



PINE COMMUNITY CONNECTOR

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<https://local.extension.umn.edu/local/pine>

Minnesota Plants: A Webinar Series

All gardeners, landscapers, and nature enthusiasts are encouraged to attend this FREE weekly webinar series. Webinars are held Thursdays, May 14 through September 10, from 7-8 p.m. Join local horticultural experts for a closer look at the plants that grow in Minnesota. You'll get to explore collections, backyards and gardens from your armchair as you learn more about trees, perennials, edible plants, houseplants and more! Each expert will have a unique perspective to share, from ecological to commercial. You'll gain a greater appreciation of the green that makes Minnesota so beautiful, and get tips and tricks for your own garden.

Helpful information and tips:

If you don't already have Zoom on your device, you'll need to [download Zoom](#) to view the webinar. Zoom is available on desktop, mobile and tablet.



View the [webinar schedule](https://sites.google.com/umn.edu/mn-plant-spotlight-series/schedule) at <https://sites.google.com/umn.edu/mn-plant-spotlight-series/schedule>

[Join the Live Webinar](#) on Thursdays at 7 p.m. CST (the webinar link won't work before the live date/time). *NOTE that each webinar is limited to 500 participants.*

View the webinar at a different time:

Didn't make it to a live session? No worries! We will record and post the webinar for viewing after each live session! Check the ["Past Webinars"](#) tab for recordings!

From Vacation to Relocation: Using tourism to attract new residents

DATE: July 30 ([Pre-registration required—link](#))

The COVID 19 pandemic has revealed that some jobs are more mobile than previously thought. At the same time visits to outdoor amenities are on the rise bringing visitors to Greater Minnesota. Tourism is known to have a "halo effect" of inspiring positive sentiments among tourists about a community after visiting. This opens up an opportunity for communities outside of major metros to position their towns as relocation destinations. This event will explore the tie between tourism and new resident attraction and provide a platform for participants to consider actions their town can undertake. Extension's [Ben Winchester](#), an expert on rural resident recruitment, will be keynoting the event.

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Youth Development

Looking for 4-H summer programs?

Minnesota 4-H Youth Development is offering a variety of free virtual programming this summer. Programs are related to 4-H project areas and include cooking, fine arts and crafts, natural resources, photography, performing arts, and shop. Sessions will be a combination of live Zoom meetings and hands-on projects.

You can find a complete list of regional and statewide opportunities at z.umn.edu/4hsummercatalog. Check back often! Programs will be added throughout the summer.



Read with 4-H this summer

The Northeast region recently launched the 4-H Read Aloud program. This opportunity is designed to support youth in grades K-5 through literacy and social-emotional learning. Plus, it's a fun way to continue reading this summer!

Local Extension Educators, 4-H volunteers, and Ambassadors are reading and recording their favorite children's books. These videos are available to access on the YouTube 4-H Read Aloud channel. You might recognize some familiar faces from your county, as well as meet new folks across our region!

To access each read aloud, click the title of the books at z.umn.edu/4hreadaloud. This document also includes links to related 4-H virtual programming. Check back often as new read aloud videos will be added throughout the summer.

After you have watched a read aloud video, please write your county in the comment section so we know where you're joining us from.

We look forward to reading together!

4-H Wood Shop

Do you have access to some simple shop tools? Are you interested in learning how to use these shop tools in a safe, fun way? The [4-H Wood Shop](#) invites you to build with us! Participants will build two projects: a candy machine (level one) and a bench (level two). You can sign up for one or both projects, depending on your interest and ability. Shop skills you will learn include: Measuring, Cutting, Assembling, Sanding, Staining/painting.

This program is available for all youth in grades K-13. **Youth must have an adult present** and have access to supplies and tools on the supply list. Construction of the projects will take place on your own with an adult, using the skills you learn during the live sessions. You will also have access to pre-recorded how-to videos to refer to during construction, if needed. Projects will be eligible to enter in your virtual county fair.

