FEBRUARY 2022

COLORADO STATE UNIVERSITY EXTENSION

GARFIELD COUNTY EXTENSION NEWSLETTER

Family Consumer Science, Agriculture, and Horticulture

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Please join us Wednesday, March 16th at the Glenwood Springs Community Center for precertification training for Private Applicator License and Continuing Education Credits for current cardholders and Commercial Applicators.

For more info - Click Here

COLORADO STATE UNIVERSITY EXTENSION

Family Matters

Improving Health Together

February 2022 Newsletter

For back issues visit: http://extension.colostate.edu/topic-areas/family-home-consumer/family-matters.

For more information, contact the CSU Extension Office near you. Or visit: extension.colostate.edu.

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Extension programs are available to all without discrimination.

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

Who Will Help Me Make Bread?

By Carla Farrand, Family and Consumer Science Agent, Garfield County

Nothing smells better than freshly baked bread hot from the oven. It gives us the feeling of comfort and love. Making bread is a fun and educational activity to do as a family. Here are a few quick tips to help you have a successful and fun time baking bread.

Adjusting for Elevation

Making breads can sometimes seem tricky; however, if you practice and adjust for the elevation where you live, this can be a fun family bonding time.

1) **Decrease the amount of flour in the recipe.** You may need to use up to ¼ less flour than the recipe says. There is enough flour when the dough pulls away from the sides of the bowl. After kneading, it should be soft but not sticky.
2) **Increase the amount of liquid in the recipe.** This is important if you are substituting part of the flour with whole wheat, rye, or other flours. Add 1 tablespoon or more liquid (water or milk) than in the recipe. Coarse flours need more moisture than basic flour.
3) **Reduce the yeast by 1/8 teaspoon**. Reducing the yeast helps with providing a firmer bread dough that does not collapse after rising and baking.
4) **Control the rising time**. Good tasting bread depends on a long, slow rising process. Bread rises quickly at high elevations. There are two ways to slow the rising time for better flavor. First, make your bread dough the day before and allow to rise slowly in the refrigerator overnight. Second, punch the dough down and allow it to rise a second time before shaping.
5) **Adjust the oven temperature for baking**. Decrease the oven temperature by 1° for every 500 feet above sea level. Baking at a higher temperature will set the crust too quickly, and will not allow the dough to continue rising as it cooks.

Food Safety Tips Before You Begin:

- Tie back long hair
- Wash hands with warm water and soap
- Clean baking and preparation surfaces with warm soapy water, then rinse
- Put on a clean apron
- Read the recipe and gather all the ingredients and tools
- Re-wash hands before beginning to prepare the recipe
- Never taste raw dough, flour is a raw ingredient and should never be eaten without being cooked first

Let's Talk

There is a great book that was my favorite as a child called "The Little Red Hen". This book helps explain the process of making bread from the farm to the table. Here is a link to one of my favorite teachers reading this book in both English and Spanish: https://youtu.be/Lik-0Zz5B2c.

There is a lot of science that goes into baking bread. **Proofing** is the process of making sure that the yeast is active and ready to grow, to create the gases needed for the bread to rise. **Kneading** is the process of developing the gluten to create the elastic surface to hold the gases developed by the yeast.

Recipes for Health

Basic Bread Recipe

- 1 package yeast (2 ¼ teaspoons, avoid rapid rise yeast)
- 1 ¼ cups warm water (110° F)
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon oil (such as olive or canola oil)
- 3 to 4 cups of all-purpose or bread flour

In a large bowl, add warm water, and sprinkle yeast over the water. Stir in the sugar and allow to sit for 2 to 5 minutes for proofing. Then add salt and oil and stir slightly. Start by adding 1 cup of flour to the mixture and stir until smooth. Then add flour 1/2 cup at a time until the dough is soft, pulled together in a ball and is stiff enough to handle. Turn the dough out onto a lightly floured surface and knead until the dough is smooth, elastic and does not stick to the surface or hands, about 5 to 10 minutes. Lightly coat a mixing bowl with oil or nonstick cooking spray. Place dough in bowl, top side down first (to lightly coat with oil), then turn dough over. Cover bowl with plastic wrap and let dough rise until double in size, either on the counter or in the refrigerator overnight.
Lightly coat a 9" x 5" bread pan with a nonstick cooking spray. Punch down the dough, turn it out onto a floured surface and shape into a loaf of bread. Place dough in the bread pan. Cover and let rise until double in size. Bake at 375°F (350° F for a dark pan) for 30 to 40 minutes. Bread is done when internal temperature reaches at least 190°F. Crust should be golden-brown. Cool bread in pan for about 5 minutes; then remove from pan and cool to room temperature on a cooling rack.

