



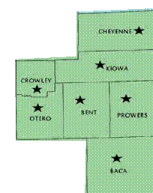
Extension

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and expertise of
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university.**

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Quarterly Report



To: Board of County Commissioners

This quarterly report summarizes major educational programming in the first quarter of 2015 from Southeast Area Extension. The mission of CSU Extension is to provide information and education, and encourage the application of research-based knowledge in response to local, state, and national issues affecting individuals, youth, families, agricultural enterprises, and communities of Colorado.

We are grateful for the continued support of the counties. If you have any questions, suggestions or would like more specific information about these or other Extension programs, feel free to meet with any member of our staff.

Scouting Wheat Fields for Pests and Diseases

As the Southeast Area Agronomist, Wilma Trujillo helped area producers to scout their wheat fields for pests and diseases during the spring. Thousands of acres of wheat fields were scouted in Baca, Prowers, Cheyenne, and Kiowa counties. This took a great deal of time and traveling through the counties, but it is a service that is very much needed by area producers.

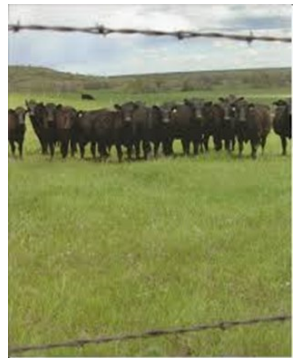
By scouting fields, we were able to alert wheat producers of the presence of False Wireworms, Army Cutworms, Pale Western Cutworms, Russian Wheat Aphids (RWA), Cherry-Oak Aphids, and Brown Wheat Mites (BWM). Severity of the insect pressure ranged from minor to severe across the Southeast Area.

The wet and cool conditions that prevailed during May favored stripe rust (*Puccinia striiformis*) development. Stripe rust severity ranged from minor to severe in some locations. Farmers were advised to spray their fields based on yield potential, severity of the disease, and susceptibility of the variety planted.

Virus infection continued to be a common problem in the Southeast area. We saw a lot more Barley Yellow Dwarf Virus (BYDV) this year than in previous years. We tested a fair amount of wheat for Wheat Streak Mosaic Virus (WSMV) and Triticum Mosaic Virus (TriMV). It is very difficult to positively identify these virus diseases especially early in the spring as the symptoms are similar to those of other diseases or nutritional disorders.

Virus infection caused minor to severe yield losses in most of the Southeast Area this year. The key components of managing viral diseases are effective post-harvest weed control, late planting, and avoiding planting wheat next to late maturing corn/sorghum fields. These crops are hosts to both mites and aphids.

Agriculture and Natural Resources



Moisture!!!!

Ian Tyson has a song talking about moisture and how the mud is so deep and no one can get any work done because it is too wet - but no one is complaining! This was the case in many parts of Southeast Colorado this spring. Since then the summer has dried out some, but that is not unexpected either!

This moisture has created many issues for land owners, most good, but some not so good. On the good side, native ranges are healing after consecutive years of drought. Livestock numbers are low, but in the long run that will aid these ranges in healing. Spring crops have better than adequate moisture for germination and growth - as long as we keep getting a few showers. Some of the ground that was abused and causing blowing dust problems is actually getting covered up with vegetation.

On the not so good side, many of the plants coming up are considered noxious weeds and not necessarily the most desirable vegetation, but beggars can't be choosers! Also, some producers had to wait with planting many of the intended crops due to wet conditions and were pushing the back side of the ideal planting window.

Revegetation of dewatered land is still a big issue in the Southeast Area. Several landowners have contacted the office for recommendations on cover crop recommendations. The main issue is watching planting dates and determining to plant cool season or warm season plant mixtures.

The effects of the November freeze, Polar Vortex as it has been dubbed, are becoming visible on many of the trees in the Southeast Area as well. Some species were affected much more than others and really show why we have been trying to recommend tree species more native and adapted to this area - moisture and climate wise. Many trees of the poplar species - cottonwood, willows, etc. - seem to have been affected more than others. Individuals with Globe Willows now understand that concept.

