



All About Discovery!

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Los Alamos County Extension

August 2017 Newsletter

Los Alamos County 4-H News and Events

Team LA Shooting Sports

Los Alamos Sportsman's Club
6:00pm to 8:00pm

Archery Practice:

July 18, 2017
August 1st, 15th & 29th, 2017

Rifle Practice:

5:30pm to 8:00pm

July 25th, 2017

August 8th & 22nd, 2017

Team 4-H Club

Fuller Lodge Classroom
5:30pm-7:30pm

Meeting Dates:

July 27th, 2017
August 10th & 24th, 2017

Los Alamos Team 4H rifle will begin club meetings again August 8th.

Los Alamos Team 4H will be entering a float for the Los Alamos County Fair Parade.



Announcements & Events

August 3rd – Monthly Master Gardener Meeting

August 10 -12, 2017 – Los Alamos County Fair

August 10th -7:00pm – Judging of Exhibits

August 12th - 10:00am – County Fair Parade

August 18th -10:00am-Selecting Perennials for Late-season Color LA Demo Garden

Horticulture Update

Carlos Valdez, Horticulture / 4-H Agent

It's Fair Time... Below are some general criteria for exhibiting fruits & vegetables:

All exhibits should be free of weather injuries, insects, and diseases as well as damage caused by them. Mechanical injuries, such as those caused by rough treatment during harvest, downgrade an exhibit. For example, it is not desirable to show root crops that have been injured while digging or squash with the stems torn off. Look carefully for evidence of mechanical, insect or disease damage and avoid exhibiting those specimens.

- **Maturity**
Produce should be in prime condition for eating at the time of judging. In the case of late season or early fairs, immature specimens usually are included.
- **Marketable Size**
Produce should be of a size that would sell well at the grocery store or farmer's market.
- **Even, Uniform Shapes**
Produce should be free from excessive roughness that is caused by crowding in the row or scabiness caused by insect or disease damage. For example, beets can be very flat-sided if grown in a crowded row.
- **Trueness to Type**
All exhibits should be as true to the variety, cultivar or type as possible. For example, an elongated beet is not typical of the variety 'Detroit Dark Red' even though such beets may develop from some seeds of that variety. Check the description in the seed catalog or on the packet to be sure your entry is true to type.
- **Freshness**
Produce should be harvested and prepared as close to the exhibiting date as possible to prevent wilting and shriveling. If you must harvest vegetables the night before the fair, store them in a cool place such as the basement or refrigerator, depending on the type of vegetable.
- **Cleanliness**
Bits of soil or other material on produce is unsightly. Clean exhibits with a soft brush or a damp cloth. Avoid excessive scrubbing that can cause bruising. Many vegetables and fruits lose quality if washed.
- **Trimming**
Produce should be neatly and properly trimmed as they would be for market.
- **Bloom**
Some fruits, like plums and grapes, and vegetables like peas, cabbage, and cucumbers, have a natural waxy coating on the surface called bloom. Clean this produce carefully so that the bloom is not removed. The dried up flowers or blossoms on any fruit or vegetable should be removed.
- **Uniformity**
Exhibits should be uniform in size, shape, color, maturity, and type. Choose a desirable market size. Remember, the biggest usually is not the best; for many vegetables unusual size often indicates poor quality. For example, do not place four large tomatoes with one small tomato on a plate. Select the typical shape and color for which the variety is known.

Recipe

Nutrition

This is going to blow your mind: that pesky weed called purslane (*verdolagas*) has the most omega-3 fatty acids (the fatty acids also found in seafood like salmon) of any green vegetable. It's also high in Vitamins A and C, and has a bit of calcium, iron, manganese, magnesium and potassium.



Purslane and Potato Salad with Dill and Pimento d'Espelette

Purslane and potatoes are naturals together - the green's succulent, tart, lemony qualities are a great foil for starchy potatoes. Use fingerling potatoes or Yukon golds when making potato salad (especially mayo-less potato salad, as this one is), but you could also use red-skinned potatoes. Admittedly, this recipe has a few ingredients that may be a bit difficult to find: as we discussed above, you probably won't find purslane in your local grocery store, so you'll have to do a bit of farmers' market sleuthing (or foraging) to find some. And a word about *piment d'Espelette*: this is a spice made from ground, dried [Espelette peppers](#), especially prized in Basque cuisine. It's just barely spicy, with a sweet-smokey quality that tastes delightful with potatoes, especially. *Piment d'Espelette* can be a bit...spendy and locally hard to find (it is readily available on-line), so you can easily substitute smoked paprika, sweet paprika or cayenne or a combination.

Ingredients:

- 1 lb. fingerling potatoes, scrubbed and halved (or quartered if very large)
- Kosher salt
- 2 tablespoons mild vinegar, such as apple cider or white-wine
- 1/3 cup extra virgin olive oil
- Juice of 1/2 lemon
- 1/4 teaspoon (or more, to taste) *piment d'espelette*
- 3 tablespoons fresh dill, chopped
- 1 cup purslane leaves (reserve stems for another use)

Method:

1. Put the potatoes in a large, heavy saucepan and just barely cover with water (the water should come up no more than 1/2 inch above the potatoes). Add a large pinch of kosher salt to the potatoes and turn the heat up to high.
2. When boiling, reduce to a high simmer and cook until the potatoes are tender but not falling apart (when you pierce them with the tip of a knife you will meet no resistance). Cooking time will vary greatly with the kind of potato you use and how large they are. Start checking after about 10 minutes and keep a close eye on them to avoid mushy potatoes.
3. Carefully drain the potatoes in a large colander. Put the colander (with the potatoes in it) back over the pot the potatoes were cooked in and drizzle with the vinegar. Let the potatoes sit in the colander for 15-20 minutes to allow steam to escape, and to cool.
4. Meanwhile, make the dressing: in a small bowl, whisk together the extra virgin olive oil, the lemon juice, the piment d'espelette, the dill and a large pinch of kosher salt. Set aside.
5. To make the salad: in a large serving bowl, add the cooled potatoes and gently toss with the dressing. Taste and correct for salt. Gently toss in the purslane leaves. Serve immediately.



Christopher Garcia competed in the Cibola County 4-H 3D Archery Shoot and took 2nd Place for his division.



Los Alamos Team 4-H began work on their Small Engine Project. A mini motorcycle was donated for the project by Riley Arnaudville. So far the team has identified and practiced use of the tools necessary to take the engine off the chassis. Soon they will be delving into the internal workings of the engine itself.