"Now, who will help me eat the bread?"

Family and Consumer Science Classes

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)

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/#

Making Bread at Elevation

Who doesn't love the smell of bread baking in the oven? This class will teach some basic adjustments for yeast breads and quick breads for our elevation. You will also learn how to know when your bread is done using an instant thermometer.

Rifle Class

- Monday, March 7, 2022
- 6 pm - 9 pm
- Garfield County Fairgrounds, Event Hall
- Registration fee is $15
- Register at https://garco_csue_bread.eventbrite.com

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.

LOCAL CSAS IN GARFIELD COUNTY

COLORADO STATE UNIVERSITY EXTENSION

Interested in eating fresh, local produce all spring, summer, and fall - long!? Check out some of our local farms that offer CSAs or Community Supported Agriculture shares. How they work is you pay for a share and, throughout the season, you'll receive regular (often weekly) produce deliveries or pick ups fresh from the farm! It's a great way to support our local producers and get creative in the kitchen! Below are a few producers offering CSAs with some info gathered from LocalHarvest.org:

Highwater Farms - Silt, CO

16 weeks - with weekly Glenwood pick-ups or on-farm pick-ups available!

Not only does Highwater grow over 30,000 lbs. of producer per year, but they also provide job training to youth farmers through their Youth Program and route 25% of produce to local food pantries and hunger relief efforts!

FOR MORE INFORMATION - CLICK HERE

Peach Valley Farm - Silt, CO

Most options run 16 weeks, with drop points or delivery (at an additional fee)

One of the oldest CSAs in the state, Peach Valley provides a variety of CSA options!

FOR MORE INFORMATION - CLICK HERE

Abundant TerrAced Earth, - Silt, CO

Pick up in Silt, with a variety of options ranging from 5-20 weeks.

This farm has been operating for 13 years and grows certified organic veggies, herbs, and other plants!

FOR MORE INFORMATION - CLICK HERE

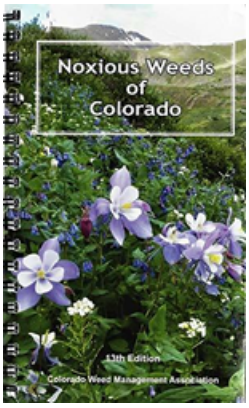
If you know of any other CSAs from Garfield County-based farms, please send them over to drew.jacob.walters@colostate.edu!

RESOURCES AT OUR OFFICE

COLORADO STATE UNIVERSITY EXTENSION

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 5 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.

NCBA Redbooks

For more information please contact our office

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!

UPCOMING EVENTS AND WORKSHOPS

COLORADO STATE UNIVERSITY EXTENSION

Feb 9 — GARDENING MYTHS

WHAT	Join CSU Extension's very own Myth Buster, Alison O'Connor, to learn about some common myths that we see in gardens.
WHO	CSU Extension
WHEN	Wednesday, February 9 @ 12:00 PM MST
WHERE	CLICK HERE TO REGISTER

Feb 15 and 16 — WESTERN COLORADO PEST MANAGEMENT WORKSHOP

WHAT	For pesticide applicators to earn CECs.
WHO	CSU Extension
WHEN	Tuesday all day and Wednesday morning
WHERE	In Fruita to register call 970-244-1834

Feb 17 — LIVESTOCK AND FORAGE UPDATE

WHAT	Morning talks from experts around the state on various topics followed by lunch and afternoon Rangeland Data Workshop
WHO	CSU Extension
WHEN	Thursday all day (morning on Zoom)
WHERE	In Grand Junction, for more information click here

COLORADO DROUGHT MONITOR

COLORADO STATE UNIVERSITY EXTENSION

Feb 22

WATER WITH YOUR LUNCH: KNOW YOUR SNOW

WHAT	Join the Colorado River District in a discussion of snow pack and expectations.
WHO	Colorado River District
WHEN	Tuesday, February 22 @ 12:00 PM MST
WHERE	REGISTRATION REQUIRED CLICK HERE

