2022 Colorado Master Gardener Class

We are accepting applications to join our 2022 Colorado Master Gardener Course. The course begins in mid-January through April. Classes are once per week with both evening and mid-day options.
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.

REGISTER TODAY AT:
GROWGIVE.EXTENSION.COLOSTATE.EDU/4-H
Colorado State University Extension

Food Preservation

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://csuextensioncanningseries.eventbrite.com

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.
Spice Up with Beans!

By: Chelsea Didinger, CSU Food Science and Human Nutrition PhD Student, Larimer County

You may be thinking, but wait, aren’t beans boring…? We hope to break stereotypes you may have about beans being unexciting and show your family why these versatile nutritional powerhouses should always be in your pantry.

Benefits of Eating More Beans

Beans are associated with a long list of environmental and human health benefits. For example, they help promote healthy weight and gut health, and they may reduce the risk of various diseases, like type 2 diabetes and certain cancers. They are also rich in protein and dietary fiber to help keep you full. Plus, they are affordable and can be used in many ways!

Tips to Enjoy Beans

- Dips- Beans are a great base for a satisfying and creamy dip. Hummus is always an option, but you can also blend a can of beans with some green olives or artichoke hearts for a quick and easy dip.
- Salads- Adding beans makes salads more filling and boosts their nutrition.
- Smoothies- This may sound strange at first, but beans can make smoothies creamier and add extra protein and fiber to keep you and your family going strong all day.
- Bean products- These days, products made with bean flours are becoming more popular, like chickpea, lentil, and black bean pastas. Try substituting a bean pasta for regular wheat pasta in your favorite recipes.

What about their reputation as ‘the musical fruit’?

Studies have shown that this is often overexaggerated. Many people do not experience gas, or it quickly goes away when their bodies get used to eating beans. Also, we can all respond differently to different types of beans – so if one type of bean does not agree with you, try another!
Let's Talk
Encouraging children to eat beans from a young age can help them reap the benefits for the rest of their lives. Get kids excited about beans by appealing to their interests.
- Take a trip to the grocery store to explore all the different shapes, sizes, and colors of beans together.
- Start a conversation about how beans are good for people and the planet. Beans are packed with good things like protein, fiber, vitamins, and minerals to help us grow healthy and strong. Also, they help make the soil healthy and do not require very much water to grow. This may tie into topics your child is learning at school, like water conservation.
- Show off creative side with dry bean art.
- Have kids help you in the kitchen. Many bean recipes are kid-friendly to prepare, like the one below.

Recipe for Health

**Bean Salad**

This bean salad is a quick and healthy option you can make with kids, with flavors that will not disappoint!

**Ingredients - Salad:**
- 1 can (15-oz.) black beans
- 1 can (15-oz.) red kidney beans
- 1 can (15-oz.) pinto beans
- 1 can (15-oz.) corn
- 1 jalapeno, diced (optional)
- 2 bell peppers, yellow, green or red color
- 1 medium red onion, chopped, or 1 bunch (5-7)
- green onions, sliced
- Cilantro, chopped, to taste (optional)

**Ingredients - Dressing:**
- ¼ cup olive or vegetable oil
- ¼ cup vinegar (white, red wine, or apple cider vinegar)
- ½ tsp salt
- 1 Tbs honey (optional)
- 1-2 cloves garlic, minced (optional)
- Lime juice, to taste (optional)
- 1 tsp ground cumin

**Directions:**
1. Wash hands and food contact surfaces with soap and water.
2. If using canned beans, drain and rinse beans. Drain the corn. Add beans and corn to a large bowl.
3. Clean and chop vegetables and cilantro. Add to bowl of beans and stir.
4. In separate bowl, add all salad dressing ingredients and mix well. Pour dressing over bean salad.
5. If time allows, place the salad in the refrigerator for 2-4 hours before serving, to allow the flavors to blend. Taste for seasoning before serving and adjust as necessary.

**Tips:**
- Feel free to change this recipe to match your family’s tastes and the ingredients you have available. Use different types of beans, substitute your go-to dressing, sprinkle on freshly ground pepper or smoked paprika, or add your favorite fresh, frozen, or canned produce.
- If you are using no- or low-sodium beans, you may want to add more salt to the dressing. Make sure to taste the final salad for seasoning.
### Noxious Weeds of Colorado Field Guide

<table>
<thead>
<tr>
<th>WHAT</th>
<th>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.</th>
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<tbody>
<tr>
<td>COST</td>
<td>Free, while supplies last. We have about 10 books left</td>
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### Testing

| WHAT | We have test sample kits for:  
- Soil  
- Compost or Manure  
- Water  
- Feed  
- Plant Tissue |
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<tbody>
<tr>
<td>COST</td>
<td>Give us a call or swing by our office to determine which test is most suitable for you and to look at pricing options.</td>
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### Free Soil pH and Salinity Test

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<tr>
<th>WHAT</th>
<th>Our office is offering free soil pH and salinity testing for the month of September. These are basic tests that can help you select the right plants for your location and determine if you need to make any adjustments or amendments needed for next season.</th>
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</thead>
<tbody>
<tr>
<td>COST</td>
<td>Free - Please email <a href="mailto:drew.jacob.walters@colostate.edu">drew.jacob.walters@colostate.edu</a> for more information</td>
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<td>Day</td>
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<td>Tuesday</td>
<td>Glenwood Springs</td>
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<td>Carbondale</td>
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<td>New Castle</td>
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<tr>
<td><strong>SEPT 8</strong> Pickling Basics</td>
<td>SEPT 8</td>
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<tr>
<td><strong>SEPT 8</strong> Tree Planting, Inventory, and Analysis Tool</td>
<td>SEPT 8</td>
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<tr>
<td><strong>SEPT 30</strong> Navigating Drought on Your Ranch</td>
<td>SEPT 30</td>
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**TO ATTEND WEBINAR**, **CLICK HERE**
The webinar will focus on current conditions around Colorado, with a focus on precipitation, temperature, snowpack, soils, streams, and reservoirs.

WHO: CSU Climate Center

WHEN: Tuesday, Sept 14, 2021 @ 10:00 AM MST

WHERE: REGISTRATION REQUIRED CLICK HERE
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.

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 Capital Campaign

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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.