In April, the Olney-Boone conservation district board requested a presentation on the NutBal test from Texas A&M. This is a test performed on animal fecal matter to determine the nutritional status of the forage they are consuming and comparing it to the recommended production cycle of the animals in question. Test are repeated on a monthly basis to establish a baseline for producers to utilize in determining when supplementation is needed and at what level. The district then requested a second presentation at their next meeting on evaluating animals, specifically cattle, for Body Condition Scores (BCS). These scores are subjective determinations of an animals or group of animals fat covering and its relationship to overall health and level or production.

Prevented Planting Verification

The Extension Offices have received a great number of requests to assist in providing the documentation to verify that producers were prevented from planting due to the wet conditions that prevailed during the corn planting season, April 15 to May 25. Since early June, Agronomist Wilma Trujillo has inspected over 20,000 acres for prevented planting on non-irrigated and irrigated fields in the Southeast Area. To support a claim, Agronomist Trujillo takes into consideration soil moisture content for field operations and total accumulated precipitation during the corn 40 day planting season.

2015 Colorado Wheat Field Days

In the Southeast Area, the 2015 Wheat Field Days took place in two locations, Brandon and Lamar on June 11. It offered growers insight into the highest-yielding varieties in the Colorado State University (CSU) Uniform Variety Performance Trial.

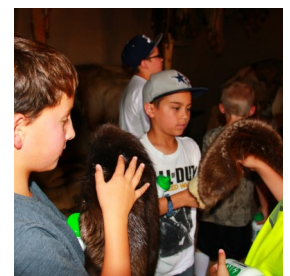
This year, there was a wide range of varieties, including advanced entries from Dr. Scott Haley's breeding program, released varieties from CSU, varieties from other states (Texas, Oklahoma, Kansas, Nebraska, Wyoming, and Montana), and entries from five private wheat seed companies (WestBred, Limagrain, Watley Seed, AGSECO, and AgriPro).

Dr. Scott Haley described the varieties in the trial and gave wheat producers an update on issues related to breeding and variety development. Darrell Hanavan, the director of the Colorado Wheat Administrative Committee and the Colorado Association of Wheat Growers talked about local, state, and national wheat issues.

Like every year, there is no better place - no better forum - to educate wheat producers about the present and future status of wheat breeding and research than at the wheat field days. The field days were co-sponsored by The Golden Plains Insurance Agency, Farm Credit of Southern Colorado, Cargill, the Stulp Family, the Scherler Family, CSU Extension, and The Colorado Wheat Administrative Committee.

Prowers Hosts Independence Adventure Camp

Prowers County Extension partnered with the Prowers County 4-H Council, Holly NRCS, Prowers Land and Environmental Health, and the Soil Conservation District to create a new day camp with the central theme celebrating America's Independence. Campers were introduced to Ag Innovator's, cupcake baking and decorating, design your own camp t-shirt, sew your own pillowcase, robotics, communication, agriculture, pallet flag painting, a trip to Bent's Fort, and many more action packed adventures for three days in June. Campers converged on the Sand & Sage Round-Up Fairgrounds in Lamar. Counselors included Callie Bennett, Miranda Morgan, Makendra Torres, Dom Cardinelli, and Angelina Downing. Campers reported that they are excited for the next camp and parents said they were ready to sign their kids up for the next camp which is currently being planned.





4-H



AgFest

The week of April 21st - 24th found CSU Extension Agents from the Peaks and Plains Region, along with a CSU Extension 4-H Specialist, presenting at the 6th Annual AgFest Program. Over 1500 students learned about agriculture related topics by attending ten stations. Station topics included Bees and Pollination, Microbes and Bacteria, Butter Making, Embryology, Machines, Global Positioning Systems, Plant Biotechnology, Groundwater Quality, Range Plants, and Colorado Agriculture. All stations met the Colorado Standards for Education in relation to Science, Technology, Engineering and Mathematics (STEM).

AgFest was held in Lamar, Trinidad, and two days in La Junta. Schools participating in the Southeast Area included Manzanola, Crowley County, Fowler, Rocky Ford, Pioneer Christian, Las Animas, Lamar, Wiley, Holly, Alta Vista, Park View, McClave, Campo, and Springfield.

Southeast Area agents presenting at the 2015 AgFest Program were Lacey Mann, Barry Acton, Mallory Sikes and Amy Kelley.

4-H Tackles The Hill and Washington D.C.

