



Living High and Dry

CSU Extension Forum

For a week last month I got to go to Fort Collins to participate in our annual FORUM. This is where just about all of us who work for Extension get together for updates, trainings and work team meetings. It's a very productive week and not something you want to miss. I look forward to visiting campus, seeing colleagues and shopping in the 'big city' during any spare time I might have.

The highlights for me this year were:

- networking with colleagues and campus specialists for ideas and speakers for our local programs

(Dr. Frank Stonaker volunteered to come share CSU research on Specialty Crops especially growing in High Tunnels and I got several col-

leagues to agree to teach some sessions for our upcoming Food Growing Series!)

- I gleaned a lot from a session by Professor Martin Carcasson called "*Tackling Wicked Problems in Local Communities*:"



The Role of Extension Agents as Deliberative Practitioners"

- The CSUE Native Plant Education Team, of which I am a member, won an award!

The Native Plant Master® Program teaches people to identify local native plants especially by family characteristics. Participants are taught to understand the impact of invasive species on native ecosystems and the importance of weed control. They also learn ecological and human uses of native plants and are encouraged to plant more native plants in landscapes thus saving water, money and time.

The reported statewide impacts are \$1,232,028 saved from weed control efforts and native plants planted on 156,149 acres. There are 635 volunteers who have made 14,034 direct educational contacts.

Look for our local NPM programs impacts in next months newsletter!

Name This Newsletter!!!

Suggested names for this newsletter are:

- Extensions
- Mountain Living: High and Dry
- San Miguel Basin CSU Extension Happenings...

-Self Sufficient Living: in our high mountains and desert communities

-Growing Healthy

Please submit suggestions or votes to Yvette.Henson@colostate.edu



Looking Forward: December

December 5– Norwood County Offices Holiday Party at noon, Glockson Bldg.

December 5– SMB Fair Board Meeting 6pm, Glockson Bldg.

December 22– shortest day of the year

December 23– Master Gardener Applications due by 4pm

December 26– County Offices closed for holidays

January 6– ALL 4H re-enrollments are due! (a late charge will be assessed if received after this date)

January 21– Communication for Farming and Ranching Families Webinar, Norwood Fire Station



2010/11 San Miguel Basin 4-H Achievement Night Dessert Potluck– Recap



Kate, Jackie, and Brandon having a little fun before the program started.

For More Information Contact:

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The boys enjoying some desserts.
Yummy!



Kate-President, Aaron-Secretary/Treasurer, & Jackie-Vice President reading the 4-H Commissioning Pledge .



2011 Fall Achievement Program Awards and Recognitions:



Nila Archer, SMB Shooting Sports Club-Leader, is looking at her club's certificates of completion.

2011 4-H Graduates: Jacob Carter, 10 yrs in 4-H. & Taylor Sutherlin, 10 yrs in 4-H.

Top 4-H Leader: Terri Lamers, 5 years.

San Miguel Basin Top Record Books: Aaron Morgan- Livestock & Kate Archer- General

Ultrasound Carcass Awards: Beef 1st Jace Sinks, Swine 1st Brent Harris, Lamb 1st Robert Stropko, Goat 1st Haylee Joseph

Fair poster/Display Contest Winners: Individual Poster-Mercedes Zunich & Club Display Award - Barnyard Buddies

Outstanding Livestock & General Project Exhibitors:

The Outstanding Beef 4-H Exhibitor:	Jace Sinks
The Outstanding Swine 4-H Exhibitor:	Brent Harris
The Outstanding Lamb 4-H Exhibitor:	Colten Harris
The Outstanding Goat 4-H Exhibitor:	Haylee Joseph
The Outstanding General Project:	Kate Archer



STATE FAIR:

Justis Koon - Leathercraft Kate Archer - Shooting Sports, Archery Ethan Archer—Shooting Sports, Muzzle Loading

Friend of 4-H: Josh Sinks

Spirit of 4-H Award: Aaron Morgan

Citizenship/Leadership Award: Kate Archer

I Dare You Award: Jackie Nelson

Most Improved 4-Her Award: Taryn Sickels



How the Colorado Master Gardener Program has Enriched My Life

by Patty Childers



Earlier this year, I took the USC Extension Master Gardeners course in Telluride because I have always loved plants and gardening. I decided it was something I had to do. The course was fast and furious, but after the first two classes, I finally heard a gem of wisdom one day in class from David... I did not have to memorize the huge Master Gardening book, that the book is our forever reference material!!!!!! What a relief that was!

I grew up in Houston where it is very easy to grow almost anything, to moving here and growing very little outside. I worked for two home and garden magazines in Houston, so I thought I knew lots about gardening...I was wrong when I first tried to garden here. There are many deer, elk, rabbits, etc., where I live now,

so my gardening here has been hit or miss prior to the class. After the class, I learned how to choose better plants and seeds to grow in this area and even some that are deer resistant. And, working along side Yvette at the Farmers Market on some Fridays this summer, I have learned even so much more.

I recently put up some very tall plastic lattice fencing around my back deck & patio area and am actually having some success in plant survival!! Deer finally cannot jump over the new fencing, so I was able to grow many different kinds of lettuce, tomatoes (sort of... at 9000'), mint, basil, cilantro, garlic, licorice, parsley, green onions, strawberries, raspberries,.....this summer. I am planning for even more variety for this next season.

