



PINE COMMUNITY CONNECTOR

VOLUME 1, ISSUE 2

JULY 2016

PUBLISHED QUARTERLY BY THE UNIVERSITY OF MINNESOTA EXTENSION OFFICE, PINE COUNTY

www.extension.umn.edu/county/pine

Hinze Dairy is Pine County Farm Family of the Year

The Randy and Pam Hinze family, south of Pine City, is this year's Pine County Farm Family of the Year.

The Hinze farm was started by Randy Hinze's great grandfather Ernst in 1913 when he purchased 130 acres in Pine Township for \$9,000. It is a four generation century farm. Today the farm is 720 acres with an additional 32 acres rented. They have 40 Holstein cows with 30 youngstock and several horses. They raise their calves and replacement heifers and sell their bull calves.

In the community Randy is a member of the Rock Creek Lions Club. Pam works for the MN Department of Education administering special education programs by collecting data for funding. Pam was on the Rock Creek Planning Commission for six years. She is in her first term on the Rock Creek City Council.

Her purpose for getting on the Planning Commission was to preserve the agriculture land presence in the area. In 2007 the family became concerned about the development occurring around them during the building craze. They wanted their farm to be preserved as a farm and native habitat. Randy and his siblings researched and decided to put the farm into a MN Land Trust, which is a 501c3 public charity.

The trust is a permanent easement of the property for animals, farming and leaving it in as natural a state as possible into perpetuity. It has several stipulations including square footage of buildings allowed on the property, no development can occur there and no businesses can be started on the land. They can sell or pass the farm onto siblings with the stipulation that it has to remain intact. "We're not against development," said Randy. "But, there needs to be some open space."

Randy gets help with his farm work from a friend, Pam and his brother Kevin at times. The Hinzes have four children and four grandchildren. Son Nic is in North Dakota. Ashley is in Pine City. Bethany and Chelsea are in Stacy. "If we get into a bind our children are willing to help," said Randy.

"I don't have labor or a lot of time to sit in the tractor. So I do a lot of no-till planting. I don't know why more farmers do not use no-till," said Randy. "It's a no brainer. I have a lot of hilly ground. It works well for me, it saves time, it's better for the land, it builds soil organic matter more than conventional tillage and results in less soil erosion."

Randy thanks his parents for the opportunity to farm. He also thanks his two brothers and one sister for all of their support over the years. "It is hard to get started from scratch," he said. "It's pretty tough to make any money milking cows. Even if you do an excellent job you never get a promotion. You take a chance every time you plant a crop. I don't know how to be more efficient or frugal. I don't see retirement happening soon."

What is it like to be a farmer these days? Randy said, "It's a dedicated profession. I'll never get rich at it, but I learn something new every day. If you don't you should be doing something different."

The Farm Family of the Year program is sponsored by the U of M Extension, Agricultural and Natural Resource Sciences, the College of Food, the College of Veterinary Medicine and the MN Agricultural Experiment Station along with Farmfest. The Hinze family was selected by the Pine County Extension Committee for this recognition and they will be honored at the Pine County Fair in Pine City and at Farmfest near Redwood Falls in August.



L to R: The Hinzes, Randy, Deleanore, Pam, grandson Cameron, and front Springer Spaniel Mya.

Inside this issue:	
4-H & Youth Development	2
Health and Nutrition	4
Yard & Garden	6
Upcoming Events	8

Contact Us:
U of M Extension-Pine County 635 Northridge Drive NW Suite 280 Pine City, MN 55063 800-657-3813 or 320-591-1650 Email: mnext-pine@umn.edu
Danielle O'Neill 4-H Program Coordinator
Jimmie Johnson SNAP-Ed Educator
Terry Salmela Master Gardener Coordinator
Roxanne Orvis Administrative Assistant
Susanne Hinrichs, Regional Director (218) 828-2286

Youth Development

Congratulations 2016 Graduates

Eliza Nelson, Jessica Brytowski, Jewel Currier, Kaitlynn VanGuilder, MacKenzie Richardson, Madelyn Bombard, Martina Richardson/Beckman, McKenzie Kloeckl, Meaghan McNamee, Paige Wimmer, Sarah Kraft.

Welcome Cody!

Cody Tchida is the 4-H summer assistant this year in the Extension Office. Cody is a Pine County 4-H alumnus-he'll be calling many of you to fill in the food schedule, find judges assistants and other county fair volunteers.