Candy Machine project: We will meet live via Zoom on July 9 & 16 at 2 p.m. View the [supply list](#) and [Register Here](#).

Bench project: We will meet live via Zoom on July 23 & 30 and August 6. View the [supply list](#) and [Register Here](#).

Youth Development

Capture your summer with Shutterbugs 4-H Photography

Tell the story of your summer using photography! Learn about equipment basics, taking sharper pictures, lighting and flash techniques, photo composition, approaches, sequencing, and evaluating photographs.

Join us each week in our Zoom room as we:

- Learn about the basics of good photography
- How to evaluate pictures for quality and technique use
- Share your image during “photo & tell”
- Develop your skills with a weekly photo challenge

Youth can use any device capable of capturing a photographic image: digital camera, cell phone, or tablet.

WHAT YOU NEED TO KNOW:

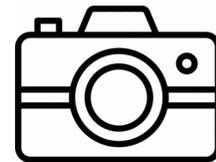
Dates: Thursdays, July 9 – August 13

Time: 5 p.m.

Location: Zoom (access link will be sent to those who register)

If you've never used Zoom, read [these additional instructions](#)

Cost: Free



REGISTRATION:

To register, fill out the [Zoom registration form](#) for this opportunity

Questions? Please contact:

Stacy Hall, Local Extension Educator (Koochiching County) at (218) 324-2709, smhall@umn.edu or

Becky Moe, Local Extension Educator (Morrison County) at (320) 632-0161, moexx045@umn.edu

Pine County 4-H Virtual Showcase

This year, due to COVID-19 and the cancellation of the Pine County Fair, judging events will look a little different. 4-H'ers will still be able to have their projects judged at the county level, but all judging will take place through FairEntry. Projects judged at the county level can qualify for state events.

Registration is now open for the Pine County 4-H Virtual Showcase. Register your static (general) and animal science exhibits in FairEntry until 11:59 p.m. on Friday, July 24. Virtual judging will take place on Tuesday, July 28 for static exhibits and Thursday, July 30 for animal science exhibits. Because registering for virtual judging is like an actual “Entry Day” at the county fair, youth will need to have exhibits completed and ready when registering in FairEntry. You'll be asked a series of questions and will need to upload photos and/or videos, depending on the exhibit. If you do not have internet access at home, we recommend you contact the Extension office to explore your registration options.

Thank you for continuing your project learning, participating in, and supporting your local 4-H program through these changing times! Please remember, this is different than anything we've ever encountered before. But, it's an opportunity for us to grow and come together (in spirit), to support and encourage our youth to thrive. We appreciate each and every one of you! “See” you at the Pine County 4-H Virtual Showcase.



Yard & Garden

July Gardening Tips

It's summer! Here are some yard and garden reminders for the month of July.

Mow high for a healthier lawn

Raise the height of your lawn mower blade to three inches or more. Higher grass blades will protect plant crowns and roots from heat stress by shading them and encourages deeper root growth. Mow off no more than 1/3 of height at any one time. Leave clippings on the lawn for the equivalent of one nitrogen treatment.

Watering plants and lawns

Water landscape plants and lawns in the morning when the temperature is cool and air is calm. This will minimize evaporation and allow leaf surfaces to dry reducing fungal spore germination. Kentucky Blue Grass is a cool season grass that goes dormant when the soil conditions become hot and dry. So, if you water, it will take a lot of deep watering or rainfall to keep it green. If it dries up, it will come back in the fall when the temperatures are cooler and usually there is more precipitation.



Younger trees need a cumulative total of one inch of water once a week to keep roots hydrated. Water the area approximately three feet from the trunk. Mulch trees in a six-foot ring to help hold in moisture and manage weeds.

Keep tomatoes healthy

Mulch the soil and water at the base of tomato plants to minimize soil-borne disease organisms from splashing onto the lower leaves. Sidedress plants with manure or compost for additional micronutrients and organic matter. As soon as tomatoes set fruit, thin the lower leaves and suckers to improve airflow and reduce the severity of leaf spot diseases.

