

news

MSC 19 A27 p
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

MEDIA NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page number</u>
U of M researchers search for key to stronger eggs	M- 2
'Empty nest' years aren't so empty after all.....	M- 5
Cryopreservation research will facilitate animal improvement.....	M- 7
Auto maker is new supporter of 4-H wildlife, fisheries program...	M-10
Employment at home can be flexible, profitable--but be careful...	M-12

Specialists, researchers: If you would like copies of any of the above releases, check the ones you'd like and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

M-1

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

Source: Craig Coon
612/373-0893
Writer: Sam Brungardt
612/376-8182

U of M RESEARCHERS SEARCH FOR KEY TO STRONGER EGGS

Egg producers will be marketing a product that's less likely to break if two University of Minnesota poultry scientists have their way.

Why worry about broken eggs? Conservative estimates place the worth of eggs lost to breakage annually in the United States at \$200-\$300 million...not exactly chicken feed.

The scientists, Craig Coon and Melvin Hamre, want to improve egg shell quality by finding ways to control the size of eggs that hens lay. Says Coon, "We want to find out how producers can manage feed intake and composition to get the optimum egg size for the different temperatures under which they must operate."

Coon and Hamre must deal with several facts of chicken life in their research, which is supported by the Agricultural Experiment Station at the university:

"The thing that makes egg shells strong is calcium, in the form of calcium carbonate," Coon explains. "A hen can deposit

Page 1 of 3

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating M-2

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only so much calcium on an egg. If she produces a very large egg, the calcium is spread over a larger surface, and the shell is thinner and weaker. Also, the hen's ability to deposit calcium on the shell diminishes with age."

Theoretically, hens that consume less nutrients will produce smaller eggs, says Coon. Cool temperatures stimulate the appetite. Hens that eat more than they need to maintain body temperature and produce eggs may get fat or produce excessively large eggs (with weak shells) if they consume too much energy and protein. High temperatures depress appetite. This should result in smaller eggs (with stronger shells), but another truth comes into play: hens that are panting from the heat have carbonate-poor blood and as a result are unable to produce strong-shelled eggs.

"The other factor is what's in the diet," Coon says. "If we reduce protein and energy by 10 percent, we still get the maximum number of eggs, they're just smaller. What we're trying to do is get the highest percentage of eggs that weigh 24 ounces per dozen, the minimum weight at which they will grade large. Optimum case weight is 47.5 pounds. At that weight, a 30-dozen case has the highest percentage of large eggs and the lowest percentage of small and medium eggs, which are worth less because of their size, and extra large and jumbo eggs, which have weaker shells and are more likely to be broken."

He continues, "In any environment, you have to know first the effect temperature is having on the feed intake of a given strain and age of layers, and then you have to know how much you need to reduce protein and energy in the diet to control egg size. That's what we're attempting to find out."

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mp,4p

nagr0441

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

Source: Pauline Boss
612/376-2455

Writer: Deedee Nagy
612/373-1781

'EMPTY NEST' YEARS AREN'T SO EMPTY AFTER ALL

Most Minnesota couples in their middle years, ages 35 to 65, are coping well despite being sandwiched between the needs of adolescent children leaving home and the worries about aging and frail parents. Pauline Boss and Geraldine Gage, family social scientists who conduct research for the University of Minnesota's Agricultural Experiment Station, surveyed more than 200 families in Hennepin, Kittson and Chippewa counties and found that most report satisfaction with their lives and their relationships.

Once thought to be only a woman's concern, the so-called empty nest syndrome appeared to affect both marriage partners but with different symptoms, according to Boss. Fathers in the study reported spending more time thinking and worrying about the departed child. They also admitted to more instances of stress-related health concerns such as trouble sleeping, depression and alcohol use.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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M-5

Mothers said they spent more time talking about the child. The researchers speculate that this may serve as a positive outlet for coping with the child's absence. "Another possibility is that after years of active involvement with their children's daily lives, mothers may feel more relief when their offspring are on their own," Boss speculates. In general, however, most spouses said they felt good about getting their children to a point where they could live independently.

Other interesting findings from the study of mid-life couples included:

--More than half of both men and women rated themselves as healthy although only one-third exercise regularly.

--Television viewing was the diversion most often used to cope with stress.

