



All About Discovery!

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Los Alamos County Extension

July 2017 Newsletter

Los Alamos County 4-H News and Events

Team LA Shooting Sports
Los Alamos Sportsman's Club
5:30pm to 8:00pm

Archery Practice:

June 20th, 2017
July 11th & 18th, 2017

Rifle Practice:

5:30pm to 8:00pm
July 25th, 2017

High School Trap Practice
July 12th & 19th, 2017

Team 4-H Club

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

Meeting Dates:

June 22nd, 2017
July 13th, 2017
July 27th, 2017



Announcements & Events

July 10-13, 2017 – State 4-H Conference, Las Cruces, NM

July 8, 2017, 10:00 a.m. – Gopher Management at Demonstration Garden

August 10-12, 2017 – Los Alamos County Fair

Horticulture Update

Carlos Valdez, Horticulture / 4-H Agent

Peonies

It's only July, but a good time to think about adding new peonies to your garden or divide older, crowded plants. Early fall is the time to do that. Planting in early fall gives peony tubers time to become established before winter.

A good site for peonies has well drained, fertile, clay-loam soil and receives full sun or no more than two to three hours of shade per day. Avoid planting peonies within the root zone of trees and shrubs since they will compete with the peonies for water and nutrients.

Peonies also require good air circulation but protection from strong winds. Good air circulation helps control fungus diseases.

For best results, prepare the planting site two to four weeks before you intend to plant. Peonies will be in place for many years, so work the soil deep (18 to 24 inches) and incorporate organic matter, such as compost, well-rotted manure or peat moss. Adding organic matter will also improve the texture of heavy clay soils and the water-holding capacity of lighter soils. If drainage is less than optimum, consider planting in raised beds.

If you're dividing old plants, dig them up carefully to avoid as much root injury as possible, and remove all foliage. Wash off any soil clinging to the large roots. Then use a sharp knife to divide the crown of the plant, being sure to leave at least three to five pink "eyes" or buds on each section.

For each of these divisions or newly acquired tubers, dig a hole 18 inches in diameter and 18 inches deep. Space holes at least 3 feet apart so plants don't crowd one another. Mix soil from the holes with superphosphate fertilizer and organic matter, add some of the mixture to each hole and water to settle the soil. Then place the divisions or tubers in the holes so that the eyes will be no more than 1 inch below the soil surface when the holes are filled. Add more soil, water again, and then finish filling the holes.

Peonies planted too deep may bloom poorly or fail to come up at all in the spring. If tubers are too close to the surface, the eyes may be killed by frost.

Water the planting if fall rains are sparse to help the tubers get established before winter. After the ground freezes, mulch the clumps with 2 inches of straw or peat moss and a layer of evergreen boughs or something to hold the mulch in place. The mulch will prevent frost heaving, the alternate freezing and thawing of the soil that can push plants right up out of the ground.

Garden peonies grown from large tubers may bloom in their first year. After that, proper care -- including regular watering, fertilizing and weed control -- should keep peonies producing large, high quality blossoms for 10 to 15 years. Blossoms get smaller as crowding increases.

NEW MEXICO RICE SALAD

- ¾ cup uncooked brown rice
- 1 ½ cups water
- ¾ cup black beans, drained and rinsed
- 1 large tomato, seeded and diced
- ½ cup sliced green onions
- ½ cup vegetable oil
- ¼ cup vinegar
- 1 tablespoon diced jalapeño peppers, seeds removed
- ½ teaspoon white sugar
- Salt to taste
- 1 avocado—peeled, pitted and diced

Directions

1. In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 40 minutes. Take off heat and let rest for 10 minutes with the lid on.
2. In a large bowl, mix together the rice, beans, tomato, and green onions.
3. In a small bowl, whisk together the oil, vinegar, peppers, sugar, and salt. Pour over the rice mixture and toss to coat. Cover and refrigerate salad for 30 minutes. Top with avocado just before serving.

Makes six ½-cup servings

HEALTHY TWIST

Using brown rice instead of white rice adds more fiber to this delicious dish.



Nutrition Facts

6 servings per container	
Serving size 1 serving (112g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	13%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	0%
Iron 1mg	6%
Potassium 160mg	3%

*The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

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GRILLED CHILI LIME CHICKEN

- 4 boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons green onion, minced
- 1 garlic clove, minced
- 4 tablespoons fresh lime juice
- 1 tablespoon chili powder
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons cumin
- Salt and pepper to taste

Directions

1. In a large zipper bag add all ingredients except for chicken. Mash to combine ingredients. Add chicken to bag and turn to coat well. Put in the refrigerator for 3 hours to marinate.
2. Preheat grill to medium high heat. Take chicken out of zipper bag and discard remaining marinade. Grill chicken for 4–5 minutes on each side to an internal temperature of 165°. (Ideally, use a food thermometer to check.) You can also use an indoor grill or cast iron grill pan.
3. Serve as a main dish with grilled vegetables or sliced over a salad.

Makes four chicken breasts

HEALTHY TWIST

Using a flavorful combination of salt-free seasonings gives this grilled chicken a healthy (and delicious) twist!



Nutrition Facts

4 servings per container	
Serving size 1 serving (271g)	
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 190mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 54g	
Vitamin D 0.1mcg	0%
Calcium 39mg	2%
Iron 1mg	8%
Potassium 880mg	19%

*The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

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Nataliya Arzamasova/Shutterstock.com 2017 ICAN Calendar