Weed management

Keep weeds under control. Weeds compete with desirable plants for space, water, nutrients and light and often harbor diseases.

Pine County Master Gardeners—Like us on Facebook

The University of Minnesota Extension Pine County Master Gardeners are on Facebook! Check out their page at <https://www.facebook.com/PineCountyMasterGardeners> and “Like” it. You’ll find timely gardening topics, tips, events and more!



Yard & Garden

Become an Extension Master Gardener in Pine County

If you have an interest in plants and gardening and would enjoy sharing that interest with others, apply to become a University of Minnesota Extension Master Gardener volunteer. Applications are being accepted for the Pine County Extension Master Gardener Program now until October 1, 2020.

Individuals selected for the program begin an internship that starts with the Master Gardener core course training in January, 2021. The course is taught online or in-person at the University of Minnesota Landscape Arboretum. It can be taken by either method or by a combination of the two. Instructors are University of Minnesota Extension educators and faculty.

Following the course, interns will complete 50 hours of volunteer service in the first year, working with local Master Gardener volunteers on a variety of projects that educate the public about gardening and horticulture. You might answer plant questions by phone or at an information booth, write a newspaper column, or make a presentation to a community group. The primary projects in Pine County include the Pine County Horticulture Day, the Community Garden, School gardens, newspaper columns, information booths, community education classes, Facebook page and others.



After completing the internship, you will become a certified University of Minnesota Extension Master Gardener. To remain certified, Master Gardeners must contribute at least 25 hours of volunteer service annually.

For an application packet and more information, please call the University of Minnesota Extension office in Pine County at the courthouse in Pine City at 800-651-3813 Ext. #3 or email Pine County Master Gardener Program Coordinator Terry Salmela at salme002@umn.edu. For more information about the Extension Master Gardener program go to <https://extension.umn.edu/volunteer#master-gardener>.

August gardening tips

August 10 to September 10 is the best time of the year to seed a new lawn or repair an existing lawn. The second best time is usually early spring just as the lawn is beginning to turn green and grow.

Late August, September and October is the best time to apply a broadleaf herbicide to control Creeping Charlie and other broadleaf lawn weeds. Triclopyr herbicide is most effective on Creeping Charlie when applied twice two weeks apart in late fall and even after a killing frost. That is when the plants are storing up sugars in their roots for the following year.



Photo: Gail Hudson, UMN Extension Communications

Yard & Garden



Free Food Preservation Webinars

Are you going to the grocery store less often and buying in quantities when you do? Did you plant a garden this year? Are you wondering how to preserve food that is tasty and safe? Please join Suzanne Driessen, University of MN Extension Food Safety Educator as she presents free webinars on food preservation. You will gain knowledge and resources to preserve food safely and get the best results

WEBINAR TOPICS AND DATES:

Topic: How to Freeze Food for Safe and Tasty Results

Date/Time: July 16, 2020 10-11 am

Register: <https://z.umn.edu/freezefood>

In this webinar, learn which foods do freeze well, why blanching improves frozen food quality, the process of freezing at home, the right packaging materials to use, and storage recommendations.

Topic: Basics of Home Canning: Safety First

Date/Time: July 22, 2020, 4-5 pm

Register: <https://z.umn.edu/homecanning>

In this webinar, discover equipment needed and safe home canning methods. Whether you are new at home canning or have been canning for years, you will learn what's safe and what's not.

Topic: Pickling: It's Not Just for Cucumbers!

Date/Time: July 30, 2020; 2-3 pm

Register: <https://z.umn.edu/homepickling>

Vegetables from asparagus to zucchini can be home preserved by pickling. Learn the steps needed to preserve a safe and delicious pickled product.

Topic: Preserving Tomatoes

Date/Time: August 3, 2020; 4-5 pm

Register: <https://z.umn.edu/preservingtomatoes>

You have many options to preserve tomatoes and enjoy the taste of summer all year long. This session reviews three different methods to preserve tomatoes: freezing, canning and drying.

Topic: Dry it: You'll like it!

