



# PINE COMMUNITY CONNECTOR

 VOLUME 5, ISSUE 4  
 OCTOBER 2020

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

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

## Pine County 4-H welcomes Interim Extension Educator

Hello 4-H families!

My name is Hannah Halldorson and I will be the interim Extension Educator for Pine County 4-H, starting October 5. I currently live in Andover, MN with my husband and our many animals—three dogs, four horses, and five chickens. Earlier this year, I graduated from North Dakota State University with a degree in Management Communication & Extension Education. Since graduation, I've had the opportunity to work as the Interim Extension Educator for Stearns County 4-H and I'm very excited to make this transition to Pine County!



I found my love of 4-H back in 2001, when I started as a Cloverbud in Isanti County. I grew up heavily involved in the organization and loved every second of it. In 4-H, I got to try so many new things that I didn't think were possible. So, I want to give youth a similar experience—the opportunities to try new things, make new friends and have FUN! I cannot wait to meet the participants, families and volunteers and continue to Make the Best Better in Pine County 4-H!

## Two for You

Looking for positive psychology tips and tools to fuel your leadership? Check out the two-minute video-cast series called [Two for You](#). The video series is offered by University of Minnesota Extension Center for Community Vitality educators Lori Rothstein and Denise Stromme.

### Inside this issue:

4-H Youth Development	2
Yard & Garden	5
Health & Nutrition	7
Ag Community	9
Upcoming Events	11

### 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](mailto:mnext-pine@umn.edu)

Hannah Halldorson, Interim  
 4-H Extension Educator

Jimmie Johnson  
 SNAP-Ed Educator

Briana Michels  
 Tribal Community Facilitator

Terry Salmela  
 Master Gardener Coordinator

Rod Greder  
 Agriculture Educator

Roxanne Orvis  
 Administrative Assistant

Susanne Hinrichs  
 Regional Director  
 218-828-2286



## Youth Development

### University of Minnesota Summer Interns

The University of MN Extension hires summer interns to support local programs. This year Pine County 4-H hired Ellen Harth as the summer intern! Ellen assisted in many projects over the summer including enhancing Pine County 4-H's social media pages on [Facebook](#) and [Instagram](#). One of the most popular posts of the summer were the Senior Spotlights. Ellen was also a great help with Pine County 4-H's Summer Showcase; her organizational skills were invaluable. The capstone project Ellen co-designed and delivered was the 4-H Day Camp "Making Summer Colorful". 4-H intern positions provide young adults an opportunity to explore careers in the Extension field, develop professional skills and give back to local communities.



### Making Summer Colorful Day Camp

Approximately 20 youth from Pine County participated in "Making Summer Colorful" 4-H Day Camp! The youth explored primary and secondary colors by creating colorful tie-dyed t-shirts and making their own rainbows in a jar. Youth evaluations indicated that participants learned new information about mixing colors and enjoyed spending time with friends and 4-H staff. Thanks to Frank Moyer and Ellen Harth for their work in developing and delivering this experience for Pine County 4-H'ers.



### Pine County 4-H State Virtual Showcase Results

Pine County 4-H'er Donald A. participated in the Minnesota 4-H State Showcase. Donald is a member of the Rock Creek Rambler's 4-H Club and received a Purple Ribbon in the Tractor project area. Donald restored his grandfather's Farmall 460 diesel wide front tractor that his grandfather purchased new in 1960. The project was started in August 2019, shortly after Donald's grandfather passed away.

Click [HERE](#) to see all statewide showcase results.

Congratulations Donald! We're very proud to have you represent Pine County 4-H!



## Youth Development

### Pine County 4-H Virtual Showcase Results

Pine County 4-H hosted a Virtual Showcase to give youth a judging experience for static exhibits and livestock projects. The Pine County 4-H staff were overwhelmed with the amount of high quality projects that were received this year. There were 8 exhibitors and 23 entries into the Pine County 4-H Virtual Showcase. The static projects were judged on July 28, 2020 and the livestock projects were judged on August 3, 2020. Below you will find the results from the Pine County 4-H Virtual Showcase.

