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Extension

Pueblo County Extension



Where We've Been...



Master Food Safety Advisors Trained in Pueblo

For five Saturdays in March and April, Family and Consumer Science Agent, Lois Illick, trained eleven volunteers from Pueblo and surrounding counties. In the 30-hour course, Lois presented intensive training on methods of canning, pickling, fermenting, freezing, dehydrating, food safety and prevention of foodborne illness. Volunteers paid a minimal fee, in exchange for commitment of 30 hours of volunteer service each year with a CSU Extension county office.

The Master Food Safety Advisor program serves to extend CSU Extension's education programs in food safety and food preservation. The Master Food Safety Advisor (MFSA) is a trained volunteer educator and resource person who provides the public with research-based information from Colorado State University and USDA.

After completing training, volunteers will fulfill their 30-hour commitment by:

- Helping others to learn, and provide research-based information from Colorado State University Extension.
- Answering consumer phone calls.
- Providing information at local Farmers' Markets, fairs, or supermarkets.
- Conducting presentations and workshops as part of a team or on their own for community groups and schools
- Preparing educational displays, writing articles for newsletters, newspapers, etc.

MFSAs help county Extension agents keep food preservation education relevant to community needs and interests. By tying food preservation classes and workshops to seasonally available and locally grown foods, volunteers help community members support local agriculture while increasing their self-sufficiency.

Pueblo MFSA will assist Lois in presenting the Preserving the Harvest Series of classes this June through August.

Sources: http://www.ext.colostate.edu/impact/masterfoodsafety_ss.pdf and <http://www.ext.colostate.edu/pubs/foodnut/mfsa.pdf>



Worker Protection Standards Addressed

Extension class held in March

“EPA’s Current Agricultural Worker Protection Standard (WPS) is a regulation published in 1992 that is aimed at reducing the risk of pesticide poisoning and injury among agricultural workers and pesticide handlers. The current WPS offers occupational protections to over 2 million agricultural workers (people involved in the production of agricultural plants) and pesticide handlers (people who mix, load, or apply crop pesticides) that work at over 600,000 agricultural establishments (farms, forests, nurseries and greenhouses). The WPS requires that owners and employers on agricultural establishments provide protections to workers and handlers from potential pesticide exposure, train them about pesticide safety, and provide mitigations in case exposures may occur.” (US EPA statement.)



On March 27, Tom Laca, Range and Natural Resource Extension Agent, hosted a class on Worker Protection Standards. The class was taught by Thia Walker, Extension Specialist and program manager for the Colorado Environmental Pesticide Education Program (CEPEP) at Colorado State University. The class was designed for agriculture producers and employers who utilize pesticides in their workplace. Walker discussed changes in the requirements to comply with worker safety as well as how to properly train and protect those workers that will be using or are likely to come in contact with pesticides as they perform their duties. Vegetable farmers, grain farmers as well as Parks and Recreation departments all benefited from this class.





Western Landscape Symposium Educates 250 Area Gardeners

The Western Landscape Symposium is an educational forum to promote the creation of appealing and sustainable landscapes in southeastern Colorado. The 8th annual symposium was held at Pueblo Community College on Saturday, March 15, 2014. The 250 gardening enthusiasts who attended were inspired and educated by seven outstanding speakers.

Keynote speaker Panayoti Kelaidis, horticulture educator from Denver Botanic Garden, started the day with a celebration of where we live and why southeastern Colorado, poised between the plains and the mountains, is a great place to garden. Breakout session speakers included writer Susan J. Twiet from Salida, Joe Dixon from Colorado Springs, Carol O'Meara from Longmont, Scott Skogerboe from Fort Collins, Charles Mann from Santa Fe, NM, and Van Clothier from Silver City, NM. These excellent speakers inspired the crowd to build habitat for wildlife, take beautiful garden photographs, grow a wide assortment of peppers and tree fruits, utilize stormwater runoff in our landscapes (within Colorado law) and efficiently irrigate the garden with drip systems.



Keynote speaker Panayoti Kelaidis inspires attendees.



Scott Skogerboe describes characteristics of apples.

The Western Landscape Symposium is truly a cooperative effort between government agencies, private citizens, and the green industry. The planning committee is made up of representatives from CSU Extension, Southeastern Colorado Water Conservancy District, the City of Pueblo, Pueblo Zoo, Campbell's Flowers, Sunscapes Rare Plant Nursery, the Pueblo West Xeriscape Community Gardens, Keep Pueblo Beautiful, and HARP. During monthly meetings, the committee determines the focus of the symposium and contracts with speakers to bring quality education to the citizens of southeastern Colorado.

Each participant at the symposium is asked to answer a short survey and the committee considers their responses when planning the next event. In 2014, the survey results indicated that 66 percent of the participants had attended the event in previous years and that 92 percent intend to come next year. The WLS planning committee is actively planning for another successful symposium in 2015.



Participants had a choice of breakout sessions.



Photos courtesy of CO Master Gardener Deric Stowell

Where We're Going...

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Upcoming Events

Call 583-6566 or visit <http://pueblo.colostate.edu> for details.

Family and Consumer Programs

- Get Stronger Live Longer– Progressive Weight Training for beginners- Take the first step to reaching your personal health and wellness goals. Mondays, Wednesdays and Fridays beginning May 5– July 25, 9:15-10:45 a.m.
- Dining with Diabetes– May 8, 15, 22, 29, 6:00-8:00 p.m.
- Children in the Middle Parenting– June 2, 9, 16, 6:00-8:00 p.m.
- Food Safety Training for Cottage Food Producers– July 16, 9:00 a.m.-12:00 p.m.
- Preserving the Harvest– Food Preservation series– June– August.
- Children in the Middle Parenting– Aug. 11, 18, 25, 6:00-8:00 p.m.

Horticulture Programs

- Xeriscape Tours of Pueblo and Pueblo West– June 7-8, 9:00 a.m.-3:00 p.m.
- Gardening for Fall Vegetables- July 12, 9:00 a.m.-12:00 p.m.

4-H/Youth Development

- Summer Horse Show- June 20-22-CO State Fairgrounds
- Pueblo County Fair– July 4-13-CO State Fairgrounds

EFNEP/SNAP-ed

- Nutrition classes– Ongoing-call for schedule

Ag/Range/Natural Recourses

- Site visits and consultations– Ongoing, upon request

Pueblo Youth Naturally

- Summer Activities– to be announced
Teen Counselors-in-Training are planning the upcoming summer schedule of activities. Call for more information.

Xeriscape Tour - June 7 & 8

Take a free self-guided tour of neighborhood Xeric gardens.

CSU Extension– Pueblo County and the Southeastern Colorado Water Conservancy District are once again hosting tours of xeric gardens in Pueblo and Pueblo West.

On Saturday, June 7, 2014 from 9:00 a.m. to 3:00 p.m., you may visit four private and one public garden in the city of Pueblo. The tour continues on Sunday, June 8, 2014 from 9:00 a.m. to 3:00 p.m., with four private and one public garden in Pueblo West.

You are free to visit any and all of the gardens at your leisure and in any order you wish on the date for that community. Colorado Master Gardeners and Pueblo West Community Xeriscape Gardeners will be present to answer questions.

Garden biographies and plant lists will be available at each garden location.

Xeriscape Tour Maps are available online at <http://pueblo.colostate.edu> on the horticulture page as well as at www.secwcd.org, most Pueblo nursery and garden centers, and the public libraries.

Tours will be held rain or shine!