Date/Time: August 20, 2020; 2-3 pm

Register: <https://z.umn.edu/dryit>

Drying food is simple, safe and easy to learn. This session explores how drying preserves food, food suitable for drying and tips to dry food safely.

Topic: Preserving Fall Vegetables

Date/Time: September 10, 2020, 10-11 am

Register: <https://z.umn.edu/fallvegetables>

This session reviews food preservation options to freeze, dry, pickle, ferment and can fall vegetables. Learn best ways to preserve broccoli, cauliflower, carrots, Brussel sprouts, cabbage and potatoes.

Topic: Safely Fermenting Food at Home

Date/Time: September 29, 2020, 4-5 pm

Register: <https://z.umn.edu/fermenting>

From sauerkraut to Kombucha, you can ferment food at home. Learn the steps to safely ferment food.

For more information, contact Suzanne Driessen,

driessen@umn.edu or 320.203-6057. Visit

<https://extension.umn.edu/food-safety/preserving-and-preparing>

Health & Nutrition

SNAP-Ed and COVID-19

On March 15, 2020, my role as a SNAP-Ed Educator changed overnight. The University of Minnesota Extension Center for Family Development was directed to immediately begin working remotely. Our positions have always allowed flexibility to work from home, however this was something totally different. Along with the work from home directive, all in-person classes were suspended. At the same time, the local schools are all closed leaving administrators, teachers, students, and parents to quickly learn how to deliver education through distance learning.

Early in the pandemic, SNAP-Ed Educators have been involved in Rapid Response Strategies addressing food insecurity food shortages at our local food shelves. We partnered with the MN Department of Health to develop a food shelf update survey that allows the governor to track the impact of food shortages on its citizens. SNAP-Ed Educators throughout the State of Minnesota call their local food shelves monthly to update any changes in service and operations. SNAP-Ed Educators are very creative people with a unique skill set that allows them to discover and quickly adapt to new circumstances and situations. Our second priority was to begin learning how to reach a basic level of competency with the Zoom platform as the primary method of communicating internally and with our partners. Overall, it has



been successful, and we have been able to maintain and, in some ways, surpass our current level of efficient communication. With Zoom, we can have a virtual roomful of people from different organization's without providing traveling, lodging and food. Many SNAP-Ed Educators have had to assist in managing their children's education alongside the schools, while maintaining a full-time job. Without Zoom and working from home, it would not have been possible to do either.

SNAP-Ed Educators are now entering the 3rd phase which is the integration of online and in-person options for our participants and partners. During this time of uncertainty, our SNAP-Ed team has been working diligently on our 2020-2022 SNAP-Ed plan which focuses on the following areas:

- Food Access
- Mental Flourishing
- Healthcare
- Inclusion of Men and Fathers

Some of us will remain working from home indefinitely, and others will return to the office or a combination of the two. Nevertheless, we look forward to returning to a strong and connected sense of normalcy. In closing, I wish to state that everyone of us has been affected directly and indirectly from COVID-19. I encourage you to attempt to view COVID-19 through a framework that transcends all religious and political agendas and gets to the heart of what it means to be a human being on planet earth at this time in history. We have discovered through division, polarity, and tragedy that we want many of the same things for ourselves, our children, families, and friends, but have different ideas on how they should be created and distributed. A bold and courageous forward step is to follow our hearts, instincts, think critically and respectfully debate with one another to reach equitable solutions that leave no human being oppressed.

Health & Nutrition

My COVID-19 Daily Routine by Jimmie Johnson, SNAP-Ed Educator

I promised myself 5 **Self-Development Habits** that I wanted to integrate into my lifestyle when starting to work from home.

1. Eat a salad daily.
2. Eat baked apples as a dessert several times per week.
3. Drink 2 glasses of lemon water upon rising.
4. Perform between 30-60 minutes of movement from martial arts, yoga, Pilates and strength training 5 days per week.

Remember to take care of yourselves and each other.