#### Static Project Results

##### Clothing and Textiles

Natalie A.—Grand Champion, Tote Bag

##### Crafts and Fine Arts

Natalie A.—Grand Champion, Unicorn Picture Frame

Natalie C.—Reserve Grand Champion, Pumpkin Painting

Grady H.—Blue Ribbon, Cereal Box Aquarium

Natalie A.—Blue Ribbon, Flower Bracelet

##### Exploring Animals

Grady H.—Grand Champion, Tigers

##### Forest Resources

Grady H.—Grand Champion, Leaf Identification Book

##### Home Environment

Natalie C.—Grand Champion, Barbie Doll Bedrooms

##### Science of Animals

Grady H.—Grand Champion, Dairy Promotional Poster

##### Tractor

Donald A.—Grand Champion, Restored Grandfather's Tractor



#### Livestock Project Results

##### Beef

Natalie C.—Blue Ribbon, Beef Prospect Heifer Calf

#### Cloverbud Static Project Results

Alex A.—Green Ribbons: Lego Truck, Sailboat, Flower Pot

Molly D.—Green Ribbons: Quilt, Playdough Rose

Adeline F.—Green Ribbons: Unicorn Doll, Playdough Bowl, Fairy Garden

Matilda F.—Green Ribbons: Mermaid Pouch, Mermaid Necklace, Mermaid Bracelet



#### Cloverbud Livestock Project Results

Molly D.—Green Ribbon: Rabbit

## Youth Development

### Explore Minnesota

4-H youth grades 6-13, do you want to travel to another country or see the world? You can do that from your home in Minnesota! Meet with diplomats, eat authentic foods and engage with the world. Join us to learn what leadership, culture, stereotypes and communication have to do with each other.

Mondays, October 19—December 14, from 6—7 p.m. The series is FREE but you need to [register by October 16](#).

 Explore Minnesota



### It's time to enroll and re-enroll in 4-H

It's a new 4-H year! Enrollment and re-enrollment for the 2020-2021 began October 1. After many years of faithful service, our 4HOnline enrollment software received a major update. Your existing 4HOnline enrollment data and history, including your login email and password, transitioned to 2.0. Use the [family guide](#) to help you re-enroll or find more [enrollment information online](#).



If you have any questions or need assistance, please contact the Extension office.

### 4-H Council meeting video recordings available online

Unable to attend a Pine County 4-H Council meeting? Now you can watch the [video recording online](#) by visiting the Extension website at <https://local.extension.umn.edu/local/pine>.

### Celebrate National 4-H Week October 4-10

Every year, National 4-H Week sees millions of youth, parents, volunteers and alumni come together to celebrate the many positive youth development opportunities offered by 4-H. The theme for this year's National 4-H Week, Opportunity4All, is a campaign that was created by National 4-H Council to rally support for 4-H Youth Development and identify solutions to eliminate the opportunity gap that affects 55 million kids across America. To find out more about how you can be a part of 4-H in Pine County contact Hannah Halldorson at 320-591-1654 or [hbuchege@umn.edu](mailto:hbuchege@umn.edu).



## Yard & Garden

### Patio is done!

Thanks to the help of former Master Gardener Bill Conway and six master gardeners we were able to build a 12 ft. x 24 ft. patio in recognition of Emeritus Master Gardener David Haugen. The memorial funds for it came from the Haugen family to the Pine County Master Gardeners and to the Buds and Blooms Garden Club. We were able to prepare the base on July 13 and finish laying the pavers a week later.



Thanks to these master gardeners who volunteered: Kevin & Nancy Stephenson, Kim Metz, Carol Evans, Barb Videen and Kathy Cedarleaf. Thank you to Chris St. George and her husband who redid the city's picnic table. We would like to add a picnic table and benches for the patio and raised beds to the garden. Let us know if you would like to donate them or funds for them. We plan to finish the project by planting a shade garden using some of Dave Haugen's named hostas around the patio. A PowerPoint of patio photos will be shown at our September meeting.

