



4th Quarter 2014
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Colorado State University
Extension

Pueblo County Extension Pathways

Where We've Been...



Extending the Growing Season

In 2013, with help from community and church members of the Milagro Christian Church, the Miracle Community Garden was developed into a beautiful and productive community resource. In 2014 the garden was expanded and currently contains 24 beds ranging from 4' x 4' to 4' x 12'.

The gardeners donate extra produce to the local Care and Share Food Bank, with community gardener Deric S. reporting that he delivered over 500 pounds of food on behalf of the garden in 2014.

On September 6, 2014, CSU Extension-Pueblo County held a Season Extending gardening class at the Miracle Community Garden. Participants built a wooden bed and installed the hardware needed for hoops, built cold frames with straw bales and concrete blocks, and bent conduit for covers for different sized beds. They also learned how to build a hot bed by burying fresh manure and then constructing a cold frame around the bed.



CSU Extension-Pueblo County held a Season Extending gardening class.



Lettuce and other greens continue to thrive using tarps and Christmas lights for protection and heat.

After the class, most of the materials were donated to the community garden. The community garden has put the new materials to good use. The wooden bed was installed in its winter location along the south wall of the church. Hoops were installed and used for shade cloth while greens and root crops germinated in the heat of September. By October, nighttime protection in the form of clear plastic was added. And while the crops were doing very well with limited protection in October, the community gardeners prepared for the cold weather to come. Tarps were purchased and Christmas lights were installed to protect the young crops.

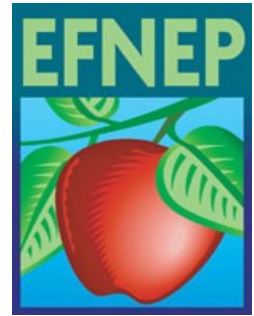


On November 10, the weather forecast predicted snow and below zero temperatures that would last for several days. Even with the covers, lights and south facing location, the community gardeners were unsure that the crops would survive. But the lettuce and other greens not only survived but were thriving on November 15! One community gardener, Cindy R, said that she harvested greens on Thanksgiving Day and thinned the thriving carrots that weekend.

In early January, the community gardeners reported that lettuce and other greens continue to thrive, providing fresh salads for many members of the garden and the Milagro Christian Church.



The Nutrition Programs of CSU Extension– Pueblo County



The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-ED) continue to provide nutrition, physical activity, and resource management education to low resource families and youth across Pueblo County.



The program emphasis is on basic nutrition, food resource management “stretching their food dollar”, keeping their food safe and physical activity. Each class series is 8 to 11 weeks long which increase the likelihood of behavior change with the program participants. Each class consists of nutrition education, physical activity, and food preparation skills. The participants also receive an enhancement such as a food thermometer, shopping lists, exercise bands and more. These enhancements are related to each lesson to give the

participants the tools needed to practice the behavior taught during the lessons. Each class is hands on and interactive. Participants are excited about coming back each week to learn more.

The programs focus on young families and youth programming have reached 388 adult program participants impacting 1221 family members and have reached 300 youth participants through school districts 60 and 70. This was accomplished through 635 classes conducted throughout Pueblo County. The strong community partnerships with Pueblo County Department of Social Services, Pueblo County/City Health Department, WIC, Pueblo Community Health Clinics, Head Start, GOAL Academy, Cross Roads Turning Points, El Pueblo Boys and Girls Ranch, Pueblo Cooperative Care, various low-income housing agencies, multiple food banks, and schools in school districts 60 and 70 have continued to make reaching families and individuals a success. For more information please visit www.snaped.colostate.edu or call (719) 510-9368.



Funding to Go...

BELLS OF CHRISTMAS CRAFT SALE *Supporting upcoming youth events*



The Bells of Christmas Craft Sale has been in existence for over twenty-five years. It started out as a “garage sale”, then evolved into a “garage sale/ski swap” and now is the Parent/Leader 4-H Group’s main moneymaker for their organization. It has turned into one of the biggest craft shows in Pueblo County. This sale is held annually at the Colorado State Fairgrounds.

Money raised from rental of tables at this event allows the 4-H Parent/Leader Group to subsidize chaperones that go on trips with our 4-H members. It also provides for training opportunities for 4-H leaders in the Shooting Sports Program. All certified shooting sports leaders must all go through a comprehensive training in each discipline of the shooting sports program. The 4-H Parent/Leader Group pays for the first time a leader attends one of these trainings. The group also subsidizes judging teams and chaperone support for LDC, Youth Fest, Washington Focus, District Retreat, Colorado Leadership Conference and State 4-H Conference.

In 2014 more youth signed up for participation in these leadership opportunities than ever before. The Leadership Development Conference (LDC) in Denver this January more than doubled in size from 2014. Without the help of these dedicated volunteers that comprise the 4-H Parent/Leader Group in Pueblo County, youth and leaders would not have the educational opportunities that are provided to them.



2015 LDC Delegation



Upcoming Events

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

Family and Consumer Programs

- World Cultures Through Food
Jan 16, or 26, 5:30-8:30 p.m. \$20.00
- Food Safety for Cottage Foods
Feb. 12, 5:30-8:30 p.m., \$20.00
- World Cultures Through Food
Feb. 20 or 23, 5:30-8:30 p.m. \$20.00

Horticulture Programs

- Colorado Master Gardener program begins in January.
- Community Forest Steward Training begins Feb. 2

4-H/Youth Development

EFNEP/SNAP-ed

- Nutrition classes— Ongoing-call for schedule

Ag/Range/Natural Recourses

- A to Z of Bees— Wed. Feb. 11 and 25, 6:00-9:00 p.m.
Fee: \$20.00
- Site visits and consultations— Ongoing, upon request

Pueblo Youth Naturally

- 2014-2015 School Year Activities Scheduled. \$25.00
 - February—Tech for Teens
 - March—Snow Day at Pueblo Mountain Park
 - April—Volcanoes & Coal Mines
- Call for actual dates and detailed information

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Extension programs are available to all without discrimination. If you have a disability for which you seek an accommodation, please notify CSU Extension at 719-583-6566 at least five (5) business days in advance of the event.
Colorado State University Extension, U.S. Department of Agriculture and Colorado counties cooperating.



Local Extension Efforts Recognized

The Pueblo County Extension Team continues to do great work for the County. This was very obvious during the fourth quarter of 2014 as people in our office were recognized for their efforts.

Devin Engel received the Achievement in Service Award from the National Association of Extension 4H Agents. The award recognizes the productivity and growth that the local 4H program has had under Devin's guidance. Her commitment to Extension, 4H, and Pueblo County are a paramount piece of the local success of the program.

Colorado State University Extension recognizes that support staff are an integral part of the County Extension team. Each year CSUE selects two County support staff members from around the State who go above and beyond for Extension. In November, Marnie Leinberger was honored with the CSUE Meritorious Support Service Award. Marnie is a valuable member of our front office and provides support services to the 4H program as well as keeping County Fair activities organized.

A team of Colorado Extension employees received the National Association of Extension Family & Consumer Sciences third place recognition for food safety teams nationwide. Lois Illick was part of this nationally recognized group.

Carol Kuhns and Michael Fisher each received Years of Service Awards recognizing the time that they have worked for Extension.