COLORADO RIVER DISTRICT

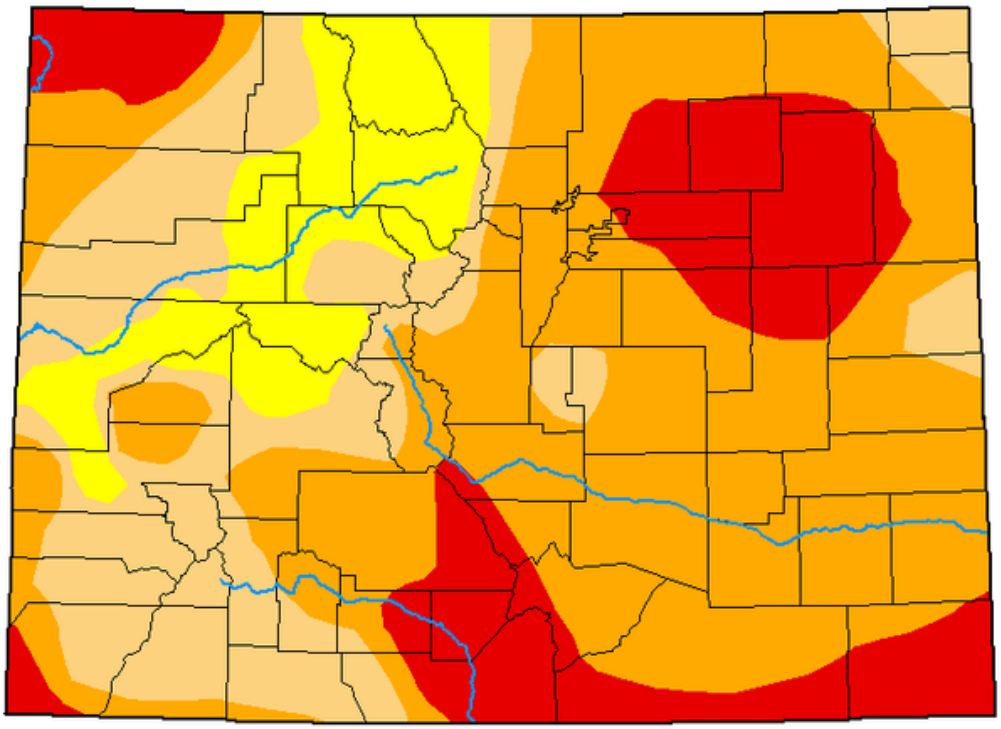
U.S. Drought Monitor

Colorado

February 1, 2022

(Released Thursday, Feb. 3, 2022)

Valid 7 a.m. EST



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:

Curtis Riganti
National Drought Mitigation Center

droughtmonitor.unl.edu

Capital Campaign

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

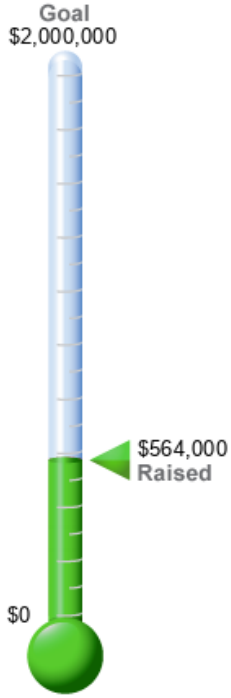
We are 1/4 of the way to reach our goal, we need your help to bring this dream to life. All donations received of $500 or more will receive recognition on the Clover Wall of Fame.

All donations are tax deductable through CSU Foundation, Garfield County Education Center. Please call the Extension office for donation information: (970) 625-3969.

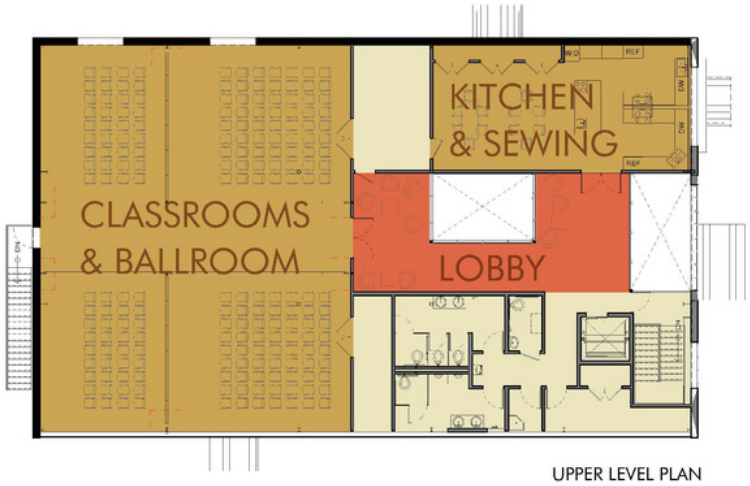
The Garfield County Education Center will house Garfield County CSU Extension, Maker Space, STEAM Education Center and Classrooms.

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

CSU EXTENSION - GARFIELD COUNTY

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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.

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