There is some clean up and maintenance needed. There is some left-over gravel that needs spreading onto the drive-in area, weeding, weed whipping and the compost bins that were damaged while moving need repairing. Contact Carol Evans or Karen Jansen if you can help. Please follow COVID-19 protocols covered in the following COVID-19 webinar by Annalissa Hultberg. Stay six or more ft. apart, wear a mask and gloves and wash your hands before and after working there.

### Fall turf grass problems? Grubs might be the culprit

If you are noticing ugly, dead patches in your lawn, you might have an active population of white grubs. White grubs can cause serious damage to turf grass. Their feeding injures plant roots, which causes the turf to wilt and die.

Symptoms of grub damage include:

- Patchy areas of wilting, discolored or stressed turf that does not respond to irrigation.
- Large irregular patches of dead turf that can be rolled back like a loose carpet.
- Raccoons, skunks and crows tearing up the lawn (looking for grubs to eat).



Read more about [white grubs on the Extension website](#) [Yard and Garden News](#).

## Yard & Garden

### Buckthorn Control by Kim Metz, University of Minnesota Extension Pine County Master Gardener

Buckthorn is a non-native, invasive shrub or small tree that is rapidly taking over our natural areas and crowding out native species. There are two kinds in Minnesota: Common Buckthorn (*Rhamnus cathartica*), which thrives in the woodland understory, and Glossy Buckthorn (*Rhamnus frangula*), which prefers wetlands.



Buckthorn was introduced into the U.S. from Europe in the mid-1800's. It has spread out of control and threatens the future of forests, wetlands, prairies and other natural habitats. Buckthorn is very adaptable, tolerating sunny, shady, wet and dry conditions. It out-competes native plants for nutrients, light, and moisture. It degrades wildlife habitat by forming an impenetrable thicket of vegetation. The female plants produce thousands of dark blue colored berries. They have multiple seeds and have a laxative effect on birds which contributes to its spread. Both types of buckthorn are now classified as Restricted Noxious Weeds in Minnesota. This means that importation, sale, or transportation is prohibited statewide by the Department of Agriculture.

Autumn is a great time of year to identify and eliminate buckthorn, as it holds its leaves longer than most other trees and shrubs. If you see a small tree/shrub/ understory layer that is mostly green in late October into early November, it is most likely buckthorn. The leaves of Common Buckthorn are oval, dark green, dull to glossy with finely toothed edges and 3-5 pairs of curved leaf veins, and an alternating leaf stem with a thorn on the tip of the branch. Trees are 10 - 25' tall, frequently multi-stemmed. Glossy Buckthorn is less common; the leaves are oval, smooth, dark green, glossy, with toothless edges and 8-9 pairs of leaf veins. Trees are 10 - 18' tall, upright and oval form.

A heavily infested area can seem hopeless, so it's best to assess your site, make a plan and prioritize your efforts. Eliminating female trees covered with berries will stop the reproduction cycle. If you have areas with relatively few buckthorn trees, start your management there and keep those areas nice. Then work towards the areas that are more heavily infested. Continue to follow-up in the areas where you have previously removed buckthorn.

Remove small buckthorn plants by pulling or digging them. They do not have strong roots and autumn rains often soften the ground and make this task easier. For larger buckthorn, use a pruning saw to cut trunks off at the base. Roots will not re-sprout, but a stump will re-sprout vigorously. To prevent re-sprouting, apply a concentrated herbicide such as 25% glyphosate (sold as Round-up - check that it's 25%) or triclopyr (Brush-B-Gon) to the cut surface of the stump within 2 hours of cutting. Be sure to follow all label directions when applying herbicides. If you don't want to use herbicides, you can dig the stump out or cover it with a tin can or black plastic, and leave it in place 1-2 years.

Education is key to controlling and eliminating buckthorn. Many people are not aware that buckthorn is a problem, so tell your friends and neighbors.

