



Mountain Living

High and Dry

2011 Accomplishments

We completed our 3rd **Colorado Master GardenerSM** Course. Since we began, 60 persons have taken our course and our local CMG's have contributed more than 3,400 hours of volunteer service educating our local gardening public. This service is valued at about \$71,000.00.

We held our first **Colorado Building Farmer** Program! 14 students participated in this capacity-building business course. (For more information see our next issue!)

Since 207, our local **Native Plant MasterTM** program has resulted in participants planting 150 acres

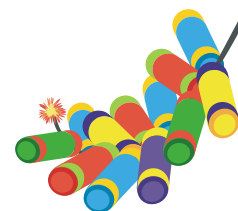
of native plants and doing weed control on 2,500 acres resulting in increased land productivity of \$4,000.00! I was also blessed to be able to teach 8 additional Native Plant classes to youth and adults in 6 counties.

We are so happy to have Cally Anderson as our part time **4H** Program Coordinator. She joined our team in May 2011. She is doing a great job working with 4H Council, District 10, Achievement Programs, and general program support!

Following the recommendation of 200 respondents to our local programming

survey in late 2009, we have been focusing on **Local Food Programming**. In addition to what we have already discussed, we do this actively with home gardeners, local community gardens, research and demonstration projects, 4H and Youth education and canning and food preservation education.

We will be glad to tell you in more detail how we serve if you contact us!



Upcoming Program: Multi Generational Family Farming

On January 21, 2012 from 10 am till 4 pm at the Norwood Fire Station, we will be hosting a program, via live video streaming, called **Multi Generational Family Farming**

Topics covered will be:

Family Harmony vs. Family Conflicts (working relationships that promote successful family farming operations)

I Only Need a Minute of Your Time (farm women's program dealing with farm family relationships and stress).

There is a \$20.00 registration for this program. Lunch will be provided.

To register contact the Extension Office at 327-4393,
maryw@sanmiguelcounty.org

www.extension.colostate.edu/sanmiguel/

January 2– County Offices closed

January 3– Final date for applications for Colorado Master Gardener Program (\$75.00 late fee after this date)

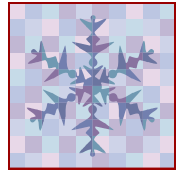
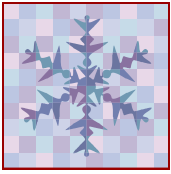
January 6– ALL 4H re-enrollments are due! (\$10 late charge will be assessed if received after this date)

January 12– Lou Swanson, CSU Vice President of Engagement and Extension Director, will visit Norwood Extension Office at 1pm.

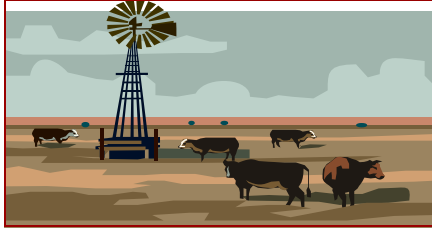
January 15 – 4H steer weigh-in, Fairgrounds, 10 am till 12 noon & 4h Council Meeting 1pm-2pm Glockson Building Conference Room.

January 21– Multi Generational Family Farming, Norwood Fire Station, 10am till 4pm, \$20.00 (includes lunch)

January 26– Colorado Master Gardener Program begins, Naturita Library, 9 am



Selecting and Starting a Market Beef Project by Mick Livingston, Golden Plains Area



Over the next few months many of you will be selecting a calf for your market beef project to be shown at your county fair next year. The decisions you make now have a tremendous effect on the success of your overall project. There are many important things to consider when you begin the project.

First of all, with the increased cost of purchasing a calf and higher feed costs you need to be sure that you have the financial backing to be able to successfully complete the project. On the conservative side, you can have over \$1500 invested in your beef project and may well expect to spend over \$2500 purchasing and feeding your calf. You will want to discuss this with your parents prior to purchasing the calf and be sure you will be able to follow through.

