Los Alamos County Extension

All About Discovery!

http://losalamosextension.nmsu.edu/

losalamos@nmsu.edu

January - February, 2017

Los Alamos County 4-H News and Events

****

Team LA Shooting Sports
Los Alamos Sportsman's Club

Archery Practice
5:30 to 8 p.m.
1/17/17
1/31/17
2/14/17
2/28/17

Rifle Practice
5:30 to 8 p.m.
1/10/17
1/24/17
2/7/17
2/21/17

High School Trap Practice
1/8/17 – 4/30/17
Sundays: 2:00 – 4:00 P.M.

Clever Clovers

Every Monday
Jan. 9 thru May 22
3:30 to 4:30 p.m.
Barranca Elementary School

Team 4-H Club
Fuller Lodge Classroom
5:30-7:30

Meeting Dates:
1/12/17
1/26/17
2/9/17
2/23/17

Announcements & Events

February 2 - **Master Gardener Association monthly meeting,** 7:00 p.m., Fuller Lodge, Nambe Room
February 4– **Rumble in the Jungle Target Shoot,** Aztec, NM. San Juan Wildlife Federation
February 7 - May 2– **Master Gardeners Class,** Tuesdays, 6:00 – 9:00 p.m. Fuller Lodge, Nambe Room
February 8 – March 10 – **Healthy Hearts Class,** Wednesdays & Fridays, 2:00 – 3:00 p.m., WR Senior Center
February 22 – **Sewing Machine Workshop,** 10:30 – 11:30 a.m., Family Strengths Network, 3540 Orange Street

4-H Update

Sha-Marie Reid and Mike O'Neill attended the 4-H Adult Forum in Albuquerque, NM. This was a wonderful opportunity to get together with other 4-H leaders and parents to discuss ideas and learn about the various aspects of 4-H. There were several classes that provided the opportunity to learn new skills and further develop old skills in support of our 4-H Clubs.

Mike O'Neill made sure step out of his comfort zone and participated in "Dynamic Leadership", "Social Media" and "Bully Prevention". Sha-Marie participated in "Shoot For Fun, Shoot to Win", "Home Ec Skill-a-thon", and "Making Connections Between Science and Your Livestock Projects". Both felt they had a great experience and were able to bring back information and ideas to their clubs.

Los Alamos Team 4H volunteered with LAVA (Los Alamos Volunteer Association) over the holidays. 4-H members assisted by ringing the bell to collect Salvation Army donations that will help senior citizens and needy families in Los Alamos. One of our bell ringers, Christopher Garcia, said "I really enjoyed helping and supporting people in need in Los Alamos and interacting with the public and knowing I was helping added to my holiday cheer".

Horticulture Update

Carlos Valdez, Horticulture / 4-H Agent

2017 All American Selections

Tomato Patio Choice Yellow AAS Edible – Vegetable Winner

Patio Choice Yellow is a new compact, determinate tomato developed specifically for small spaces and container gardens. This AAS Winner produces very large yields of ½ ounce bright yellow cherry tomatoes on short vines that grow only 18 inches tall. This mild flavored cherry tomato sets over 100 fruit on compact plants which are perfect for urban or small space food gardeners. Consider using these beautiful tomatoes either fresh or in the oven or sun dried for a deliciously sweet treat. For even easier picking, plant in a hanging basket.

For more 2017 selections visit:
http://all-americaselections.org/product-category/year/2017/

Home Economics Update

Helen Idzorek, Family and Consumer Sciences / 4-H Agent

Vinegar

You know that vinegar is the secret to tasty pickles and tangy salad dressing but did you know that vinegar can be used as an effective, yet inexpensive household cleaner? Vinegar is a great alternative to harsh chemical cleaners that is easy on your wallet. Try some of the following ideas to keep your home clean and tidy.

DISHES: Save money by using inexpensive dish soap. Add a few drops of vinegar and essential oil (if desired) to the dishwater. Vinegar cuts the grease and leaves dishes sparkling clean.

COFFEE POTS: Fill the inside with a solution of half white vinegar and half water. Run through a brew cycle. Rinse thoroughly with water when finished.

SOAP SCUM: Use vinegar full strength to remove soap scum from the shower curtain. Rinse clean.

TOILET BOWL: Mix 1/4 cup baking soda and 1 cup vinegar, pour into basin and let it set for a few minutes. Scrub with a brush and rinse.

PET STAINS: Sponge the spot with ½ cup vinegar diluted with 1 quart warm water. Let stand for a few minutes to dissolve stain. Wipe clean. Repeat if necessary (Test a spot to be sure that the carpet color will not fade.)

TUBS AND TILE: Apply vinegar full-strength to a sponge and wipe with vinegar first. Next, apply baking soda as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.se crumpled newspaper or cotton cloth to clean.

WINDOWS: Mix 2 teaspoons of white vinegar with 1 quart warm water. Use crumpled newspaper or cotton cloth to clean.

New Mexico State University is an equal opportunity educator and employer. NMSU, the U.S. Department of Agriculture and Los Alamos County cooperating.