The DNR has put together a very informative brochure on Buckthorn. The Extension office in the Pine County Courthouse has some brochures available; contact the office to get a copy.

---

## Health & Nutrition

---

# Challenges and opportunities created by the COVID-19 epidemic

*The following article is a reprint from the Journal Of Education and Behavior, July 2020 by Jennifer L Wilkins*

The COVID-19 pandemic is an unprecedented challenge with immediate impacts on public and economic health. It has radically changed relationships across the globe. Our personal relationships have been radically altered as we have learned to socially distance ourselves, wear face masks when walking or shopping, smile more with our eyes, and nod or wave our greetings. We are holding Zoom meetings and classes and forming exclusive social “pods” of quarantine buddies and sharing meals virtually.

Our relationship with food is changing too. In a matter of months, COVID-19 has brought about a change in behavior many nutrition educators view as critical to public health and sustainability: cooking. I dearly hope that the current surge in home cooking spells a long-term reversal in the overall decline home cooking that stretches back to 1965.

A recent Hunter survey suggests that it may. More than half of the respondents said they were cooking more than before the pandemic. Of particular interest to nutrition educators, three-quarters of respondents claimed they had become more confident in the kitchen, and 51% said they will continue to cook more after the crisis ends. As people around the world have adjusted to COVID-19-driven stay-at-home guidelines, family meals—not just dinner—have become part of the new normal. For some, the shift to family meals may be one of the few good things to come out of the pandemic.

Not all changes are positive, however. Sales of processed and “comfort” foods such as potato chips, cookies, popcorn, pretzels, candy have taken off since early March. Scoffing at nutrition standards in the midst of a pandemic is understandable. As nutrition writer Bettina Elias Siegel points out, stress often increases desire of highly palatable, yet unhealthy, food. While crushing stresses of “job insecurity, cramped living spaces, poorer sleep, a dearth of childcare, and lack of assured access to medical care” are new for many Americans, for low-income families they were a way of life well before COVID-19. The opportunity for nutrition education is to advocate for nutrition quality and access to healthy food for all, in the best and worst of times. Now is the time ensure our food safety net is adequate for the purchase of healthy food to cook.

The pandemic is changing our relationship with food well beyond the kitchen. Driven perhaps by increased uncertainty about the food supply, increased reliance on the emergency food system or simply by a need to control something basic to survival, home gardening is on rise at rates not seen since the Great Recession of 2008. Whether on a patch of lawn converted to vegetable beds, in containers on apartment deck, or in window boxes, more of us are growing some of our food. At the time of this writing, local suppliers are reporting seed shortages and consumers are starting their “pandemic gardens.” The timing could not be better to integrate garden-based learning with nutrition education programming. Further, SNAP-Ed practitioners can remind recipients their benefit can be used for vegetable seeds.

Reports of breakdowns in conventional food supply chains and COVID-19 hotspots among frontline food workers particularly in large industrial meat packing plants have exposed food system vulnerabilities, inequities, and ethical breaches. The crisis that unfolded in big meat's supply chain shines light on yet another opportunity for nutrition educators to work at policy, systems and environmental change levels to create change.

As the food system policy director at the Johns Hopkins Center for a Livable Future, Bob Martin, suggests, “This virus is a warning shot, and it provides us with an opportunity to change our food system in ways that are less susceptible to disruption.” As nutrition educators, academics, researchers and advocates we can help bring this change by helping less concentrated, more diverse, locally controlled and resilient food systems emerge and thrive.

## Health & Nutrition

### Check out the Real Life—Good Food website

<https://reallifegoodfood.umn.edu/>

*Real Life, Good Food* is part of the Supplemental Nutrition Assistance Program Education (SNAP-Ed) at the University of Minnesota Extension. SNAP-Ed is the educational component of the United States Department of Agriculture's Supplemental Nutrition Assistance Program (SNAP), a program that offers nutrition assistance to eligible, low-income individuals and families.

