

LINE DANCE LESSONS

From 5:30pm - 6:45pm,
Come, learn the latest
Honky-Tonk line dances
from a Dance instructor &
show off your moves
throughout the night.

\$5 for lessons & Dance

Sponsored By Harlan County 4-H Council



HONKY-TONK

**NO OUTSIDE FOOD
or DRINK**

DANCE PARTY

November 16, 7pm – 9pm

Doors Open at 6:45/ Orleans Ag Center

OPEN TO ALL YOUTH THROUGH 12TH GRADE

\$3.00 Cover Charge for dance



**Enter the
BEST Western Duds
Contest & Win Cash!**

Homemakers Christmas Event

November 12th, 2018

Doors Open at 5:00pm

Dinner at 6:30

Orleans Ag Center

The Homemakers Christmas Event on Monday, November 12th at 5:00 pm will be abundant with the Christmas Spirit!

Enjoy Vendors, Entertainment, Dinner and More!

To purchase tickets to this fantastic event please contact the Harlan County Extension Office by calling 308.928.2119 or stopping in. Tickets can also be purchased at the following local banks...

Stamford & Alma Community Banks,
Orleans Heritage Bank,
Alma Banner Capital Bank,
Alma's First State Bank,
Republican City Commercial Bank &
Oxford South Central State Bank



Coming Up



CreaZCraft Fridays!

Wonderful Watercolor Mosaics

November 9

2:30 p.m. - 3:30 p.m.

at the Alma Courthouse.

Class Fee: \$5 per kid

Please pre-register by **November 2**
to the Extension Office or CALL Marcy
at (308) 928-2119 or email her at
mdejonge3@unl.edu



 **Pinterest**

PARTY! & Potluck!

Bring a Pinterest inspired food dish

Tuesday, November 13th

6:00 PM – 8:00 PM

Harlan County Courthouse

Cover Charge: \$15
(covers the cost of supplies)

Please RSVP by November 7th!

*We will be making
Scrapbook Canvas Art!*

**This event is open to
Youth & Adults!**

*(Children under 12 must be
accompanied by an adult.)*



4-H



Make a World of Difference



All 4-H leaders, volunteers and staff who work directly with youth are required to complete the Nebraska 4-H volunteer screening process. Initial screening of volunteers and staff occurs when they sign up to volunteer. Re-screening of volunteers will be done every five years, regardless of when the original screening was completed.

Volunteer screening is done in order to assure a safe, positive, and nurturing environment for all youth involved with the Nebraska 4-H programs and provide protection for the child, the volunteer, the educator, the 4-H Council, the Extension Board, and the University of Nebraska-Lincoln Extension.

Harlan County 4-H is due for Re-screening and updating of volunteers. In November, you will be receiving an email invitation from DHHS.CFSCR@nebraska.gov.

Please complete the invitation within 30 days as it will expire. Also, complete the process in one setting to alleviate the complication of being able to log back into the system. This will eliminate the need to reissue an invitation and incurring double charges for each invitation they open. FYI this process will be Free until December 2018.



I pledge my **HEAD** to clearer thinking
My **HEART** to greater loyalty,
My **HANDS** to Larger service, and
My **HEALTH** to better living,
For my club, my community, my country
and my world.

ENROLL TODAY!!

<https://ne.4honline.com>

4Honline
4-H Enrollment and Event Registration



4-H, the nation's largest youth development organization, grows confident young people who are empowered for life today and prepared for career tomorrow. 4-H programs empower nearly six million young people across the U.S. through experiences that develop critical life skills. The research-backed 4-H experience grows young people who are four times more likely to contribute to their communities; two times more likely to make healthier choices; two times more likely to be civically active; and two times more likely to participate in STEM programs. Learn more about 4-H at www.4-H.org.

4-H Online is OPEN!! Remember you need to Enroll or Re-enroll for the upcoming 2018-2019 4-H year. What better time than now to sign up for the 2019 4-H year? If you are re-enrolling all you need to do is update your information. **DO NOT** make a new family profile! If you have problems updating or enrolling for the first time, let the office know by calling 308-928-2119.

Nov 1:
Blood Model
in a
Bottle

Nov 8:
Dissolving
Candy
Pumpkins

Nov 15:
Glowing Goo

MAD SCIENCE

at the Ag Center in Orleans
4:00 – 5:00 pm

Youth will be hands on recreating science experiments while learning how to think and predict like scientists. For youth ages 8 & up. **Limited class Size!**

Call the Extension Office at 308-928-2119 or email Elena at elena.merrick@unl.edu to reserve your spot!



Nov 6th:
Fruit and Veggie Taste Test

Dec 4th:
Go, Slow, and Whoa Foods



Growing Healthy Habits

at the HOESCH MEMORIAL LIBRARY,
in Alma
4:00 – 5:00 pm

MONTHLY program encouraging youth to choose healthy lifestyles. This program is intended for kids grades 1st – 5th.