Jimmie Johnson

SNAP-Ed Educator – University of MN Extension-Pine County

Office: 320-591-1658 ; **Cell:** 320-496-0564

Joh12982@umn.edu

Breakfast Burrito a healthy recipe from Jimmie Johnson, SNAP-Ed Educator

Serving Size: 1 burrito

Yield: 4 Servings

Time: 30 minutes

Ingredients:

2 Tbsp. canned corn	1 Tbsp. diced canned tomatoes (drained)
2 Tbsp. green pepper	1/4 cup minced onion
2 or 3 eggs	1 Tbsp. milk
Salsa	Sour Cream
Shredded cheese	Flour tortillas—white or whole grain



Instructions:

1. Spray skillet and adjust to medium heat. Add vegetables to the skillet and cook until tender.
2. In a large mixing bowl, blend eggs and milk for 1 minute until smooth.
3. Pour egg mixture over vegetables into skillet.
4. Scramble egg mixture until cooked thoroughly. Remove from the skillet and put in a serving dish.
5. Place tortillas on the skillet and warm them.
6. Place a scoop of egg in each tortilla and roll up. Add condiments.

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.

Ag Community

New COVID-19 video series: reducing risk on farms by Natalie Hoidal and Annalisa Hultberg, Extension Educators

So much has happened over the last month, but unfortunately the risk of COVID-19 illness remains serious. The University of Minnesota team has worked with MN Department of Agriculture to develop a 5 part video series about best practices for reducing risks on farms related to COVID-19. They are currently available in English, Spanish and Hmong. The purpose of these videos is to provide science-based information on transmission of the disease and how to reduce risks on farm and farmers' market settings. These videos will be especially helpful to provide additional information to help as your farm develops a COVID response plan. In particular, now that you're well into the season, think through ways that you can create more physical distance between employees, or create cohorts or teams. As our economy opens up, more of us attend mass gatherings and memorials, and the number of virus carriers increases in our communities, now is a critical time to create prevention strategies so that if one employee gets sick they do not transfer it to the whole crew.



To see these videos go online to <https://blog-fruit-vegetable-ipm.extension.umn.edu/2020/06/new-covid-19-video-series-reducing-risk.html>

Ag updates on WCMP

Pine County Ag Educator Rod Greder gives Ag updates on WCMP Radio 100.9 FM every other Friday between 5:30-6 a.m. Listen in on Friday, July 17 and July 31 or catch recorded updates at <https://www.wcmpradio.com/ondemand1>.

Managing your rural property or small farm informational meeting and series

Do you dream of owning acreage in the country? Have an existing farm that is in need of a plan? Do you want to expand to selling products to the public? Desire to be self-sufficient while living on the land? U of M Extension Pine County will equip you with the education and resources to be successful. Attend an informational session on August 11 from 6:30-8 p.m.; watch for more details on the Pine County Extension website or follow <https://www.facebook.com/pine.county.extension> for updates. We will meet weekly (in-person or online) from 6:30-9 p.m. for 8 weeks starting this fall/winter. Location is yet to be determined. Many sessions will be online for safety reasons and to lessen travel demands.

This eight-week course is designed to provide rural landowners with information and resources to enable them to be good stewards of their land. The course will begin with goal-setting and individual property inventory, then address soil, plant, water and animal management basics plus much more. You will hear from experts and learn from your peers.



For more information and to register for the August 11 informational session, please contact Rod Greder, Pine County Ag Extension Educator at 320-591-1662 or email gred0014@umn.edu.

Ag Community

Happy Land Tree Farms is Pine County Farm Family of the Year

Happy Land Tree Farms, located 5.5 miles west of Sandstone, is the 2020 Pine County Farm Family of the Year. It is owned by Ken and Sandy Olson.

