the touch. They will continue to ripen on the counter or in a brown bag. Peaches are a good source of Vitamins A and C.

(Continued on page 2.)
Pears: Pears are not picked fully ripe, but they will continue to ripen on the counter. Select pears that still have their stems and that yield slightly at their neck. Pears are a good source of vitamin C.

Plums: Plums come in many colors, so pick them when they have a slight give when you gently squeeze them. They will continue to ripen on the counter or faster in a paper bag. Refrigerate when ripe. Plums are a good source of vitamin C.

Watermelon: Choose a symmetrical watermelon that is heavy for its size. The belly of a ripe watermelon will be cream-colored instead of white or green. The rind should look dull. Watermelon is a good source of Vitamins A and C.

Let's Talk

Let children know that reaching for a piece of fresh fruit, a fruit popsicle or fruit smoothie can help them recover their energy quicker than a candy bar or other high sugar snack. Discuss how part of their recovery is about replacing fluids (water) and important vitamins and minerals. Fresh fruits pack carbohydrates, water, fiber and nutrients into every bite. Have children help you experiment with ways to incorporate more fresh fruits into your summer snacks and meals. Their creativity might surprise you!

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**Recipe for Health**

**Fresh Peach Salsa** - Serve with baked pita chips

**Ingredients:**
- 1 cup chopped ripe fresh peaches
- 1/2 red sweet pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 Tablespoon fresh cilantro (finely chopped)
- 2 teaspoons lemon juice
- Salt to taste

**Directions:**
1. Wash hands and food contact surfaces with soap and water.
2. Use a vegetable brush or hands to wash and rub produce under running water.
3. Peach skins do not need to be removed.
4. Chop peaches, sweet pepper, onion and cilantro.
5. In a medium bowl, stir together all ingredients.
6. Cover and refrigerate at least an hour or until ready to use.

**Important Information For Families:**
If you know youth 18 and under who could benefit from a free meal, please let them know about the Summer Food Service Program. It provides free breakfast, lunch, snack and supper to youth in Colorado all summer long. An important part of connecting more youth and families to summer meals is raising awareness of the program and where to locate a summer meal site (text Food or Comida to 877-877 or visit kidsfoodfinder.org).

*Helping families increase physical activity and enjoy healthy foods...*
## 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

<p>| 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 <a href="mailto:drew.jacob.walters@colostate.edu">drew.jacob.walters@colostate.edu</a> for more information or to schedule an appointment. |</p>
<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Dates</th>
<th>Where</th>
<th>When</th>
<th>More Information</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Glenwood Springs</td>
<td>June 15 - September 21</td>
<td>Downtown Glenwood Springs on 7th Street.</td>
<td>Tuesdays from 4:00-8:00PM</td>
<td>Click Here</td>
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<tr>
<td>Wednesday</td>
<td>Carbondale</td>
<td>June 16th - September 29th</td>
<td>Downtown Carbondale 4th and Main St.</td>
<td>Wednesdays from 10:00AM - 3:00PM</td>
<td>Click Here</td>
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<tr>
<td>Thursday</td>
<td>New Castle</td>
<td>July 15 - September 2</td>
<td>Burning Mountain Park in New Castle</td>
<td>Thursdays from 4:30-7:30PM (beginning July 15)</td>
<td>Click Here</td>
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<tr>
<td>Friday</td>
<td>Rifle</td>
<td>June 18 to September 3</td>
<td>Heinze Park in Downtown Rifle</td>
<td>Fridays from 4:00-8:00PM</td>
<td>Click Here</td>
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<tr>
<td><strong>JULY 8</strong></td>
<td>RISK MANAGEMENT FOR LIVESTOCK PRODUCERS</td>
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<td><strong>WHAT</strong></td>
<td>Learn how to incorporate hedging into your business plan from cattle market expert Tony Drake.</td>
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<tr>
<td><strong>WHO</strong></td>
<td>National Cattlemen's Beef Association</td>
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<tr>
<td><strong>WHEN</strong></td>
<td>Thursday, July 8, 2021 @ 6:00 PM MST</td>
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<td><strong>WHERE</strong></td>
<td>REGISTRATION REQUIRED CLICK HERE</td>
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<tr>
<th><strong>JULY 14</strong></th>
<th>PRUNING PRACTICES ON URBAN FOREST HEALTH</th>
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<tr>
<td><strong>WHAT</strong></td>
<td>Hear from experts on tree maintenance practices, innovations and challenges in urban forests throughout the US.</td>
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<tr>
<td><strong>WHO</strong></td>
<td>USDA Forest Service</td>
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<tr>
<td><strong>WHEN</strong></td>
<td>Wednesday, July 14, 2021 @ 11:00AM MST</td>
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<td><strong>WHERE</strong></td>
<td>REGISTRATION REQUIRED CLICK HERE</td>
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<th><strong>JULY 29</strong></th>
<th>NAVIGATING DROUGHT ON YOUR RANCH</th>
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<tr>
<td><strong>WHAT</strong></td>
<td>Monthly webinar series to assist ranchers navigating the drought.</td>
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<td><strong>WHO</strong></td>
<td>North Dakota State University Extension</td>
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<td><strong>WHEN</strong></td>
<td>Thursday, July 29, 2021 @ 12:00 PM MST</td>
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<td><strong>WHERE</strong></td>
<td>ZOOM REGISTRATION REQUIRED CLICK HERE</td>
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JULY 20
WESTERN DROUGHT CRISIS WEBINAR

WHAT  The webinar will include an update on the current drought situation and outlook, an overview of wildland fire conditions and outlook, and will feature perspectives from those on the ground who are responding to worsening drought conditions.

WHO  NOAA

WHEN  Tuesday, July 20, 2021 @ 11:00 AM MST

WHERE  REGISTRATION REQUIRED CLICK HERE

U.S. Drought Monitor
June 29, 2021
(Released Thursday, Jul. 1, 2021)
Valid 8 a.m. EDT

COLORADO DROUGHT MONITOR
COLORADO STATE UNIVERSITY EXTENSION

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:
Deborah Bathke
National Drought Mitigation Center
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.
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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.