Peanut Butter Power-Up



Do your children seem to eat more fruits and vegetables when they can dip them in peanut butter? According to the National Peanut Board, 64% of children surveyed, reported they will eat more fruits and vegetables when their favorite peanut butter dip is available. As long as your child doesn't have a peanut allergy, peanut butter is a great way to help your children try new foods.

Peanut butter is packed with nutrition and is considered a “superfood” because it is packed with essential vitamins and minerals. According to the latest USDA nutrition data base an ounce (2 tablespoons) of peanut butter contains 7 grams of protein - more than any other nut.

It also contains unsaturated fats, which is the type of fat we should eat more often. It also is a good source of niacin, manganese, vitamin E, magnesium, folate, copper, phosphorus, and fiber.

The Peanut Institute reports that to be called peanut butter, both traditional and “natural” types must contain a minimum of 90% peanuts, with no artificial sweeteners, colors, or preservatives. Commercial peanut butters are blended or homogenized for convenience and for creaminess.

“Natural” peanut butters can separate, requiring stirring and are not as smooth in texture.

If you or your children get fidgety or fussy in the afternoon with dinner still hours away, try offering a snack that includes peanut butter. Spread it on whole grain crackers or bread, make a dip for fruits and veggies, or a peanut butter-banana tortilla rollup. A nutrient dense snack like one of these will keep you feeling full longer and give you an energy boost to get through the rest of the day.

POWER PEANUT BUTTER DIP (6 servings)

Ingredients:

- 1/2 cup yogurt, non-fat plain
- 1/2 teaspoon vanilla
- 1/3 cup peanut butter
- Sprinkles (optional)

Preparation:

1. Combine yogurt, vanilla and peanut butter in a small bowl. Mix well.
2. Chill dip in refrigerator until ready to serve.
3. Serve with 1 cup assorted carrot and celery sticks, sliced cucumbers, apples or pear slices.

Each serving has 96 calories, 7 g Fat, 5 g Carbohydrate, 5g Protein, .8 g Fiber, 84mg sodium.

Managing Ag Land in the 21st Century

Workshop Coming

Wednesday, December 12, 2018

9:30am - 3:00pm

Harlan County Courthouse

Alma, Nebraska



WHOLE RAW SOYBEANS AS A COST COMPETITIVE PROTEIN SUPPLEMENT FOR COWS AND CALVES

BY AARON BERGER, NEBRASKA EXTENSION BEEF EDUCATOR

Current market conditions for raw, whole soybeans are making them price competitive in parts of Nebraska with other protein sources such as distillers grains and alfalfa hay to be used as a protein supplement for cows as well as weaned calves.

The following are some principles to remember when feeding raw, whole soybeans to cattle.

- * Soybeans are approximately 40% crude protein and 20% fat.
- * Soybeans should be introduced gradually into the diet.

High fat levels in cattle diets can negatively impact fiber digestion. Soybeans should not be fed a level higher than needed to meet protein requirements in the diet. In growing calves, limit soybeans to 7% of the diet or less and 5% or less in finishing diets.

Raw soybeans contain a trypsin inhibiting enzyme that is important to protein digestion in non-ruminants and monogastrics. Nursing calves and calves less than 300 pounds should not be fed raw whole soybeans.

The protein in soybeans is approximately 70% rumen degradable and 30% rumen undegradable. Growing calves being fed corn silage and other feeds that are low in rumen undegradable protein show improved average daily gain performance when protein sources such as distillers grains that are high in rumen undegrade-



Soybeans are approximately 40% crude protein and 20% fat

able protein are utilized to meet protein needs. Feeding raw whole soybeans in the place of distiller's grains to meet protein needs in a diet that is predominantly corn silage would likely result in decreased animal performance.

Raw whole soybeans have a total

digestible nutrient value of 91%. While they are a price competitive protein source at current commodity prices, there are other sources of energy that are more economical. Therefore they should be used primarily to meet protein requirements.

For mature cows on forage based diets, soybeans should not be fed at more than 10% of the diet on a dry matter basis. This would be approximately 2-3 pounds on a daily basis. Cows needing 0.4 of a pound of supplemental crude protein per head per day could be fed two pounds every other day and meet their protein requirement.

Raw whole soybeans can be an excellent protein source when utilized as a supplement. Producers looking for an economical protein source for cows to complement low quality forage should consider the potential of using raw whole soybeans this fall and winter.





Limit traffic on frozen turf. Frozen blades are damaged by foot or vehicle traffic

It is best to minimize winter traffic on any turf area and especially when frost is present on green turf. If ice crystals (frost) have formed and foot or vehicle traffic occurs, the physical abrasion can damage turfgrass. Winter traffic can cause cosmetic damage, physical abrasion, and/or soil damage depending on the situation. Too much traffic on turfgrass at a time when it cannot recover also leads to winter injury. Winter golf or over-using soccer fields during winter are examples.

