



Living High and Dry

Fall Harvest Potluck

On Saturday, October 15, 2011 there will be a fall harvest potluck at the home of Yvette and Kenneth Henson.

The idea came from both Yvette and her daughter, Meaghan. Yvette loves to host gatherings at her property and Meaghan thought it would be great to have a local harvest dinner there. Yvette also wanted to have something special to honor the local Master Gardeners, farmers and other people who are Extension supporters as well as other community members, friends and family. So, they thought: "Why not do it together!"

Everyone is invited!

The gathering will begin at 5pm. Please bring a local, homegrown or home made dish. Desserts and beverages will be provided. (Meaghan loves to bake!)

There will be time for socializing, games, gifts, sitting around the bonfires, honoring Master Gardeners, a chance to meet Cally our new 4H Coordinator and a time to simply enjoy being outside in the brisk fall air.

Come dressed for whatever the weather might be. We will be prepared for anything but hoping for clear skies.

To get to the Henson's home in Norwood, turn south on Y45 at the top of Norwood hill. Go 2 miles and turn East (left) on X45. Go another mile and turn right (South again) on 46X. Follow this dirt road up another 2.25 miles. (Don't let the 'Private Road' signs deter you!). You will go up some switch backs and when you get on top look for the signs!

Carpooling is Recommended!



Name This Newsletter!!!

This is the first newsletter in a series we will be publishing as an educational and communication tool for San Miguel Basin Extension.

We will cover all-Extension news, including 4H, and Youth, Master Gardener, local agriculture and family and consumer issues.

If you have a suggestion for a name for this newsletter email

Yvette.Henson@colostate.edu

Looking Forward– October

October 3– San Miguel Basin Fairboard Meeting, 7pm at Glockson Building.

October 8– District 10 Fall Gathering, Norwood School

October 8– last Norwood Farm and Craft Market of the season

October 8– The True Cost of Food, 1:30 at Norwood Fire Station

October 8– Wright Stuff 2nd Annual Harvest Dinner Fundraiser

October 8– Ouray County Farm Tour. 626-5075.

October 14– last Telluride Farmer's Market of the Season

October 15- Fall Harvest Potluck, 5pm at Henson's Home, Norwood

October 20– Grasshopper Task Force Meeting, Paradox Community Center. 6pm– bring a dish to share.

October 23– 4H Council Meeting, 2pm Redvale Community Center

Meet Cally Anderson, 4H Coordinator by Cally Anderson

I grew up in Central Illinois where 4-H was always a big part of my life, participating in numerous 4-H activities including being a Youth Ambassador, local 4-H club president, and working as a 4-H camp counselor for many summers.

I took my love of outdoor activities and children to college where I chose Recreation as my major.

In 2001 I moved to San Miguel County to pursue my goals of working with children outside of the classroom. I enjoy outdoor adven-



tures and traveling as well as spending time with my friends and family.

I currently also work part time as a preschool teacher.

I have a Bachelor of Science degree from the College of Education and Human Services in Recreation, Southern Illinois University of Carbondale.



We at the Extension Office really enjoy working with Cally. She is a wonderful addition to our team!

4H- District 10 Fall Gathering

October 8 from 10 am to 4pm we will be hosting the **District 10 4H Fall Meeting**. District 10 4H includes San Miguel, Montrose, Ouray, Delta, Mesa and Gunnison Counties.

The program will be held at the Norwood School and outside near the Extension Office.



Activities will include Scarecrow Building, Wilderness First Aide, Build Your Own Straw Rockets, Paint Your Own Gourd Birdhouse, Wildlife Bone Identification, National Science Day Experiments, Climbing Wall, a Model Airplane Flying Demo and fresh pressed apple cider!

2011 Achievement Celebration



The 2011 4H Achievement Celebration will be on November 6 from 2 till 4pm at the Redvale Community Center. It will be a dessert potluck. This event is being hosted by Cally Anderson, San Miguel Basin 4H and Youth Coordinator and the SMB 4H Council.