I was fortunate enough to join Yvette Henson and Mary Watson in going to the Plant Select workshop in Denver this year. It was such a fun adventure. It takes place at the Denver Botanical gardens every year. If you have not ever seen the botanical gardens in Denver, I highly recommend it. The plants are limitless and they have such amazing varieties of everything. And, if you ever want to go to the Plant Select workshop that I

attended, Yvette and Mary are the very best traveling companions. We mostly laughed our way there and back...and we learned a few things along the way. We visited several gardens on our way to Denver and then hit a huge garden store on our way out. With many plants already in the car that were Plant Select plants given to the San Miguel CSU Extension office, I thought I was going to have to be strapped to the roof of the car to make room for all the plants we then purchased at the plant store.

I have been having some low back issues this year, so I was able to see a vertical gardening display at the botanical gardens. The vertical garden was of small plants peeking out of a felt like fabric pocket attached to a wooden board that water could drain through easily. It was hanging on a wall in the garden. After seeing that, I have looked into more vertical options. I am having a friend make me some cold frames for the winter that will be on casters that are high enough so I can sit in a chair and garden inside them. They will be tall enough to grow lettuce and herbs. I also planted more plants in my steep and tall rock retaining wall off my driveway, so next season will be an even better harvest! Thank you Yvette and Mary for everything!!!!

2012 Colorado Master Gardener Course to be held at Naturita Library

Classes start January 26 and go through April 5 and will take place at the library in Naturita, 107 W. 1st Ave. every Thursday from 9AM-4PM.

We would like to encourage you to get your application in as soon as possible. Payment is not due until you have been accepted, but before we can accept you, we need to interview you. The interview is to determine what track best suits your personal situation and if you are a good candidate for a scholarship, if you are you are applying for one. Then when you are accepted and we receive your payment we will order your course manual.

Because of all this process, we need applications sent in no later than December 23. If your interview and payment don't occur before January 4, we have to assess a \$75.00 late fee. So, while we don't want to rush you we want you to understand the process.



Topics covered will be:
CMG and Diagnostics, Basic Botany, Soils, Fertilizers and Soil Amendments, Plant Pathology, Entomology, Pruning, Water Wise Landscape Design, Lawn Care, The Science of Planting Trees, Weed Management, Food Growing (vegetables and fruits)

For an application go to our website www.extension.colostate.edu/sanmiguel/ call our office at 327-4393 or email Maryw@sanmiguelcounty.org

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The Mission of Colorado State University Extension is "to provide information and education, and encourage the application of research-based knowledge in response to local, state, and national issues affecting individuals, youth, families, agricultural enterprises, and communities of Colorado."

The Extension Office in Norwood serves all of San Miguel County and West Montrose County. We have been actively working on a grassroots level to help the people in our communities to live more self-sufficient and prosperous lives since 1921. Some of the educational programs and areas we excel at are Local Food Production and Marketing, Food Safety and Preservation, Colorado Master Gardener Program for Mountain Communities, 4-H and Youth Development and after school programming, Native Plant Master, Small Acreage and Agriculture Enterprises.

Our environment, the San Miguel River Watershed is beautiful and diverse. Our elevation and life zones range from high desert shrub lands around Paradox and Dry Creek Basin at 5,000' climbing to montane and alpine around Telluride at 14,000'. We have wide open, sunny pastures of hay, horses, cattle and sheep on Wrights Mesa at 7,000' where the Extension Office is located in Norwood. Our area provides an assortment of recreational activities to a variety of people.

“One Lesson Learned from 2011 Gardening Season” by Yvette Henson



This year I grew three varieties of Colorado-bred potatoes: ‘Purple Majesty’, ‘Colorado Rose’ and ‘Rio Grande Russet’. I prefer the Purple Majesties as “new potatoes” (new potatoes can be dug as soon as potato plants bloom). ‘Colorado Rose’ mature earlier-- I like to eat them both as new potatoes and fully mature. ‘Rio Grande Russets’ need a longer season to mature. I was in a hurry to harvest them so I could get my fall garlic planted in the same spot so I dug them as soon as the tops were about half dead.

I had the harvest in a big tub in my car for a couple of days. I then put the tub of potatoes on my cool, shady, ventilated porch (ideal conditions to cure garlic and not bad for potatoes). I had a few very busy days and forgot about them. During that time we got our first snow and they lay frost-nipped and damp in the tub on the porch....ah oh!

Holding on to hope that my potatoes would be ok, I brought them inside and put them in single layers in cardboard boxes. One by one the potatoes began oozing whitish foam and emitting an unpleasant odor. I was only able to save about a tenth of my harvest.

It was the less-than-optimal conditions that I subjected my potatoes to that broke down the tissues and led to a secondary infection, most likely leak, *Pythium altimum* and/or bacterial soft rot *Clostridium spp.* The stressful conditions I'm talking about were: harvesting them too soon, leaving them in a too warm car, then **leaving them in the freezing cold and damp with too little ventilation** and then again subjecting them to a too warm and too sunny place in my house.

And I *knew* better....!

If you plan to store your home-grown potatoes, it is best to harvest them after the tops have been dead for at least 10 days and preferably after a frost. You can tell if they are ready if the skins don't rub off easily. Avoid cutting, skinning or bruising the tubers during harvest. Dig them on a cool day if possible. Don't wash them until you prepare them to eat, just brush any clinging dirt off the tubers (washing actually contributes to disease in storage). Cure the potatoes for two weeks at moderate temperatures in a dark, well-ventilated place. After curing, remove any damaged or soft potatoes to eat soon and store the remaining potatoes in a dark location (sunlight causes them to develop green tissue under the skin that contains toxic glycoalkaloids). Store them as close to the ideal temperature of 45°F as you can (colder will cause starches to convert to sugars and warmer will cause sprouting) with humidity around 90% (too dry will cause shriveling).