Facilities are an important factor to consider before purchasing your calf. Do you have adequate facilities to hold the calf on arrival? When the calf first arrives at your place it may be a little nervous and lonely. At this time it can be looking for a way out and if it escapes it could very well travel some distance before finding other cattle or a place it feels comfortable. Because cattle are herd animals it is best to purchase 2 calves or have another calf to keep your project calf company. Shelter for the calf is also important. It is desirable to have a shed to provide protection from cold winds, rain and blowing snow as needed. A good shelter can also provide shade on the hot summer days. It is extremely important to have a good water source for your calves as well. Water is the most important nutrient for any animal and they need a continuous supply of clean water to achieve maximum performance. Providing water through a heated automatic waterer is preferable but you can use a tank if it is kept free of ice in the winter. You can do this by using a tank heater but there is a cost involved with heating a large amount of water.

It is good to select a calf from a reputable producer who understands why you want this calf and is willing to assist you in making good decisions about your project.

Deal with someone you trust when purchasing your calves. In addition, know the vaccination history of your calf. An ounce of prevention is worth a pound of cure when buying young calves. Try to buy a calf that has been weaned for at least 45 days as that will increase the likelihood of your calf staying healthy when taken to a new environment.

When selecting your calf remember that you will be competing in a market beef show next July or August and select your calf accordingly. Judges will be looking for a calf that is structurally correct and will move out with a long easy stride. Soundness problems visible in young calves will tend to get worse as the calf grows and needs to carry more weight. Muscle is also very important in market steers. Feeding a calf with a lot of natural base width will increase your chances at fair time. Under-



standing the breeds of cattle and the genetics of your calf will help you to feed it to its optimum potential. Cattle of different breeds offer traits that can when combined, offer growth, muscling, marbling (intramuscular fat) and even hair to produce the right type of steer for the show ring.

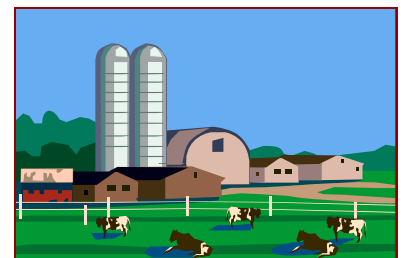
Selecting a steer of the proper weight is critical to making the weight limits of your county fair. You will want your steer to weigh from 1250 to 1350 at show time to give you the best opportunity in the show ring. However, breeds and genetics play a big role in the optimum size for your calf at show time. Keep this in mind when deciding on a calf. In general most calves will gain from 2.25 to 3.5 pounds a day depending on their genetic makeup and your feeding program.

Upon arrival at your facility be sure the calf is comfortable and has plenty of good fresh hay to eat. You may want to feed a good receiving feed for a couple of weeks. Many of the feed

companies have these feeds available. These feeds are a high energy feed and may contain an antibiotic to help prevent illness. Getting your calf started off right is extremely important so you should be willing to ask questions and consult with your veterinarian and feed dealer about your project. Getting acquainted with each of them now, before you have problems, will be to your advantage as they will be familiar with your project. Getting your calf on feed needs to be done slowly as your calves digestive system needs to adjust to your new feeding program. Starting out with .5 to 1% of your calf's body weight of concentrate (grain mix) and free choice hay is a good place to start. This means that you would feed a 600 pound calf 3 to 6 pounds of grain to get started. You can gradually increase the concentrate in the ration by increasing the amount fed by a pound or two about every 2 weeks.

Once your calf has become accustomed to you and your facility it is a good time to begin the training process. Starting to gentle your calf from the time he arrives at your place can be done simply by sitting in the pen with your calf for an hour or two each day. After the calf is used to you and begins to trust you it is good to begin the haltering process. This should be done with as little stress to the calf as possible. Corner the calf or put it in an alley to put the halter on it for the first time. Roping it in the pen and dragging it to a fence causes fear and stress. After the calf has gotten used to having the halter on, you can begin to try to lead it by gently tugging on the lead rope and having someone follow the calf. Remember always try to keep the calf calm and avoid upsetting it.

Your club project leader and your Extension Agent are good sources of information. Having the right answers early and planning ahead can help with a successful project. Good luck with your project and don't be afraid to ask questions.



How the Colorado Master Gardener Program has Enriched My Life

by Gayle Holden

This is an excerpt from a recent letter we received from Gayle:

“November 9, 2011

Dear Mary and Yvette,

Hope all is going well at the Extension Service...