Colorado 4-H members attended Citizenship Washington Focus (CWF) June 20 through June 27 in Washington D.C. Four members were from District VI, including one 4-H agent. CWF is a weeklong leadership, citizenship, state to state networking, committee workshop building, action planning, sightseeing experience rolled into an immeasurable amount of fun and lifelong memories.

The week is divided between leadership workshops, drafting mock legislation, forming committees and forming a legislative body. The remaining time is spent touring the nation's Capitol highlights. The delegates spent Wednesday, June 24 on Capitol Hill and were able to visit with Sen. Bill Bennett, Sen. Cory Gardner and Rep. Scott Tipton's office staff.

Through the entire week the members used newly acquired teambuilding and leadership skills to form local action plans to return to their counties. With a stronger appreciation of the policy process the delegates will make stronger leaders in their communities. Delegates were sponsored in part by the Colorado 4-H Foundation, County Foundations, County Councils and individual contributions.

Crowley/Otero County 4-H Program Receives Funds

A NRA Foundation grant has been awarded to support the shooting sports programs in Crowley and Otero Counties. Final approval was received and \$25,000 of requested equipment is currently being delivered. The equipment will allow a larger number of youth in the 4-H program an opportunity to participate in the shooting sports program. Currently youth are required to have access to equipment in order to participate. The acquired equipment will give youth the opportunity to experience the shooting sports project.

Caballeros & Clovers 4-H Camp

4-H members gathered June 10th & 11th for the third annual area 4-H camp, "Caballeros and Clovers". The Southeast Area along with Las Animas County, Huerfano County, and the 4-H military program participated. The camp was moved to a new location in 2015, the Colorado State Fairgrounds in Pueblo. The theme for this year's camp was "Connecting the Clovers of the World".

The main focus of the camp was to educate youth about the western lifestyle and the Code of the West. Campers learned about the ten principles of cowboy ethics, as found in James P. Owen's book "Cowboy Ethics". The principles were reinforced with fun activities that allowed the youth to see the principles at work.

Campers also attended workshops representing various countries throughout the world. The workshops offered this year included rocketry, military kids, global crafts, foods and nutrition, and water conservation. As an added bonus campers were treated to a visit from the Pueblo Zoo and had an opportunity to learn various dances at a dance workshop. The camp concluded with its own version of the Amazing Race, the "Cattle Drive", where teams raced to stations set throughout the fairgrounds.

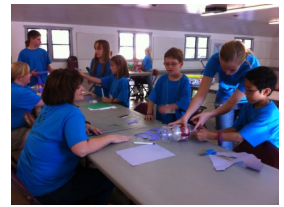
Eighty-three campers ranging in age from eight to thirteen, nine teen counselors, five adult chaperones, and nine Extension Agents attended the camp. Southeast Area counties participating were Baca, Cheyenne, Kiowa, Otero and Prowers.

Robotics Workday

A workday for 4-H members enrolled in the robotics project was held on June 18th at the Bent County Extension Office in Las Animas. The Southeast Area has recently received a grant providing four state of the art Lego EV3 robotics kits to use for school enrichment and after school programming. 4-H members had the opportunity at the workday to build a robot using the new kits and to program it. Three members from Otero County attended the workday.

Prowers County 4-H Visits Colorado Capitol

Four 4-H members, one leader and Prowers County agent visited the Colorado Capitol in April. The trip served as an opportunity for members to see policy in action, visit the Mile High, meet our state representatives, and tour the Colorado Museum of Natural History. Members had the opportunity to visit with state Senator Larry Crowder and state Representative Tim Dore. The members also were recognized on the Senate floor and sat on the House floor during debate. Sen. Crowder fielded questions from the group for 20-minutes prior to the call of order for the senate calendar. He fielded questions ranging from Common Core, school funding, agriculture funding, and what it is like to be a state elected official.





State 4-H Conference

Colorado State University's campus was the site of the 2015 State 4-H Conference. This annual event was held June 23rd through 26th. The theme this year was "Power of Green". The Southeast Area had 17 youth, one adult leader and two Extension Agents representing the area. 4-H members participated in leadership workshops, competed in contests, and received awards.

