



PUEBLO COUNTY

COLORADO STATE UNIVERSITY EXTENSION



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Extension Pathways



Ag Fest 2018 was a success!

A group of Extension agents from all around Southern Colorado work together every year to deliver Agricultural education to 5th graders in Pueblo and Chaffee counties. The kids go through stations dealing with topics such as wind energy, dairy, water cycles, horticulture, local food production, and more. All together 12 Extension professionals from 5 different counties work together to put this amazing program on. In 2018, the team completed 3 days of education in Pueblo County and 2 days in Chaffee County, reaching over 800 children, and even teaching their teachers a little something!

The program is geared toward “city kids” who might not know how much agriculture effects their everyday lives. Pretests and post tests are given to the students to evaluate how much they learned from Ag Fest. This year we were able to get some great data, and saw that on average the student’s knowledge on agriculture increased by about 38%. These numbers are very encouraging, and we intend to keep teaching students about the value of agriculture in everyone’s lives. This will have a big impact on the future of our economy and our counties.



Counterclockwise from top: Pueblo CSUE Agents Devin Engle, Laura Krause, Sherie Caffey, Tom Laca, and Jane Crayton present AgFest sessions. 4-H Coordinator Carol Kuhns and CSUE Fremont Agent Verla Noakes coordinate lunch, snacks and rotation.

BeeWise- Spring Into Action!

Spring into Action BeeWise Pollination Maker Spring Break Camp had an impact on Pueblo youth by engaging them in project-based maker arts. The camp, held March 19th - 23rd, hosted 19 youth who completed 15 contact hours of STEAM Maker programming. We advertised the program to East Side Schools working with the District 60 STEM Coordinator and the El Centro del Quinto Sol recreation center. All of the students received scholarships to attend one of two program sessions offered. We hosted a morning session from 9am - 12pm, and an afternoon session from 1pm to 4pm Monday through Friday. We provided snacks each day and the youth took home all the things they made to help support pollinators.

We started each day by reading books on pollination while the kids ate snacks. Then we broke out into activities that engaged the youth in *making*. The kids made soap, lip balm, candles, hummingbird feeders, bee houses, butterfly houses, garden fairy glowing jars, terrariums and they planted mini gardens using seeds from the seedbank at the library. They also harvested seeds from the gourds (that they used to make butterfly houses) and donated them to the seed library. Each day kids completed at least one, if not two, maker activities that highlighted pollinators.

Youth also participated in activities that highlighted the honey bees' connection to humans as a keystone organism. The youth dissected flowers and learned why the honey bees' anatomy earned them the title "most effective pollinators in the world". They participated in an ultraviolet light activity where the youth used an ultra violet LED to illuminate nectar guides on flowers. They used the light to select specific beads and paint for their hummingbird feeders so they could also attract bees.

The youth learned how to solder their hummingbird feeder frames and they learned to use the wood burner and power tools to make their bee houses. We brought out all the maker tools for this program and gave the kids a true maker experience, transforming the recreation center into a makerspace each day. Youth played the pheromone game with essential oils where they learn about the variety of jobs bees have in the hive. Youth were able to explore a live colony of bees using our observation hive, and explored beekeeping equipment and protective gear as they dressed up in beekeeping suites.

Assessments from pre and post surveys suggest a 41.14% increase in knowledge about pollinators over the 5 days of camp. Most importantly, youth learned that they could make a difference in their own home, community, and world by using tools and local resources to help pollinators.



4-H Youth Offered Special AKC

At the Colorado State Fair in 2017, one of the showmanship judges Dennis Corash, who also happens to be President of Colorado Kennel Club in Denver, asked if our team of trainers here in Pueblo County would like to put together a statewide seminar for youth enrolled in the 4-H dog project. We readily agreed and thought with would be a great opportunity for youth in the 4-H dog project to work with trainers at a large AKC (American Kennel Club) show.

