



PUEBLO COUNTY

COLORADO STATE UNIVERSITY EXTENSION



4th Quarter 2019 Volume 6, Issue 2

Extension Pathways



Helpful Habitats for Pollinators Series

This past fall, Horticulture Agent Sherie Caffey hosted three classes that all had to do with pollinators and creating a habitat for them in the home garden. The classes were titled Helpful Habitats for Pollinators. Each class was composed of a lecture portion and a hands-on portion where attendees made a habitat for the specific pollinator to put in their garden at home. The lecture part combined with taking a habitat home almost guarantees that attendees will be using their new knowledge at home.



Participants create a take-home habitat for pollinators



One class learned about native bees, and took home a mason bee nest. The second class learned about butterflies and made a butterfly house, and the third class learned about hummingbirds and made a wine bottle hummingbird feeder. Assuring that the attendees would use their new knowledge about pollinators and create a habitat for them is extremely important since most pollinators are seeing decreasing populations due to habitat loss.

Diabetes Webinar Series

Family & Consumer Science Agent, Laura Griffin collaborates with several other FCS agents across the state to bring Pueblo County residents a quarterly educational diabetes webinar. These webinars are offered at no cost to attend and are shown at various locations throughout the state, including the Pueblo County Extension Office. This provides the opportunity to bring knowledge from experts around the state right to Pueblo County.



Topics can include anything from nutrition and counting carbs to diabetic testing supplies to pre-diabetes and prevention. In October 2019, there was a particularly interesting topic discussing the impact of sleep and circadian disruption on metabolic health and diabetes.

According to the Colorado Department of Health and Environment, Pueblo County is in the highest percentile in the state for diabetes prevalence with nearly 15% of adults

diagnosed. Offering low cost educational opportunities such as this can only help to improve the knowledge within the community and hopefully the overall health of Pueblo. The diabetes webinars for 2020 will be scheduled soon. Please check our website or social media accounts for specific information.

2020 Master Gardener Training

Currently, the CSU Extension Horticulture program is getting ready to onboard a whole new group of Master Gardeners. Colorado Master Gardener volunteers are trained in research-based horticulture by CSU Extension staff. Trainees, referred to as Master Gardener Apprentices, receive ten weeks of online and in person education that prepares them to educate the public on all things gardening. Once training is over, Apprentice Master Gardeners are out in the public volunteering at events that allow them to spread their newfound knowledge. These volunteers will do fifty hours of volunteering before late October, which means a lot of people will become educated by the Master Gardeners! After year one, the Master Gardeners continue to volunteer 24 hours per year educating the public. They also take 12 hours of continuing education so that they can stay up to date on the most current horticulture research. The CSU Extension office also has an option for green industry folks, where they can take the training to further their knowledge with no volunteer commitment. CSU Extension in Pueblo County is looking forward to training new volunteers so that we can further assist the residents of Pueblo County with their horticulture questions.





Horse Project Workshop Series

The horse project has a new educational piece!

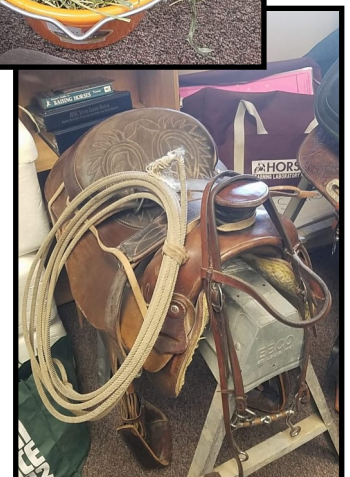
There has been a need for a different educational resource for the horse, vet science and horseless horse project in Pueblo County. To meet this need, Pueblo County 4-H Coordinator Beth Hayes, has created a horse workshop series. Each month brings a new topic with fun activities for youth ages 8-18 to participate in to encourage greater knowledge of horses and their care.

In December of 2019, Beth held a feed and nutrition management workshop. There were hands-on activities such as poisonous plant identification, identifying various hay species, grain identification, a snack activity related to the equine food pyramid, and of course a fun round of Jeopardy. After the class, the workshop PowerPoint was posted on the CSUE Pueblo County website at <https://pueblo.extension.colostate.edu/wp-content/uploads/sites/24/2020/01/HayIsForHorses.pdf>

For the month of January there will be a workshop on saddles which will go over the different saddle parts, types, saddle fitting for both the horse and the rider, bits, bridles and so much more! Many of the families currently in the horse project have kindly supplied items for use during the workshop to give the youth a true hands-on experience.

