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.

CLICK HERE FOR MORE INFORMATION
<table>
<thead>
<tr>
<th>Livestock</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cattle + Calves</td>
<td>34,000+</td>
</tr>
<tr>
<td>Broilers + Layers + Pullets</td>
<td>11,000+</td>
</tr>
<tr>
<td>Sheep + Lambs</td>
<td>10,500+</td>
</tr>
<tr>
<td>Horses + Ponies</td>
<td>2,500+</td>
</tr>
<tr>
<td>Goats</td>
<td>600+</td>
</tr>
<tr>
<td>Hogs + Pigs</td>
<td>200+</td>
</tr>
</tbody>
</table>

Information based on 2017 Census of Agriculture
Hiking Promotes a Healthy Mind, Body and Family

By Nicole Clark, Family & Consumer Science Agent, La Plata County

A slight chill in the air, long shadows and a brilliant display of gold, orange and red - these are the hallmark signs of fall. It is also your last call to hike before it snows!

Your adventure may take you to a trail either near or far from home. It doesn’t matter where you go, so long as you go. There are many good reasons for taking the family on a hike. Physical activity and being outdoors can help clear your mind and keep your body fit. It is also a great way to strengthen family relationships and build resilience. Resilience is the ability to respond positively to tough situations. It’s a life skill worth developing!

After loading your packs with hiking essentials such as rain gear, warm clothes, food, water and a first aid kit, there’s one more thing you need to do. Help your kids to set an achievable goal. It can be a distance or desirable end point. Examples include, hike your age in miles or reach a lake. A goal helps your child mentally prepare for the journey. As a parent, you can mentally prepare by expecting your kids to complain at some point. Follow the tips below to help get past the whining and back to the fun of hiking. Bonus tip: When all else fails, it never hurts to carry a special treat to help bring magic back into the hike.

Hiking for Physical Health:
- Limit the weight of a child’s day pack to 10 - 20% of their body weight. For a young child this might include a water bottle, a snack, and a rain jacket.
- Start the adventure by looking for a good hiking stick. A stick helps reduce leg muscle fatigue by engaging other muscles, such as arms and back. Hiking poles work too, but if kids decide against using them, you can’t toss them into the woods like you can a stick.
- Pace yourself. Slow and steady will help you reach your goal.
- Take several 10- 20-minute sitting breaks, as needed for recovery.
- Eat foods with carbohydrates and protein, such as a peanut butter sandwich or dried fruit and nuts, to sustain physical energy.
- Drink water at least every 30 minutes. If it’s hot outside, consider adding an electrolyte powder to your water. Regardless of your goal, turn around when your water is half empty.

Hiking for Mental Health:
- Stop and smell the flowers or notice small details of nature.
- Stop and take a few deep breaths.
- Say one thing you are grateful for on the hike.

(Continued on Page 2)
(Continued from Page 1)

HIKING FOR FAMILY BONDING:
- Share words of encouragement.
- Sing a song together.
- Walk hand in hand when the trail allows.
- At the end, take turns sharing your favorite thing about the hike and what you'd like to see on the next hike.

HIKING TO BUILD RESILIENCE:
- Practice saying the following words out loud, "I can do this". You don't have to believe it, just keep saying it.
- When you're tired and ready to quit, stop and look back. Notice how far you've made it!
- Remember your goal or destination. Are you sure you want to quit now? What do you need to keep going?

Let's Talk

To reinforce that hiking is good for the mind and body, ask your young hikers questions to raise awareness and curiosity. What part of your body is getting stronger when you hike? On a scale of 1 – 10, how much energy do you have right now? Low numbers may indicate it's time for a snack or break.

Instruct your kids to be on the lookout for beautiful spots to stop, look and listen. Acknowledge hard sections of the hike, then ask your children to reflect on their accomplishments thus far. Model the behavior you want to see. For example, your enthusiastic voice and curiosity for what may be around the next corner will be contagious.

START HIKING

Begin with a short hike to avoid a negative first experience. A reasonable distance may be 1 – 2 miles, or less. Look to local parks, nature preserves, state parks, BLM land, and national forests in your area to get ideas on where to go. Your local library or bookstore may carry hiking guides to rent or buy.

Do you have a child starting fourth grade? Be sure to sign up for a one-year pass your family can use to explore any national park for free. It’s easy to do, sign up at the National Park Foundation’s Every Kid Outdoors website (https://www.nationalparks.org/our-work/campaigns-initiatives/every-kid-outdoors).

Recipe for Health
Trail Mix

With clean hands, toss together equal parts:
- Whole grain cereal such as shredded wheat or Cheerios/O's
- Dried fruit such as raisins, dried cranberries, cherries, or apricots
- Small candy coated chocolates such as M&Ms
- Roasted nuts
- Salty snacks such as small pretzels or crackers

Helping families increase physical activity and enjoy healthy foods...
Enjoying Fall Time Produce
By Amber Webb, Family Consumer Sciences Agent, Larimer County

Harvest season is still going strong in many places! The seasonal fall bounty is ripe and ready for the picking! You may be getting gifts of extra garden produce from neighbors. Or, you have plans to visit a pumpkin patch soon. Either way, bringing home pumpkins, squash, cabbage, potatoes and apples from a local farm can be a fun day with your family. October is also a great time to shop the farmer’s market or visit your local farm stands. Fresh roasted chilies, anyone?

With an abundance of fresh fall produce available, why not try preserving some of the harvest? Learning how to preserve food can be a great skill to have. It helps you enjoy foods that are plentiful now at a later date, while helping avoid food waste. There are many delicious ways to preserve food, like freezing, dehydrating, pickling, fermenting, and canning. And many types of fresh produce can be preserved in more than one way. Freezing vegetables is an easy and delicious way to enjoy them later. Having food your children helped select and prepare in your freezer can bring back the tastes of the fall harvest all year long.

