WISHING YOU A HAPPY AND HEALTHY 2022!

From all of us at Garfield County's CSU Extension office, we want to wish you a happy 2022!

We take pride in serving our community and look forward to another year working with you!

Thank you!
Garfield County | Ag Facts

FARM STATS

650+ Number of farms

475,000+ Acres

$35,000,000+ Market value of products sold

Information based on 2017 Census of Agriculture
Vegetable Soup

By Glenda Wentworth, Family and Consumer Science Agent, Colorado State University, Eagle County

Do your children enjoy vegetable soup? Vegetable soup can be exciting to make and delicious to eat for children, especially when paired with a story about growing vegetables or making soup! They may be eager to make and taste it. For even more encouragement, include children in gardening pretend play and a cooking activity. Making soup together can become a fun family event. Children are more likely to taste what they have helped prepare. Exposure to different foods helps encourage children to taste and enjoy a variety of foods. When children learn about the importance of eating vegetables, it can help them in making lifelong decisions regarding their health.

“Growing Vegetable Soup”, written and illustrated by Lois Ehlert, is a bright and colorful book. This delightful story for young children explains the process of growing vegetables by planting seeds, watering them, weeding, and watching the plants grow. Finally, plants are harvested and ready to make into a vegetable soup.

Getting Started Activity

Start by reading the book “Growing Vegetable Soup” written and illustrated by Lois Ehlert. Pretend to make the vegetable soup with your child. Pretend to scrub, peel and cut up the vegetables. Talk about the color of each vegetable, if it is grown above the ground or below the ground. You can also let the child know how each color of vegetables helps their body grow. It is called eating the rainbow. Each color of vegetable provides many health benefits that can help protect our bodies from chronic diseases.

- Red vegetables (tomatoes and red bell peppers) are rich in lycopene. They seem to protect cells against damage.
- Orange and yellow vegetables (carrots and sweet potatoes) are good sources of carotenoids. They promote healthy eyes, skin, and immune system.
- Green vegetables (asparagus, broccoli, green beans, cabbage, and Brussels sprouts) are rich in cancer-blocking chemicals.
- Blue and purple vegetables (red onion, eggplant, purple potatoes) have powerful antioxidants called anthocyanins. They help keep blood vessels healthy.
- White and brown vegetables (mushrooms, garlic, potatoes and onions) contain compounds which are associated with improving blood pressure and cholesterol.

(Continued on Page 2)
This pretend playtime provides children with plenty of opportunities to make vegetable soup over and over again. Additionally, pretend play helps children develop skills such as vocabulary, communication, and problem solving.

Let's Talk

Ask your child what their favorite vegetables are. Ask them if they know where the vegetables come from. Then make a list of vegetables to purchase at the grocery store for your soup. Encourage participation by asking children help wash and prepare vegetables. Invite young children to watch you peel and chop the vegetables. If your child is old enough, they can assist you by peeling, tearing and/or cutting up the vegetables. Talk about the vegetables as you chop them, mention where and how they are grown, their colors, and texture. Invite children to put the chopped vegetables into the pot while both of you count the chopped pieces for counting practice.

Recipes for Health
Vegetable Soup

*Makes 8 big servings or 12 smaller ones.

Ingredients: (use these vegetables or choose others, depending on their availability)
1 onion, chopped
2 carrots, peeled and chopped
2 stalks celery, chopped
1 medium potato, peeled and chopped
1 cup green beans (canned, frozen or fresh) (if fresh, children can break/snap the beans into pieces)
1 stalk of broccoli, broken into bite size pieces
3 medium tomatoes, chopped (or 1 can stewed tomatoes)
1 green pepper, chopped or torn into small pieces
1 cup corn, (canned or frozen)
4 cups vegetable stock

Seasonings:
1 bay leaf
1/2 cup chopped parsley
1 teaspoon dried marjoram
1 teaspoon dried oregano
1 teaspoon dried thyme
Salt and pepper to taste

Directions:
1. Wash hands and all food contact surfaces with soap and water.
2. Rinse fresh vegetables under cool running water.
3. Peel and chop or break vegetables into bite-size pieces.
4. Add vegetables, vegetable stock, and 4 cups of water to a large pot.
5. Bring to a boil. Reduce heat to medium-low. Simmer until vegetables are tender, an hour or two, depending on how soft or crunchy you prefer your vegetables.
6. Add seasonings; simmer for about 10 more minutes.
7. Remove the bay leaf and allow the soup to cool.