SNAP-Ed is an evidence-based program that helps people lead healthier lives. SNAP-Ed teaches low-income families or individuals — particularly those using or eligible for SNAP — about good nutrition and how to make their food dollars stretch further. SNAP-Ed participants also learn to be physically active. This website was created using content from *Cooking is a SNAP*, a practice-tested curriculum developed by Betsy Johnson and University of Minnesota Extension.

#### Recipe: Ramen Noodle Skillet



##### **Ingredients**

2tsp vegetable oil  
 1 cup chopped onion  
 1 chopped carrot  
 2 cups frozen broccoli stir fry mixture  
 2 cups cooked meat or poultry  
 3-ounce package instant ramen noodles-broken into pieces  
 1 cup water

##### **Directions**

Heat oil in large skillet. Add onions and carrots and sauté until soft.  
 Add the broccoli and meat to the skillet and stir.  
 Add the noodle seasonings and water to the skillet and stir.  
 Add broken noodles to the skillet when the water simmers. Stir to moisten the noodles. Cover the skillet and cook until done.

Serve immediately

Serves 4 - Amount per serving

Calories - 279

Total fat - 3g

Cholesterol- 60mg

Sodium-469mg

Carbohydrates-23g

Fiber-4g

Total sugar- 4g

Protein-28g

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

### Small Farm Education Series

If you dream of moving to the country, have a plan to produce food for your community, or want to take better care of natural resources on your property then we have a series of courses designed with you in mind. The Small Farm Education 8-week series starts on Oct 21. The content will all be online. We will also visit some local farms and hear their inspiring stories of how they made their dreams come true and learn firsthand the information they needed to be successful. A panel of farmers is also scheduled so you can ask questions directly of the people doing it on a daily basis



We will cover planning, goal-setting and understanding what is possible with your property and what you can legally do with it. We have 12+ expert speakers scheduled to join us via Zoom or in-person to discuss crop production, economics, livestock husbandry, vegetable and fruit growing, and natural resource conservation. We will also discuss soils, water and climate and how they impact farm success. Marketing will also be a focus on the class. We will also be flexible to cover the needs of individuals in the class

#### How to Register:

1. Registration fee is \$159 (for two people from one farm) for the 8-week educational series. **Late fee:** *An additional \$20 will be charged for registrations received after October 10.*
2. **Pre-registration is required**, register [HERE](#) by October 10 (**Please register early as class size is limited**).

For more information, contact Rod Greder, Ag Educator, at 320-591-1662 or [gred0014@umn.edu](mailto:gred0014@umn.edu).

### Extension releases operations contingency plans for livestock producers

The contingency forms are meant to provide livestock owners a starting point to outline essential livestock care if they and/or their managers become sick with COVID-19 or another emergency occurs. In these situations, care would likely need to be administered by a non-household member. The contingency plan is meant to cover short-term, essential care only and is not meant to serve as a comprehensive care plan. The intended use of these forms is for emergency planning purposes. For more



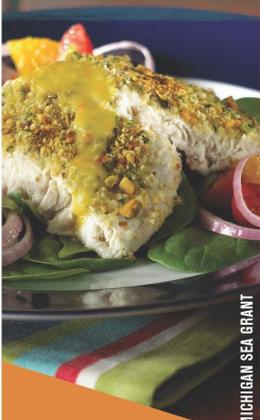
resources from the livestock team, visit [extension.umn.edu/animals-and-livestock](https://extension.umn.edu/animals-and-livestock). For more from the UMN Extension Farm Safety and Health Team, follow [@UMNFarmSafety](https://twitter.com/UMNFarmSafety) on [Twitter](#).