District VI 4-H members competed in the parliamentary procedure contest, consumer bowl and livestock judging. Members of the parliamentary procedure team were Miranda Morgan and Kylee Holden from Prowers County, Cameryn Martin from Kiowa County, and Lexi Mayo and Tori Gregory from Otero County. The parliamentary procedure team was named state champions and will go on to represent Colorado at the Western Round-up Parliamentary Procedure Contest in January.

Representing the Southeast Area in livestock judging was the Otero County Livestock Judging team with members Jakob Juul and Gabri Leone. Jakob was 8th in sheep & goats, 2nd in swine, 3rd in swine reasons, 7th in cattle reasons, 4th in placings, 5th in reasons, and 3rd overall. The team was coached by Dr. Rick Leone.

The consumer bowl consisted of Miranda Morgan and Kylee Holden from Prowers County, Molly Stolzenberger from Kiowa County, and Kellie Hiramata and Kyle Hiramata from Otero County. Facing fierce competition the team walked away with a third place finish.

Outside of the contests, 4-H members participated in workshops to enhance their leadership, citizenship and community service practices and effectiveness. Workshops covered learning to release fear and making the impossible possible. All 4-H participants also had the chance to tour the CSU campus, veterinary medicine teaching hospital, equine center, and ARDEC, or participate in a scavenger hunt.

Kids Nutrition Classes

Bent County youth have been learning nutrition while preparing simple snacks at the Bent County/Las Animas Community Center summer program. Kasza has emphasized MyPlate as a guide for food choices, focusing on increasing fruit and vegetable consumption, and decreasing consumption of added sugars. A mom's email to Kasza shows the impact of a taste-test lesson: "My girls were so excited about the veggies that you presented at the Community Center yesterday. Would you be able to tell me what all you had and how you prepared them? I would love to do the same thing at home for them."

Family & Consumer Science



Food Safety Works

CSU Extension continues to collaborate with Prowers County Public Health and Environment to provide food safety classes for food service establishments in Baca, Bent, Kiowa and Prowers Counties. The 2-hour Food Safety Works classes teach the basics of food safety to decrease the risk of food borne illness. The average cost to a Retail Food Establishment of a food borne illness is \$75,000; this cost would be devastating to any local business. Kasza taught classes in Springfield, Eads and Las Animas this quarter to 33 participants.

Cooking Matters with Diabetes

Cooking Matters with Diabetes, a five week series of classes, was offered in Rocky Ford during March and April. Course evaluations showed that the participants applied the information learned. In a pre/post survey participants stated that they had changed eating habits over the five week period. Participants were eating out less, there was a decrease in the number of days that food was limited in the home, decreased soft drink consumption, increased whole grain consumption, increased lean meats, and increased the number of fruit servings on a daily basis. These are just a few of the areas in which participants stated how they had changed their habits.

Participants that have taken the series continue to practice skills learned. Sixty-seven percent of participants from fall of 2014 completed a survey to determine which skills they continue to incorporate on a regular basis. All participants stated that they had made lifestyle changes and continued to practice nutrition concepts learned on a regular basis. Some of the skills include:

- Cooking more nutritious meals
- Paying more attention to food safety and sanitation
- Increasing physical activity
- Preparing a shopping list and comparing unit prices
- Nutrition concepts being practiced include: monitoring carbohydrate servings, choosing lean protein and low-fat dairy, reading food labels and making healthy snack choices

Eighty-eight percent of the diabetic participants decreased their A1c levels since participating in the class. A decline in the A1c blood test shows an individual's diabetes is being controlled. This class has assisted many individuals in the community to become healthier.



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Hopefully you have enjoyed the green pastures and all of the beautiful wildflowers. This is my fourth summer in southeast Colorado and I have taken full advantage of the beauty of the countryside.

As spring comes to an end the 4-H youth program comes into full swing. Fair season is upon us and I encourage you to visit your local fair and observe the work of the 4-H members. The county fair provides an opportunity for the youth to showcase their work.

The farm markets have opened, I encourage you to support the local agriculture in the area and enjoy fresh vegetables and fruits. If you do not have a market in your community take a drive down the road and see what is happening in the county adjacent to you. There may also be a local farmers market in your community in which you can purchase locally grown vegetables.

Enjoy the summer.

Jennifer Wells
Southeast Area Director



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