I worked from May to October for Gateway Canyons in the landscaping department. I took care of all the flowers and climbing plants. It was very educational. I was able to give information to all the locals and tourists



who asked for it...

[At home] we had a garden planted in cow feed tubs for a salad garden...

Your gardening program has changed my life and helps all my friends and family because of the knowledge I gained.

Best Regards,

Gayle Holden”

I enjoyed riding with Gayle to our 2009 Master Gardener Course. She has a interesting family history in western Colorado! (Yvette)

Forty Pounds of Potatoes

by Sally Whitehead

I live at Trout Lake, and I can grow lovely natives, gorgeous hanging baskets and lots of local grasses and, unfortunately, oxeye daisies. I just wanted to grow my own food like all those super gardeners in Norwood. (Wow what a garden they created!!!!) Realizing that the birthplace of the potato was in the Andes Mountains, I realized I could be in business growing lots of potatoes up here at 10,000 feet. I, too, could grow my own food.

My dear husband created two large raised beds, and we filled them with all the appropriate soil and amendments plus lots of straw. I purchased seed potatoes from Cliffrose in Cortez, and I focused on yukon golds and mountain

rose. On the first of June, the seed potatoes were planted. I protected the beds from frost and watered regularly. By late August and early September we were digging delicious tatters.

The results were terrific. The winner of the abundance contest, however, was the yukon gold with at least a 40 pound yield. They were big, too. The mountain rose were pretty, and we did enjoy eating pink french fries, but they weren't as big nor prolific.

I unfortunately left some potatoes out on the counter while we went away for a week, and they turned very very very green.

Not wanting to poison the family, I decided to pitch them and learned my lesson. I now have them all in a cool dry dark location waiting for Christmas dinner.

After our final dig, Jim and I decided to branch out and add another bed next summer. Who knows with this economy we might have to depend on potatoes to survive. At any rate being a Master GardenerSM makes you want to experiment, and I appreciate all the wonderful information and help the extension makes available. The Trout Lake Potato Farm is a reality.

Sally is a graduate of our first Master Gardener Course in 2008. She is a retired school teacher and an artist. She also enjoys horses.

Water Conservation In and Around the Home

Last week I read an article in a Telluride paper about the water supply for the town running below the capacity to recharge itself due to low snow pack and cold, dry weather. It is fairly common in our area, for people to haul water either because they don't have a well or municipal water or they need to supplement an existing well.

For a Fact Sheet with tips on conserving water, go to the CSUE website (www.extension.colostate.edu) and look under Publications and then under Water or follow this link: <http://www.ext.colostate.edu/>



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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.

Initiating Collaborations

Technically, collaboration is a process of participation through which people, groups and organizations work together to achieve desired results. Starting or sustaining a collaborative journey is exciting, sometimes stressful, and even new for many people, groups, and organizations.

When beginning the journey, it is critical that all existing and potential members share the vision and purpose. It is this commonality that brings members together to focus on achieving a mission. Several catalysts may initiate a collaboration - a problem, a shared vision, a desired outcome, to name a few. Regardless what the catalyst may be, it is critical to move from problem driven to vision driven, from muddled roles and responsibilities to defined relationships, and from activity driven to outcome focused.

Often groups form as a result of an existing problem or perhaps a crisis. While problems may be the initial catalysts in forming a collaboration, defining the vision and desired outcomes begins to give shape and direction to the future collaboration. Moving from problem driven solutions to vision driven solutions offers greater potential for maximizing resources, developing sustainable outcomes and greater community ownership and commitment in the courses of action. Vision driven solutions also keep us from getting



caught up in old stereotypes that often interfere with the ability to bring diverse membership together.

Without this movement, there is a tendency to solve practical problems by grabbing at ready-made solutions that neither address the fundamental causes of a problem, nor challenge thinking in new directions.

Building relationships is fundamental to the success of collaborations. Effective collaborations are characterized by building and sustaining "win-win-win" relationships - the kind of relationships where expectations are clear and understood by all members of the collaboration and by those who are working with the collaboration. Defining relationships assists in identifying tasks, roles, responsibilities, and work plans and ultimately reaching desired outcomes.

From The National Network for Collaboration Framework

<http://crs.uvm.edu/ncco/collab/framework.html>