## Ag Community

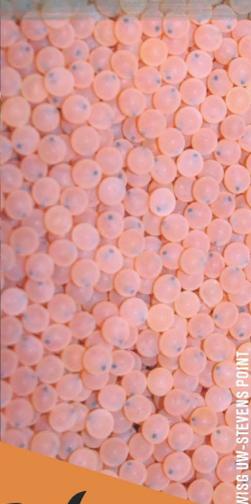


# GREAT LAKES AQUACULTURE DAY 2020 OCTOBER 10, 2020

9:30 a.m. – 5:30 p.m. EST



MICHIGAN SEA GRANT



WISG UW-STEVENS POINT



MICHIGAN SEA GRANT



WISG UW-STEVENS POINT



MICHIGAN SEA GRANT



## ONLINE CONFERENCE

with sessions for:

- New aquaculture farmers
- Current aquaculture farmers
- Educators and students
- Anyone interested in aquaculture!

Registration and agenda at the  
Great Lakes Aquaculture Collaborative (GLAC) website:  
[greatlakesseagrant.com/aquaculture](http://greatlakesseagrant.com/aquaculture)



WISG UW-STEVENS POINT

## Learning Opportunities

### Family News

Family News provides information and featured events that help families make informed decisions leading to better health and well-being. There are numerous free webinars this fall:

- October 6 from 11 a.m.-noon and 7-8 p.m., [Planning for work-place benefit decisions](#)
- October 8 from 6:30-7:30 p.m., [4-H fun around the table](#)
- October 13 from 11 a.m.-noon and 7-8 p.m., [Health insurance basics](#)
- October 15 from 3-4 p.m., [Who is on your financial team?](#)
- October 20 from 11 a.m.-noon, [Put savings to work](#)
- October 21 from 2-3 p.m., [College parents speak out about COVID-19](#)
- October 22 from 10 a.m.-1 p.m., [Financial exploitation of older adults](#)



### Extension online learning opportunities

Extension is expanding its [online learning opportunities](#) and resources to adapt to COVID-19 restrictions. Find out more by visiting the Extension website.

### Fall leadership refresher series

It's autumn, and we could all use some refreshing! How about your leadership skills? If they could use some rejuvenation, join us online October 19-23 from 8:45-9:15 a.m. for our free Fall Leadership Refresher series.

Each morning, we'll host a 30-minute session highlighting a leadership topic that will refuel your leadership expertise. These topics include:

- Building trust every day
- Cynefin Framework: A tool for complex decision-making
- Moving from judgment to curiosity
- Six Thinking Hats: A group critical thinking tool
- Optimism: Is your glass half full?



Registration is FREE and required. After registering, you will receive a confirmation email containing information about joining the meeting. Click [HERE](#) to register for the series.



# UNIVERSITY OF MINNESOTA EXTENSION

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

Phone: 800-657-3813 or 320-591-1650  
Fax: 320-591-1655  
Email: [mnext-pine@umn.edu](mailto:mnext-pine@umn.edu)

© 2020 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

### 4-H Learning Opportunities:

Minnesota 4-H Youth Development is offering a variety of FREE virtual programming this fall and winter. Programs are related to 4-H project areas and include cooking, fine arts and crafts, natural resources, photography, horticulture and more! Sessions will be a combination of live Zoom meetings and hands-on projects. Visit the [Extension website](#) for more information. Check back often! Programs are being added throughout the year.

### University of Minnesota Extension Educational Opportunities

The University of Minnesota Extension has expanded its [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 "Small Farm Education" an 8-week workshop series beginning October 21 on Wednesday evenings beginning at 6:30 p.m. Please contact Rod Greder at 320-591-1662 or email [rgred0014@umn.edu](mailto:rgred0014@umn.edu) to register or for more information.

### October

- 1 4-H Re-enrollment begins in 4HOnline 2.0
- 21-28 Small Farm Education Workshop series, online
- 30 4-H Club Charter paperwork due at Extension office

### November

- 4-25 Small Farm Education Workshop series, online
- 26-27 Thanksgiving Holiday, Extension Office closed

### December

- 9-16 Small Farm Education Workshop series, online
- 24-25 Christmas Holiday, Extension Office closed

### January

- 1 New Year's 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](mailto:mnext-pine@umn.edu).