



PUEBLO COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

Pueblo County PATHWAYS

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Colorado Cottage Foods Program Takes Social Media by Storm

The Colorado Cottage Food Certification has continued to gain popularity since it began in 2012; however, over the past 18 months during the pandemic, the interest has grown exponentially. As many people were isolating at home or laid off from their jobs, they were looking for other options to provide income for themselves and their families. The Cottage Food program allows individuals to produce certain foods from their home kitchen to sell to end consumers. The cost to get started is very reasonable and it gives people flexibility to work as they choose.

The Pueblo County FCS Agent, Laura Griffin, not only acts as a certified trainer for the program, but she also helps moderate as a “group expert” for the [Colorado Cottage Food Peeps](#) Facebook group. This is a closed group dedicated to providing a discussion platform for Cottage Food producers. It allows them to ask questions and bounce ideas around for all things related to Cottage Foods. The group currently has over 1200 members from all over the state of Colorado, with more requesting to join daily. Posts range on average from 10-20 per day, with many creating active discussions.

As society becomes more digitally and technologically driven, these are important aspects of the Extension office to continue to reach our clientele and provide them with the most accurate and research based food safety information.

Pueblo County Farm and Produce Bus Tour

The land in Pueblo County supports nearly 840 operational farms that supply livestock, produce and animal forages and feed. Some farms have been in operation since the late 1800's. Though many farms have switched owners and have been sold for urban development, the deep tradition of farming continues to grow and change with each new season's challenges and successes. There can be a tendency to forget where and how food is produced. Often people find themselves in grocery stores purchasing fruits and vegetables that come from international markets, leaving them to question where the food they consume is "actually" grown. This thought may inspire community members to pursue "local" food products. This past August, community members of Pueblo County and the surrounding areas were able to participate in a Farm and Produce Bus Tour in which they were able to visit three farms in Pueblo County and the Colorado State University (CSU) Research Center in Rocky Ford, and see where local foods are produced.

Pueblo County Extension Agronomist, Kristi Bartolo, partnered with the Colorado Fruit and Vegetable Growers Association (CFVGA) for this tour and received funding for the bus from a Specialty Crop Block Grant, provided by the Colorado Department Agriculture (CDA). The goal of this tour was to provide a means for community members to get a firsthand look into the daily business of produce farms and learn where and how their local food is produced. Community member support of local farms not only provides an economic benefit for the greater community but also helps to propel the tradition and ability of the local producers to continue providing the nutritious produce and food that the community needs.

At each farm, participants were able to purchase fresh produce at the local farm stands and were able to see various operations of the farms. Milberger Farms gave a chile roasting demonstration and tour guests were able to taste-test the roasted chile. At Musso Farms, participants learned about popcorn production from field to table. The last tour stop in Pueblo County was at DiTomaso Farms and tour guests observed and tried their hand at setting irrigation siphon pipe. They heard from farmers directly about hardships each farmer faces daily and seasonally including labor and water issues and environmental stresses. They were also able to witness the passion and the resiliency of those farmers and farms to continue to provide for the needs of the community, producing fresh, nutritious produce and other products. The tour traveled down to Rocky Ford to visit the CSU Research Center where participants heard about the innovative research being conducted there, including drought resistant corn trials and studies for water use in plants.

Thirty members of the community participated in the tour including some youth. They were able to make connections with each other and with the local farms and producers which will hopefully extend support for those producers in Pueblo County. Participants were provided with a Colorado Farm Fresh Directory booklet and a deeper understanding of produce farming in Pueblo County. Thank you to all who participated and supported this tour and the local producers!



Members of the Pueblo County Farm and Produce Tour saw firsthand farm practices.



THE “STATE” of PUEBLO COUNTY 4-H

4-H Members Show their Skills at the Colorado State Fair

With the Pueblo County 4-H Program moving slowly back into “normal” programming again after the challenges of the COVID-19 crisis, the 4-H members who qualified for the Colorado State Fair this year were thrilled to show off their various skills and projects in-person this year. With over 3,000 entries from over 60 different Colorado counties, there was a great sense of competition and comradery. Various skills were on display, with members participating in exhibit showing and in-person contests including the Cake Decorating Contest and Dog Show Trials. From Beekeeping to Cats and Scrapbooking to Shooting Sports, the Pueblo County 4-H Program made an incredibly strong showing at the Colorado State Fair this year.

A Special Congratulations goes out to the following members, who received the top 2 highest awards possible. The members received Reserve Champion, Champion, or Grand and Reserve Grand Champion in their respective project areas:

In State 4-H Exhibits:

Artistic Clothing: 2904: Upcycle Your Style -- Stitched Jr – **Alyssa Rice** (Champion); *Artistic Clothing:* 2905: Upcycle Your Style -- Stitched Int – **Alayna Rice** (Reserve Champion); *Clothing Construction:* 2819: Beginning Clothing STEAM 2 Skirt Int – **Abigail Medved** (Reserve Champion); *Heritage Arts:* 3202: Crochet Int – **Anndi Ballas** (Champion, Grand Champion); *Cake Decorating:* 2604: Cake Decorating Unit 2 Jr – **Alyssa Rice** (Champion, Grand Champion); *Cake Decorating:* 2635: Cake Decorating Unit 7 Sr – **Marissa Anaya** (Champion); *Cake Decorating:* 2610: Cake Decorating Unit 4 Jr – **Molly Chandler** (Reserve Champion); *Cake Decorating:* 2633: Cake Decorating Unit 6 Cut-Up Sr – **Marissa Anaya** (Reserve Champion); *Ceramics:* 1701: Glazes Jr – **Anna Prince** (Champion, Grand Champion); *Electric:* 710: Entering Electronics Sr – **Oden Baird** (Reserve Champion); *Gardening:* 410: Growing Profits Sr – **Christian Oliva** (Champion, Reserve Grand Champion); *Home Design and Décor:* 3309: Home Design and Decor Unit 3 Sr – **Lacie Laca** (Reserve Champion); *Horseless Horse:* 212: Horseless Horse Unit 4 Sr – **Shelby Gacnik** (Champion, Grand Champion); *Leadership:* 1902: Ind Skills for Intermediate Members – **Alayna Rice** (Champion, Reserve Grand Champion); *Robotics and Engineering:* 918: Mechatronics Stand Alone Sr. – **Nickolas Monclova** (Grand Champion); *Scrapbooking:* 2302: One Scrapbooking Page Int – **Alayna Rice** (Champion); *Shooting Sports:* 1312: 22 Rifle Sr – **Allyson Neal** (Reserve Grand Champion); *Shooting Sports:* 1327: Outdoor Skills Sr – **Jessica Tucker**; *Shooting Sports:* 1351: Outdoor Skills Stand Alone Sr – **Samuel Valenzuela**; *Shooting Sports:* 1354: Muzzleloading Stand Alone Sr – **Emma Rafferty**; *Small Engines:* 1003: Crank It Up Sr – **Corbin Evans** (Champion); *Veterinary Science:* 102: From Airedales to Zebras Int – **Alayna Rice** (Champion); *Wildlife:* 1502: The Worth of Wild Root Int – **Krislynn Bigler** (Reserve Champion); *Woodworking:* 2411: Finishing Up Int – **Antonio Cortese** (Champion, Grand Champion)

In the State Cake Decorating Contest:

Cake Decorating Contest: 421: Character Cake Unit 4 Sr – **Allyah Monclova** (Champion, Grand Champion)
Cake Decorating Contest: 413: Single Layered Cake Unit 2 Jr – **Alyssa Rice** (Champion, Reserve Grand Champion)

In the State 4-H Dog Trials:

Dog Trials Contest: Dog Obedience / 514: Novice A – **Jude Carlson** (Grand Champion)
Dog Trials Contest: Dog Obedience / 517: Pre Graduate Novice B – **Tanner Armstrong** (Champion, Grand Champion)
Dog Trials Contest: Dog Rally / 543: Rally Master A: Unlimited – **Lilianna Avila** (Reserve Champion, Reserve Grand Champion Rally Excellent)

In the State Cat Show Contest:

Cage Decorating: 110: Intermediate Cage Decorating – **Natalya Slone** (Reserve Champion)

In the State Digital Photo Contest:

Digital 4-H Photo Contest – Landscape / 403: Landscape-Seniors – **Issac Robertson**

A huge Congratulations to all of the Pueblo County 4-H participants!
Please check out the other award winners here:

<https://co4h.colostate.edu/program-areas/state-fair-information>





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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, Various online webinar dates are available. Register at Eventbrite.com
- Follow the FCS program on Facebook at: <https://www.facebook.com/PuebloFCS/> for weekly educational posts

Horticulture Programs

- **All Pueblo Grows Seed Library**, collecting and packaging seeds. Look for neighborhood seed boxes. Visit: allpueblogrows.org
- **2022 CO Master Gardener applications** are being accepted now through November 18, 2021. Go to <https://pueblo.extension.colostate.edu> for more information about the program.
- <https://www.facebook.com/PuebloCountyHorticulture>

4-H/Youth Development

- **Accepting new members** through Feb. 1, 2022. Call for more information.
- **Ongoing Club and County Programs**
- **Follow us on Facebook and YouTube**

EFNEP (Expanded Food and Nutrition Program)

- **Nutrition classes**— Ongoing—call for schedule

Agronomy/Ag/Range/Natural Resources

- <https://www.facebook.com/PuebloAg>

Follow Pueblo County Extension on Social Media

Instagram page at: <https://www.instagram.com/pueblocountyextension/> If you are using the app, you can find us at: @PuebloCountyExtension

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2021 Pueblo County 4-H Decorate Your Stall

During the 2021 Pueblo County Fair the 4-H horse youth got to do something a bit different this year. They got to compete in a fun competition called “Decorate Your Stall.” The youth were tasked with picking a theme and decorating their horse’s stall, themselves, and their horse in relation to that theme. The youth were then interviewed by a Pueblo County Fair board member who volunteered to be the judge for this fun event.

90% of the 4-H horse members participated in this event and had a wonderful time showing off their creative sides and getting to tell the judge all about their horse. We had some great costumes from homemade props to colorful designs and amazing thought-out themes. The judge had a tough time deciding who to pick as the winner because every single youth who competed truly embodied the spirit of 4-H “making the best better”. This is just one example of how amazing all of the Pueblo 4-H youth are and how dedicated they are to every project they participate in.