Tips for Success

The best way to determine which preserving method is right for you and for what you’ll be preserving is to review safe, tested recipes and directions for your elevation. A great place to find this information is through a website and app called Preserve Smart, developed by Colorado State University Extension. It provides a trusted way to find tested food preservation recipes and instructions. Just enter your elevation and select the type of produce you want to preserve. Then detailed instructions are immediately available at your fingertips. It includes important considerations when choosing a preservation method and the steps you’ll need to take for a successful final product.

Following these guidelines will ensure a safe, enjoyable and delicious preservation project that you and your family will be able to enjoy for months to come!
Let’s Talk

Preserving food is a great way to get your kids involved in the kitchen, but some methods are more time consuming than others. They can require careful attention, planning and equipment, such as canning. However, one of the easiest and most approachable food preservation techniques is freezing food. Everyone in the family can learn how to do it right. Children can help chop fruit at the end of the week and freeze it for future smoothies or muffins. Or save cooking scraps like onions, celery, carrots and herbs in a freezer bag until it is full. Then make vegetable stock with it.

Take the opportunity to talk about how in our country, 40% of food gets wasted and not eaten. Empower children to reduce food waste in your home by preserving it! Teach your family to think about if a food can be used for something else or preserved before throwing it out.

Steps for Freezing Pumpkin and Winter Squash *(from Preserve Smart website)*

Prepare Vegetables
- Thoroughly wash pumpkin or winter squash.
- Cut into smaller sections and remove seeds.
- Cook sections until soft (fork-tender) in boiling water, steamer, microwave, pressure cooker or 350-400°F oven (cut side down).
- Remove cooked squash from rind and mash. (Spaghetti squash does NOT need to be mashed.)
- Cool thoroughly by placing the container with mashed pumpkin or squash in a tub of iced water and stir occasionally to speed the cooling process.

Pack (Dry Pack)
- Pack cooled squash tightly into freezer containers or bags.
  - If using rigid containers, leave 1/2 inch headspace.
  - If using flexible bags, remove as much air as possible.
- Make sure sealing edges are free of moisture or food. Seal.

Store
- Label with the name of food, date, and type of pack.
- Freeze as quickly as possible to 0°F or below.
  - For quickest freezing, place containers in single layers in the freezer.
- Most frozen vegetables will maintain high quality for 12-18 months at 0°F or below.

Recipe for Health

**Family Friendly Ways to Use Frozen Pumpkin or Winter Squash**

**Pies** - Use thawed pumpkin in place of canned in your pumpkin pie recipe.

**Baked Goods** - Add 2-4 tablespoons of thawed pumpkin or winter squash into the batter of muffins, snack cakes or pancakes.

**Smoothies** – Try adding a few partially thawed chunks into your next blender smoothie.

**Soups and Stews** – Pumpkin or winter squash can help thicken a soup or stew and give it a creamy mouth feel without adding fat or dairy.

Visit [https://apps.chhs.colostate.edu/preservesmart/](https://apps.chhs.colostate.edu/preservesmart/) or download Preserve Smart on your mobile device for full instructions and more recipes. For more information on food preparation and nutrition, visit Food Smart Colorado at [https://foodsmartcolorado.colostate.edu/](https://foodsmartcolorado.colostate.edu/).
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 5 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. |

Free Soil pH and Salinity Test

<p>| WHAT | Our office is offering free soil pH and salinity testing for the month of October. 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. |
| COST | Free - Please email <a href="mailto:drew.jacob.walters@colostate.edu">drew.jacob.walters@colostate.edu</a> for more information |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Description</th>
<th>WHO</th>
<th>When</th>
<th>Where</th>
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<td>OCT 12</td>
<td>WINTERIZING YOUR VEGGIE GARDEN</td>
<td>It's that time of year again! Next year's crop starts with this year's preparation and winterization.</td>
<td>Cornell University Extension</td>
<td>Tuesday, Oct. 12, 2021 @ 4:00PM MST</td>
<td>REGISTRATION REQUIRED CLICK HERE</td>
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<td>OCT 13</td>
<td>FALL-PLANTED BULBS FOR SPRING BLOOMS</td>
<td>Planting the garden in the fall? Let CSU's own Alison O'Connor fill you in on how to do the dirty work now, to enjoy in the spring.</td>
<td>CSU Extension</td>
<td>Wednesday, Oct 13, 2021 @ 12:30 AM MST</td>
<td>REGISTRATION REQUIRED CLICK HERE</td>
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<td>OCT 28</td>
<td>NAVIGATING DROUGHT ON YOUR RANCH</td>
<td>Monthly webinar series to assist ranchers navigating the drought.</td>
<td>North Dakota State University Extension</td>
<td>Thursday, Oct 28, 2021 @ 12:00 PM MST</td>
<td>ZOOM REGISTRATION REQUIRED CLICK HERE</td>
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</table>
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, Oct 12, 2021 @ 10:00 AM MST

**WHERE**  
REGISTRATION REQUIRED CLICK HERE

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**U.S. Drought Monitor**

**Colorado**

**October 5, 2021**

(Released Thursday, Oct. 7, 2021)
Valid 8 a.m. EDT

**Intensity:**
- None
- D0 Abnormal 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
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.

GARFIELD COUNTY EDUCATION 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.

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   Cell: 720-441-8165

STEM AmeriCorps Members
   Kara Holden, Gabby West, Lainey Rhinaman

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.