How the Colorado Master Gardener ProgramSM has Enriched My Life by Sara Honychurch



I was always interested in horticulture having been born and brought up on a banana plantation in Dominica, British Caribbean. I worked as a landscape designer in Barbados and Dominica. However having married Bob, a local Telluridian, I moved here eleven years ago, into a small condo with not even a square inch of garden. Because I was only familiar with tropical horticulture I had little knowledge of how to grow plants with the four seasons, the mountain climate and temperature changes. Therefore it was wonderful to have the opportunity of following the CMG Program in Telluride, beginning January until April 2008. It was a very informative and well instructed program that covered a great deal of horticultural aspects, at the end of which gave me the confidence to work in

Telluride in this field. The Telluride High and Dry Garden was the volunteer project that I worked on. This enabled me to work on my first private garden, a small job, where I installed a High and Dry Garden. I also was hired to work in gardens preparing them for summer and putting them to bed in the autumn. For the past three years I have worked on an organic vegetable and fowl farm in Norwood, CO. With doing courses in continued CMG education I became interested in beekeeping and hope to follow a beekeeping certificate program in Spring 2012. Because of the CMG Program I have been able to expand my horticultural horizons in Telluride and meet some lovely fellow gardeners.

High Altitude Season Extension Research

San Miguel/ West Montrose Counties Colorado State University Extension, together with Teller County CSU Extension and Eagle County CSU Extension got an Innovation Grant through CSU to do a study growing vegetables at higher altitude (6,500' and above).

This project will conduct innovative and timely research into the use of season extension techniques to produce food crops at higher elevations in Colorado. We will compare the effect of season extension techniques on crop yields, determine adaptable plant varieties for high elevation growing and develop demon-

stration plots for market producers, home gardeners and Master Gardener trainings in the mountain areas of Colorado.

This research will compare three season extension techniques.

Three raised beds (>22 inches tall, 4' wide x 12' long) will be used at all locations. Crop yields under polycarbonate covers with automatic vents, and mini-hoops covered with spun-bound polyester will be compared to an uncovered bed.

*Our local High Altitude
Season Extension Beds
are In Telluride*

Fresh yield weights will be recorded, monthly photographs taken and air temperature and soil temperature recorded in in each test plot.

Summer 2011 we did a pre-trial where we tested 3 warm season vegetables: green beans, cucumbers and sweet peppers. This fall we transitioned to cold-hardy greens (spinach, mache and kale) for fall/winter.

Extension Programming Survey Results in Local Food Emphasis

In late 2010 we completed a survey of area residents to discover what areas our public was most interested in us focusing on.

We collected 200 surveys. The leading focus was a request for Local Food edu-

cational programming and projects.

This was followed by Alternative Energy; 4H and Youth; Home Gardening; Natural Resources and the Environment; Nutrition, Health and Wellness; Agriculture; Small Acreages; Food Safety and

Preservation and Financial.



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***Serving San Miguel and West
Montrose Counties since 1921***

We are on the web!

[www.extension.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 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.



Overview of Fall Gardening Chores by Yvette Henson

General

- Winterize irrigation system
- Turn compost and build new compost pile with fall leaves
- Clean beds of debris that can harbor disease and insects
- Mulch
- Harden plants/ deep watering
- Plant spring-blooming bulbs "lift" and store bulbs (gladiolus, dahlias, tuberous begonias, etc).

Perennials

- Cut back dead stems (Except for crown protection, winter interest, food and shelter for small wildlife)
- Divide and transplant
- Plant new plants (as long as ground is not frozen, soil is good, they are properly planted and mulched)

Annuals

- Pot any you want to bring indoors and place near sunny window
- Sow seed for self-seeding types California poppies, love-in-a-mist, cosmos, etc.

Vegetables

- Harvest warm-season crops before frost (tomatoes, cucumbers, beans, squash, etc.)
- Harvest cool season crops after frost (cabbage, carrots, Brussels sprouts, etc.)
- Clean beds of plant remains, etc.
- Turn soil and amend with compost, fall leaves and/or manure if needed
- Plant cover crop (winter rye, vetch, cereal rye, etc)

Lawn

- Fertilize with 1# N/ 1000 ft²
- Aerate
- Mow to 2" (never cut more than 1/3)
- Mow to 1.5" where snow stays on ground all winter
- Apply vole repellent and fungicides

Shrubs/ Trees

- Plant or transplant evergreens
- Apply anti-desiccant to evergreens
- Prune and discard diseased, damaged wood
- Protect roses if necessary
Apply hardware cloth around trunks to snow depth to protect from vole damage during winter