On February 17th we packed up our supplies and headed to the Colorado Kennel Club dog show held at the National Western Stock Show in Denver. Youth had to pre-register through 4-H online and we were very excited to get an initial count of 17 youth signed up. By the time registration closed, we had 248 youth and adults attend this seminar.

We offered expert training in dog showmanship, obedience, rally and agility. The training team members from Pueblo included Kelsey Darnell and Mary Killen (showmanship); Donna Darnell (rally); Pat Lester and Jessica Storm (obedience). Anne Knudson from Boulder County helped with rally. Brian Christy, his wife, and daughter from El Paso County taught agility. Each child was given individual instruction in whichever category they needed help with their dog.

We had eighteen counties with youth who participated; some as far away as Grand, Montrose, Washington, Teller, and Sedgwick counties to name a few. Youth were also given the opportunity to participate in an AKC showmanship class. This is just the beginning of a national movement on the part of AKC and National 4-H Council to finally form a bond and realize that many of the adults that show in AKC had a 4-H background first.



Here are some comments from participants:

- This was fantastic. What a fantastic experience for the kids. Thank you so much for putting this together.
- Grooming demo and instruction was excellent! My son learned how to groom his dog. Thank you! Excellent workshop.
- This is such a cool learning experience!
- Loved being able to participate in an AKC show.





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EXTENSION

Upcoming Events

For details, call 583-6566 or visit
<http://pueblo.extension.colostate.edu>

Family and Consumer Programs

- Cottage Foods Safety Training, June 22, 1:00-4:00 p.m. Fee \$40.00
- Growing Using and Preserving Herbs, June 27, 5:30-7:30 p.m. Fee: \$20.00
- Upcoming: Food Preservation Series– visit pueblo.extension.colostate.edu for more information.

Horticulture Programs

- Xeriscape Tour of Pueblo West, June 3, 2018, 9:00 a.m.-3:00 p.m. Free tour of local home xeric gardens. For maps and directions, visit <http://pueblo.extension.colostate.edu/>
- All Pueblo Grows Seed Library, collecting and packaging seeds, last Saturday of every month, Rawlings Library, Thurston Room, 1st Floor
- Colorado Native Plant Master program. The NPM program is a fun way to spend time in the field, getting to know the plants of southeastern Colorado. Please contact the CSU Extension/ Pueblo County office to apply.

4-H/Youth Development

- Ongoing Club and County Programs
- Pueblo County Fair July 17-21, 2018 Visit pueblocountyfair.com for more information.

4-H STEAM

- 2018 STEAM Summer Camps:
BeeWise - 3 Sessions at the Pueblo Zoo
Making the Future –3 Sessions at Pueblo Rawlings Library and El Centro de Quinto Sol

EFNEP (Expanded Food and Nutrition Program)

- Nutrition classes– Ongoing-call for schedule

Ag/Range/Natural Resources

- Site visits and consultations– Ongoing, upon request

For the Love of Hummus

During 2018, FCS Agent, Laura Krause, has agreed to be part a research team anchored by the researchers on campus in Fort Collins. The purpose of this is to collect data charting behavior change as a result of education on the Mediterranean Diet. The Mediterranean Diet focuses on limiting processed foods, eating larger quantities of whole grains, fruits and vegetables, and olive oil. It has long been known as a very “heart healthy” diet, which has shown to reduce weight, blood pressure and cholesterol. It has also been found to lower the risk of cardiovascular disease, diabetes and metabolic syndrome.

This class goes through some of the key characteristics of the Mediterranean Diet and tips for following it, and then includes a variety of hands on activities.

The activities included making homemade salad dressing and making hummus from scratch. People have been so amazed by how easy hummus is to make, what the actual ingredients are, and the nutritional content. When asked about the top 3 things they learned on a post-class survey, the results were overwhelmingly about the hummus.

Through April, Laura has hosted 3 classes and educated nearly 100 people on the Mediterranean diet.



Students prepared a batch of hummus during a recent class.

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