PICCKM Camp 2016

A huge thank you to our dedicated camp volunteers that attended PICCKM Camp this year. We couldn't have had camp without you and I hope you know how much your time and hard-work meant to all of the youth who attended!

Cloverbud Jamboree

Calling all Cloverbuds...a special event is being held in your honor on **Wednesday, July 20th** at the fairgrounds. Cloverbuds can bring projects they have been working on, make crafts, sing songs, play games, and a light dinner will even be provided! All this fun is **FREE!**

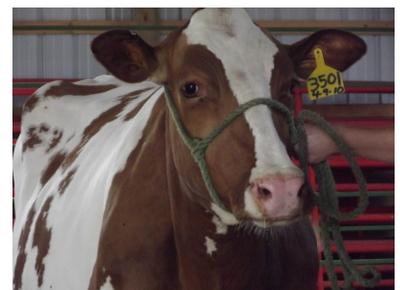


Stock Dog Demonstration

Come experience a specialized form of dog training where the dogs are responsible for herding livestock. Jobs like gathering, sorting, moving, holding, and trials. Question and answer period where you can ask the experts! Check out the Extension website for more details!

Pine County Fair 2016: July 30 -August 7

Help make the Pine County Fair an unforgettable learning opportunity for youth! Volunteers are needed to help organize, supervise, judge, help with animal shows, assist judges, checking in projects, arranging exhibits, Food Stand workers, and more. **Please take the opportunity to make a difference in the lives of 4-Hers from your community!**



Youth Development

State Fair 2016: August 25—September 5

Eligibility: To be eligible for a state fair trip, youth must have completed 6th grade and be selected as a trip winner at the county fair. Each county has a limit of how many can be selected to go to the state fair based on a quota system. The more enrolled/participating in the project the more trips we have.

Chaperones Needed: Any screened adult volunteers interested in chaperoning at the MN State Fair should contact the Extension Office. Chaperones are housed and fed in the “4-H Hilton” on the MN State Fairgrounds for the general encampment. This is a great time to celebrate the accomplishments of Pine County youth!



Recognition Night Nominations Needed

Do you know an outstanding 4-H member or adult? Do you know someone that has gone above and beyond for 4-H this year? Do you know a person or business that has been very supportive of Pine County 4-H? This is your chance to have them be recognized! Submit a short nomination letter to the Extension Office by September 15th. Your nominee might just be the next recipient of a spectacular award.



Hey You,
Yeah You

Have you been working on your **records** lately? The record deadline will be here before you know it. Mark your calendar for September 15, this is the day that all records must be submitted to the Extension Office. Starting records now helps members to select project goals, journal what they learned, list project expenses, and more. It's a great life skill to learn!

4-H Promotion

Volunteers are needed to promote 4-H at school open houses. If you will be attending your school's open house please consider assisting at an information table for 4-H. This is a great time to share how wonderful 4-H is! All of the Pine County schools are holding their open houses the end of August and beginning of September. Flyers, brochures, activities and more are provided by the office. If you're interested in helping out please contact the Extension office.



NEW Pine County 4-H Event Calendar can be found at <http://bit.ly/25M4qPm>

Health & Nutrition



Food, Nutrition & Health by the Month July - Blueberries

Blueberries are the common name for the group of flowering plants that have gained attention due to the increased recognition of the potential human health benefits of regular consumption. Everyone loves blueberries whether they're picked and eaten straight from the bush or baked into a favorite dessert. The health benefits of blueberries are believed to be due to the diverse range of phytochemicals providing antioxidant, anti-cancer, anti-neurodegenerative and anti-inflammatory properties.



What are phytochemicals?

Phytochemicals, commonly referred to as phytonutrients, are naturally occurring non-nutritive (not required in the diet like nutrients) constituents of fruits and vegetables. They are said to be bioactive and are considered to have a beneficial effect on human health.

Heart Disease Risk: It is known that regular consumption of fruits and vegetables lowers the risk for developing heart disease. A study examined the effects of blueberry consumption in relation to heart disease risk. Participants (chronic cigarette smokers) consumed either 250 grams of blueberries a day for three weeks or one dose of 250 grams of fruit. A significant decrease in one marker of oxidative stress was found among those who consumed fruit on a daily basis, but not in those with one dose. This suggests that the greatest level of benefits comes from regular consumption.