The tree farm was started by Ken and Phil Olson in 1963 when they started planting trees. In 1991 when the trees reached maturity, they incorporated their business. Since then, with a lot of hard work and dedication, they have grown it into a thriving wholesale tree business in addition to a Christmas tree business. Phil has since retired. Happy Land is now comprised of 500 acres with a variety of conifers and deciduous shade trees. They own 350 acres and rent 150 acres in Pine and Kanabec Counties. The trees are planted in a rotation so that some can be harvested each year and not all of the production is ready at one time



Pictured L to R: Kenny Jr. and Myra Olson; Sandy and Ken Olson, Baden Hilty; Gavin Keehr and Lee Bacon.

They grow and sell 10,000 wholesale and retail Christmas trees each year in the Twin Cities and from their cut-your-own farm in Sandstone. The main part of their business is wholesale balled and burlap conifer and shade nursery trees for landscaping. The trees are shipped throughout Minnesota and surrounding states.

The farm is a family affair. Ken is the CEO. His wife Sandy, along with their daughter-in-law Myra, manage the office. Their son Kenny is the operator, mechanic and does field maintenance. Cousins Lee and Tony Bacon are a main part of the operation. Grandsons Baden Hilty and Gavin Keehr are crew members. They also hire several local seasonal employees.

The farm contributes to the Veterans, Lions, local schools and organizations. Happy Land Tree Farms is active in the Minnesota Christmas Tree Association; Minnesota Nursery and Landscape Association and Minnesota Grown. It has hosted the Minnesota Christmas Tree Association summer convention and trade show in the past.

They have exhibited trees at the Minnesota State Fair Christmas Tree display in the Horticulture Building for 12 years in a row. They have earned Grand and Reserve Champion ribbons seven years in a row. That honor has earned them the opportunity to donate Christmas trees for the State Capitol Rotunda and for the Governor's mansion for several years.

The Minnesota Farm Family recognition program is sponsored by the University of Minnesota Extension; the College of Food, Agriculture and Natural Resource Sciences; College of Veterinary Medicine and the Minnesota Agriculture Experiment Station along with Farmfest.

Minnesota County Farm Families are usually honored each August at Farmfest near Redwood Falls, Minnesota. This year, Farmfest has been canceled due to the COVID-19 pandemic. So, the 2020 farm families will be recognized at Farmfest in 2021. Local recognition will be announced later.



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PINE COUNTY EXTENSION UPCOMING EVENTS

4-H Summer Opportunities:

Minnesota 4-H Youth Development is offering a variety of FREE virtual programming this summer. Programs are related to 4-H project areas and include cooking, fine arts and crafts, natural resources, photography, performing arts, and shop. Sessions will be a combination of live Zoom meetings and hands-on projects. You can find a complete list of regional and statewide opportunities by visiting: z.umn.edu/4summercatalog. Check back often! Programs are being added throughout the summer.

University of Minnesota Extension Educational Opportunities

The University of Minnesota Extension has expanded its [online education](https://extension.umn.edu/online-education) and resources. Search upcoming courses and events by subject, location, and type by visiting: <https://extension.umn.edu/courses-and-events>.

Agriculture Workshops/Events:

Pine County Extension will be offering an 8-week educational series this fall/winter, "Managing Your Rural Property or Small Farm". This educational series will begin with goal-setting and individual property inventory, then address soil, plant, water and animal management basics plus much more. Make plans to attend an informational session on August 11 beginning at 6:30 p.m. For information and to register for the August 11 session, please contact Rod Greder at 320-591-1662 or email rgred0014@umn.edu.

July

13-24 4-H Virtual Showcase registration open
28 4-H Virtual Showcase static judging
30 4-H Virtual Showcase animal science judging

August

11 Ag informational session, 6:30 p.m., location TBD

September

7 Labor Day Holiday, Extension Office closed

Extension Committee Members:

District 1: Linda Defenbaugh
District 2: Donna Zastera
District 3: Mary Lange
District 4: Chad Dipman
District 5: David Durheim
Member at Large: Barbara Fischer
County Auditor-Treasurer: Kelly Schroeder
County Commissioner: Steve Chaffee
County Commissioner: Josh Mohr

To be included on our mailing list, contact the Pine County Extension Office at 800-657-3813 or mnext-pine@umn.edu.