Enjoy your delicious and healthy creation with family!

Helping families increase physical activity and enjoy healthy foods...
Family and Consumer Science Classes

How To Make Salsa

Tomatoes are fun to grow and salsa is fun to eat. This is a hand-on workshop for making and safely water bath canning salsa. This class is taught in cooperation with Carbondale Parks and Recreation.

- Monday, January 24, 2022
- 6 pm - 9 pm
- Carbondale Recreation Center
- Registration fee is $15
- Register at https://www.carbondalerec.com/programs/adult-programs/#

Cooking Under Pressure

Learn how to use an electric multi-cooker to safely prepare healthy foods from the Mediterranean Diet. These classes are taught in cooperation with Carbondale Parks and Recreation and Garfield County Fairgrounds. (Optional: Bring your electric multi-cooker)

**Rifle Class**
- Monday, February 7, 2022
- 6 pm - 9 pm
- Garfield County Fairgrounds, Event Hall
- Registration fee is $15
- Register at https://www.eventbrite.com/e/cooking-under-pressure-tickets-240613309887

**Carbondale Class**
- Monday, February 28, 2022
- 6 pm - 9 pm
- Carbondale Recreation Center
- Registration fee is $15
- Register at https://www.carbondalerec.com/programs/adult-programs/#

If you have a disability for which you seek an accommodation or need translation, please notify CSU Extension at least five (5) business days in advance of the event. Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. Extension programs are available to all without discrimination.
**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.

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**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.

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**NCBA Redbooks**

**WHAT**
The 2022 NCBA Redbooks are available at our office. These contain over 100 pages to record calving activity, herd health, pasture usage, cattle inventory, breeding and sales.

**COST**
Free, while supplies last, come by and pick one up!
### JANUARY EVENTS AND WORKSHOPS

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<thead>
<tr>
<th>Jan 12</th>
<th>SEED STARTING</th>
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<tbody>
<tr>
<td>WHAT</td>
<td>Get ready for this year's gardening season with a seed starting lesson from CSU's very own Amy Lentz!</td>
</tr>
<tr>
<td>WHO</td>
<td>CSU Extension</td>
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<tr>
<td>WHEN</td>
<td>Wednesday, January 12, 2022 @ 12:00 PM MST</td>
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<tr>
<td>WHERE</td>
<td>Registration required click here</td>
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<tr>
<th>Jan 18</th>
<th>AN OVERVIEW OF FORESTRY TAXES</th>
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<tbody>
<tr>
<td>WHAT</td>
<td>An overview of forestry taxes including a summary of the different types of taxes that forest landowners pay, terminology used and more!</td>
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<tr>
<td>WHO</td>
<td>University Extension Network</td>
</tr>
<tr>
<td>WHEN</td>
<td>Tuesday, January 18, 2022 @ 11:00 AM MST</td>
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<td>WHERE</td>
<td>For webinar access click here</td>
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<table>
<thead>
<tr>
<th>Jan 25</th>
<th>EVALUATING AIR QUALITY RESOURCES CONCERNS</th>
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<tr>
<td>WHAT</td>
<td>How to identify air quality resource concerns and effective mitigation strategies to address observed air quality resource concerns.</td>
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<tr>
<td>WHO</td>
<td>USDA NRCS</td>
</tr>
<tr>
<td>WHEN</td>
<td>Tuesday, January 25, 2022 @ 12:00 PM MST</td>
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<tr>
<td>WHERE</td>
<td>Registration required click here</td>
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</table>
Recent precipitation has improved, but not eliminated, drought conditions. Learn more about current and future forecasts in this briefing.

**WHAT**
Recent precipitation has improved, but not eliminated, drought conditions.

**WHO**
NIDIS, NOAA

**WHEN**
Thursday, January 27 @ 1:00 PM 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.

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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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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.