Anti-desiccant application -

Also known as anti-transpirants, these products help plants endure stressful periods by reducing transpirational water loss from foliage. The most common types of anti-desiccants are an emulsion of wax, latex, or plastic that forms a thin film on foliage to minimize water loss from plants. We recommend their use on evergreen conifers or broadleaf evergreens in winter, particularly on plants with a history of winter desiccation injury or plants susceptible to winter drying like arborvitae, holly and mahonia. Select the right product for the plant species as there are toxicity issues. Read and follow label directions.

Apply the product once every six weeks, beginning after plants have completely hardened off in late November. Continue through mid to late February. Avoid covering plants so heavily they become sticky with needles glued together. Have warm, soapy water nearby and clean out the sprayer immediately or equipment may be ruined by the product. One common anti-transpirant available through nurseries and gardens centers is called Wilt-Pruf, but other products are available.

Rose mulching & winterization

mulch, prune if needed after plants are dormant; best to prune in spring

Pruning is not needed during fall for shrub roses, such as Knock Out, Buck roses, or Nearly Wild. They are very winter hardy and do not need special protection. Prune in April, removing dead or damaged branches, and adjusting plant height.

However, hybrid tea, grandiflora, floribunda and some cultivars of miniature roses need winter protection. These plants may need pruning to allow them to fit beneath a winter protection method, such as a rose cone, and to remove very tall laterals that may be damaged by winter winds. The majority of pruning should be done in April as new growth begins.

Most roses are protected by covering them. The key is to wait until the plant is hardened off and temperatures are cold. Do not put rose protection in place until soil has frozen or night temperatures are consistently dropping into the 20s at night. One good mulching method is the encircle the rose with a chicken wire cage staked to hold it in place, then fill the cage with coarse leaves. For best growth, wait until April and then prune to remove winter killed wood. Or mound 8 inches of soil around the base of roses after soil temperatures have cooled in late fall to protect the plant crown. Use a well-drained soil for this rather than one high in clay. After mounding, moisten the soil mound. After the soil is frozen, apply coarse mulch.



Leaf removal or mulch-mowing

into the lawn is important to prevent leaves matting and suffocating turfgrass during winter. It also keeps leaves from clogging storm drains to cause localized flooding; and from being transported to surface water where they cause pollution. Mowing leaves into the turf works as long as the leaf layer is not too thick. Tree leaves should be pulverized enough that they filter down into the turfgrass. After mowing, green grass blades should still be visible. A mulching mower works best. A regular mower can be used as long as the leaf layer is not too thick. Clients are sometimes concerned about thatch build-up. Tree leaves will not contribute to thatch; which is mainly a layer of dead roots and rhizomes which are high in lignin and do not decompose as readily as grass clippings and pulverized tree leaves. Tree leaves mowed into the turf are also a source of organic matter and the nutrient phosphorous (P).



With Christmas tree buying around the corner, encourage “buying local”.

For clientele who want to cut their own, the Nebraska Department of Ag has a **Nebraska Christmas Tree Growers Directory** listing local tree farms across the state.

- Pork-Pines Tree Farm - Arapahoe Phone: (308) 962-7443 E-mail: dwtbenben@atcdet.net
- Pine Patch Tree Farm - Hastings Phone: (402) 463-6500 E-mail: daveglass@windstream.net
- Hardin's Tree Farm - Kearney Phone: (308) 440-6911 E-mail: hardinstreefarm@charter.net

HARLAN COUNTY EXTENSION NEWSLETTER

Calendar of Events

- Nov. 1: MAD Science @ 4pm - 5pm at the Ag Center in Orleans
- Nov. 6: Growing Healthy Habits @ 4pm - 5pm at the Alma Library
- Nov. 12: Homemakers Annual Christmas Party @ 5pm at the Ag Center in Orleans
- Nov. 8: MAD Science @ 4pm - 5pm at the Ag Center in Orleans
- Nov. 9: CreaZCraft Friday @ 2:30pm - 3:30pm at the Alma Courthouse
- Nov. 13: PINTEREST PARTY @ 6pm - 8pm at the Alma Courthouse
- Nov. 15: MAD Science @ 4pm - 5pm at the Ag Center in Orleans
- Nov. 16: Honky Tonk Dance Lessons @ 5:30pm - 6:45pm at the Ag Center
- Nov. 16: Honky Tonk Dance @ 7pm - 9pm at the Ag Center in Orleans
- Dec. 4: Growing Healthy Habits @ 4pm - 5pm ???

The Harlan County Courthouse & Extension Office
will be closed

November 12 in observation of Veterans Day
November 22 - 23 in observation of Thanksgiving



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EXTENSION