Alzheimer's Risk: The consumption of blueberries is also believed to possibly play a role in delaying the development of neurodegenerative diseases, such as Alzheimer's disease. There have been several studies in laboratory animals that show promising results. One study fed blueberry extracts to laboratory animals for 8 weeks. After the 8 week feeding, the researchers noted a reversal of age related deficits in both neuronal signaling and behavioral parameters. A further study for 8-10 weeks on spatial learning and memory measures was repeated. Results showed that several anthocyanins were found in the brain and there was a positive response in spatial learning and memory in the cortex of the brain.

Blueberry-Pineapple Parfaits

Ingredients:

- 20 oz. can pineapple chunks, drained
- 1—8 oz. container low- fat lemon or vanilla yogurt
- 1 ½ cups blueberries (fresh or frozen) thaw and pat dry.
- ½ cup granola

Directions:

- In a small bowl, combine the pineapple with half of the yogurt.
- Alternately layer pineapple - yogurt mixture, blueberries and granola.
- Repeat layering twice
- Top each layer with a spoonful of yogurt
- Enjoy

Prep Time: 15 minutes; **Cups of Fruits & Vegetables Per Serving:** 1



Health & Nutrition

Growing Gardens

What started as an idea to get youth interested in gardening and volunteering has developed into valuable learning opportunities and relationships between The Pine City Food Shelf, Pine City Alternative Learning Center (ALC) and University of Minnesota Extension.

Earlier this fall, Pine County SNAP-Ed Educator Jimmie Johnson taught a series of health and nutrition classes at Pine City ALC. The students and staff enjoyed the classes and were looking for other more hands-on experiences to further their knowledge in health and nutrition.

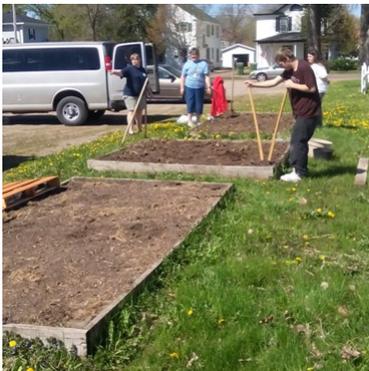
During this time Johnson was also working with the Pine City Food Shelf as a newly elected board member providing consultation on stocking healthier options and the idea of moving towards a “client choice” food shelf where participants choose the foods they want as compared to receiving a pre-packaged box of food.

Kathy Horbacz from the ALC was going to be teaching an upcoming unit on civic duty and the role of volunteering. Johnson shared that he was working with the food shelf and Kathy came up with the idea of having some of her students volunteer at the food shelf. Kathy was introduced to Twyla Christian, Director of the Pine City Food Shelf, and shortly thereafter a few students started volunteering weekly helping with cleaning and unpacking.

As spring was nearing, Johnson noticed that there were some garden boxes that were behind the food shelf and asked if they had plans for using them. It turns out that they were available. Johnson asked Kathy if she thought the students would be interested in doing a garden project in the spring at the food shelf. She and the vocational teacher, Tom Kloeckl, were very excited about the possibilities and began designing the garden with the students.

After a few more discussions we decided that we would incorporate some non-traditional gardening ideas such as growing in pallets, cans and tires. “It has been a great time seeing the students taking pride and ownership in this project” states Johnson. There are already plans for expanding the size of the garden, possibly adding a greenhouse and adding row covers to grow into the winter months.

So far so good!



SNAP-Ed programs and services are designed to address societal disparities and promote equity in Minnesota. We are eager to find ways to start or expand a partnership with you! In Pine County contact Jimmie Johnson, SNAP-Ed Educator at 800-657-3813 or joh12982@umn.edu for more information.

Yard & Garden

Community Garden Plots are Planted

All of the 32 Pine City Community Garden plots are rented out and have been planted. The Pine County Sheriff's Department Sentence-to-Serve crew is helping with mowing and planted some of the plots for donating the produce to the Pine City Food Shelf. Community gardeners are helping to manage the garden along with the Master Gardeners. Master Gardeners have demonstrated and encouraged community gardeners to compost waste plant material and mulch between rows to reduce weeds and water needed.



The Mission of the University of Minnesota Extension Master Gardener Program is to support Extension by providing volunteers trained in horticulture to educate the public with research based information on the best practices in consumer horticulture and environmental stewardship. Our Local Master Gardener Program Mission is to provide research-based horticulture information to the residents of Pine County.

The Smithsonian Water Ways Exhibit is Coming to Pine County

The Smithsonian Museum "Water Ways" exhibit is coming to the Audubon Center of the North Woods west of Sandstone between November 19 and December 31, 2016. Mark this date on your calendar.