February will have an in-depth anatomy workshop and in March we jump into the genetics of horses and the respective breed lines.

This new and exciting approach will help spread the educational understanding of the animals that make the horse project so fun! Stay tuned as we continue to grow this new chapter for Pueblo County 4-H. For more information regarding the workshops, please call Beth Hayes at 719-583-6566.



Feed and Nutrition were covered in the December workshop. January's will feature information on saddles.



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Upcoming Events

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

Family and Consumer Programs

- Foods Safety Training for Cottage Foods Producers, 3-year certification Fee \$40.00, Dates: Jan. 24, Feb. 21, or March 27; 1:00-4:00 p.m.
- Cheese Making Class, May 5, 2020. Details to be determined
- Growing, Using, And Preserving Herbs, \$20.00 per person includes materials and planter. Dates: June 23, 11:00 a.m.-1:00 p.m. or June 24, 5:30 –7:30 p.m.

Horticulture Programs

- 2020 Colorado Master Gardener Training – Thursdays, January– March
- 2020 Yard and Garden Classes: Topics include growing vegetables, pollinators, composting, and much more in this class series that begins Feb 11, 2020 with Tree Care for Homeowners, 5:30-7:30 p.m., Fee: \$10.00. For complete list of classes and registration details visit: <https://pueblo.extension.colostate.edu/>
- Tickets on sale now for the 14th Annual Western Landscape Symposium, March 14, 2020, 9:00 a.m.-3:30 p.m. Fee: \$20.00. Tickets available at 2020wls.eventbrite.com
- All Pueblo Grows Seed Library, collecting and packaging seeds, last Saturday of every month starting in January, Rawlings Library, Thurston Room, 1st Floor.
Visit: allpueblogrows.org
- Save the Date- Spring CMG Plant Sale - May 9, 2020.

4-H/Youth Development

- Ongoing Club and County Programs
- Currently enrolling new members. New member deadline–Feb. 1.

EFNEP (Expanded Food and Nutrition Program)

- Nutrition classes– Ongoing-call for schedule

Ag/Range/Natural Resources

- Bee Curious– Beekeeping Course, Feb. 22-23, Fee: \$65.00
- Bee Curious– Speaker Event, Feb 29, 9:00 a.m.-3:30 p.m. Fee: \$30.00
- Site visits and consultations– Ongoing



Bee Curious! A Course for Beekeepers

Honey Bees have been a hot topic in the county for the last several years. Ag and Natural Resources Agent, Tom Laca has been working with beekeepers to promote and educate on the importance of pollinators as well as the proper management of bee hives. In the past he has taught a two evening class to help aspiring backyard beekeepers become more knowledgeable about what it takes and how to successfully keep bees.

From these beginnings the Pueblo County Beekeepers

Association has formed with the guidance of Extension in order to continue the education and promotion of all things bees. One of the goals of this group has been to provide a more in depth education and support to beginning

beekeepers. This year, with the help of Extension and a grant from Western SARE (Sustainable Agriculture Research and Education) the PCBA will be hosting a two-day course for beekeepers as well as a speaker event featuring some of the top beekeepers from across the state. Participants will learn from current beekeepers who all have firsthand knowledge of what it takes to be successful in keeping bees.

If you would like more information please contact Tom Laca at 719-583-6566 or lacat@pueblocounty.org



PUEBLO COUNTY BEEKEEPERS ASSOCIATION

Bee Curious!

A Course for Beekeepers

A comprehensive course educating new and current beekeepers in best practices for sustainable beekeeping

New Beekeepers

- How to Get Started
- Learn Best Management Practices
- Monitoring

Beekeepers with Some Experience

- Learn to Recognize Diseases and Problems
- Add Integrated Pest Management (IPM) to your Apiary
- Network with Other Beekeepers

Gardeners

- Keep Bees for Pollination
- Provide Safe Habitat for All Pollinators

Lunch Included!

Saturday, February 22, 2020, 8:00 a.m. to 4:30 p.m.
and Sunday, February 23, 2020, 9:00 a.m. to 1:00 p.m.

\$65 for Course or
\$80 for Course plus a 1 year PCBA Membership (a \$10 savings)
\$55 for 2019 PCBA Members

Colorado State Fairgrounds, Creative Arts Building
1001 Beulah Ave., Pueblo, CO

Enroll Now! [eventbrite](https://eventbrite.com)  Find us on Facebook

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