Try to bring your family to see this exhibit and tell your family, friends and neighbors about it. It will be a great educational opportunity for youth and adults to learn about the geology, history, industry and commerce, recreational uses and how we can better use and protect our precious water resource.

The goals of the exhibit are to 1.) Share national, state and local narratives and history of water; 2.) Reinforce our relationships to water; 3.) Reinforce our responsibilities to water and 4.) Build relationships between Minnesotans through community engagement and activities preceding, during and after the exhibit.

An inventory of water related activities, educational, historic, community events happening during the year is being collected. You can view this list online at this website: www.mnhum.org/waterways/audubon.



Gardening questions? Check out these resources

If you have a gardening question, you can leave a message on our Pine County Master Gardener Answer Line at 1-800-657-3813, Extension #3. We will try to get back to you in a few days. If you need to have a plant disease, weed or insect identified go online to the following University of Minnesota Extension website and click on Garden and then on Diagnostics: for What is Wrong with my Plant? Is this a Weed? What Insect is this? www.extension.umn.edu.



UNIVERSITY OF MINNESOTA
EXTENSION

Pine County Extension Office
635 Northridge Drive NW
Suite 280
Pine City, MN 55063

Phone: 800-657-3813 or 320-591-1650
Fax: 320-591-1655
Email: mnext-pine@umn.edu

© 2016 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-626-6602.

PINE COUNTY EXTENSION UPCOMING EVENTS

July 2016

- 17 Stock Dog Demo Day, 9:00 a.m., Legacy Farm, Mora
- 20 4-H Cloverbud Jamboree, 6:00 p.m., Pine County Fairgrounds, Pine City
- 24 4-H Dog Obedience Show, 1:00 p.m., Pine County Fairgrounds, Pine City
- 28 West Central Research & Outreach Center Horticulture Display Garden Horticulture Night, 5:00 p.m., Morris, for more information visit <http://wcroc.cfans.umn.edu/events-education/horticulture-night>

August 2016

- 1 4-H Executive Board Meeting, 7:00 p.m., 4-H Exhibit Building, Pine County Fairgrounds, Pine City
- 3-5 Pine County "Ask a Master Gardener" Booth, Commercial Exhibit Building, Pine County Fairgrounds, Pine City
- 3 4-H Dog Agility Show, 8:30 a.m.; 4-H General Exhibit Judging, 3:00 p.m., Pine County Fairgrounds, Pine City
- 4 4-H Horse Show, 8:00 a.m.; 4-H Market Animal Show, 3:00 p.m., Pine County Fairgrounds, Pine City
- 5 4-H Poultry, 9:00 a.m.; Dairy & Rabbit Shows, 10:00 a.m.; Music in Motion (horse) 6:30 p.m., Pine County Fairgrounds
- 6 4-H Demonstrations & Animal Costume Contest, 11:00 a.m.; Livestock Auction, 1:00 p.m.; Pet Show, 2:00 p.m., Pine County Fairgrounds, Pine City
Pine County Parade, 4:00 p.m., Pine City
- 7 4-H & Adult Round Robin, 9:00 p.m.; Horse Fun Show, 10:00 a.m., Pine County Fairgrounds, Pine City
- 13 4-H Carcass Contest Picnic, 12:00 noon, Lake Haven Meats, Sturgeon Lake
- 25 North Central Research & Outreach Center Visitors Day, 3:00 p.m., for more Information visit: <http://ncroc.cfans.umn.edu/news-events/2016-visitors-day>
- 29 4-H Council Meeting, 7:00 p.m., Hinckley-Finlayson High School, Hinckley

September 2016

- 9-11 4-H State Shoot, Alexandria
- 15 4-H Records, Recognition Night Nominations, Club Secretary and Treasurers' Reports DUE at Extension Office
- 16-18 4-H State Horse Show, Minnesota State Fairgrounds, St. Paul
- 17-18 4-H NE Livestock Show, Brainerd
- 24-25 4-H State Dog Show, Minnesota State Fairgrounds, St. Paul

Pine County Extension Committee Members:

District 1: Linda Defenbaugh
District 2: Mitch Pangerl
District 3: Mary Lange
District 4: Thane Sheetz
District 5: David Durheim
Member at Large: Kari Holmberg
County Auditor-Treasurer: Cathy Clemmer
Auditor's Designee: Maddie Amundson
County Commissioner: Steve Chaffee
County Commissioner: Josh Mohr