--About half of the respondents reported high satisfaction with their lives and even more said they were satisfied with their family life and their relationships with their spouse and children.

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mp,tco,4he

nhec0461

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

Source: Edmund F. Graham
612/376-5671

Writer: Sam Brungardt
612/376-8182

CRYOPRESERVATION RESEARCH WILL FACILITATE ANIMAL IMPROVEMENT

Research conducted by Edmund Graham, a University of Minnesota scientist whose specialty is cryopreservation, will play a major role in facilitating other animal scientists' "high-technology" research at the university.

Cryopreservation (preserving organisms or parts of organisms by freezing) is nothing new to the livestock industry, which uses frozen sperm and embryos from cattle and other species in artificial insemination.

However, Graham says, cryopreservation has many new applications in the work of other scientists who conduct research for the university's Agricultural Experiment Station. This includes research to find ways to culture ovaries in the laboratory (in vitro) so many mature ova (eggs) can be retrieved from them; ways to accomplish in-vitro fertilization of ova; and ways to incorporate genetic material from one animal into the sperm or egg cells of another (a process known as molecular

Page 1 of 3

biology or genetic engineering) and develop individuals that have a combination of characteristics unknown in nature.

"Scientists involved in these types of research have a need, sometime during their research, to preserve material for a while," Graham says. "We are trying to find ways to preserve material by freezing with minimal damage."

An example of the research Graham is doing to more effectively preserve genetic materials is using perforated aluminum blocks, which act as "heat sinks", to decrease heat diffusion during the freezing process. He explains that when the temperature of a cell is brought below the freezing point, there is a sudden rise in temperature as ice forms within the cell. It is this and the formation of ice that causes most freezing damage. By using the aluminum blocks and by applying additional cold, Graham is trying to minimize freezing damage.

He and his assistants are also working on embryonic diapause, trying to find a way to store fertilized ova at near zero degrees Centigrade without freezing them. This temporarily delays development of the eggs, until they are "recalled" later when they are needed.

However, not all of Graham's research is limited to applications in the laboratory. He is testing a process he developed, Sephadex filtration, which allows live, healthy sperm to be separated from dead and abnormal sperm. He says, "This process allows us to improve the quality of any semen sample.

We're evaluating it by testing it on samples submitted to us by
bull studs from throughout the country. It will allow the studs
to improve substantially the samples they are freezing and
selling."

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mp,4L,4D

nagr0467

April 1, 1985

Source: Margo H. Tyler
301/656-9000
Writer: Hank Drews
612/373-1250

AUTO MAKER IS NEW SUPPORTER OF 4-H WILDLIFE, FISHERIES PROGRAM

American Motors Corporation has joined the National Wildlife Federation in sponsoring the national 4-H wildlife and fisheries awards program for 1985 and 1986.

American Motors' support involves medals of honor for county winners, a certificate and pin to each state winner, 30 trips to the 64th National 4-H Congress next December in Chicago for sectional winners and \$1,000 scholarships to six national winners. In addition, the auto maker will provide three vehicles for use at the National 4-H Center in Chevy Chase, Md.

Last year, 196,979 4-H members, ages 9 to 19, participated in this program. They were involved in a variety of activities, ranging from establishing area food centers or a refuge center for injured and abandoned wildlife to coordinating hunter safety awareness programs, studying wilderness survival techniques and exploring marine science and aquaculture.

Page 1 of 2

4-H, with nearly 4.5 million members, is the youth program of the Land Grant universities' extension services, including the University of Minnesota's Agricultural Extension Service, and the U.S. Department of Agriculture.

For more information on Minnesota's 4-H wildlife and fisheries program, contact your county extension office.

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n4-h0496

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

Source: Dottie Goss
612/373-0914
Writer: Deedee Nagy
612/373-1781

EMPLOYMENT AT HOME CAN BE FLEXIBLE, PROFITABLE--BUT BE CAREFUL

The idea of working at home for pay appeals to people for many reasons, but proceed cautiously because it's seldom as easy or as trouble-free as one might imagine.

That's the advice of Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. She cautions that it takes self-discipline to stick to a task when you're on your own. In addition, the irregular and often low pay associated with at-home work may not be sufficient to support a family or to justify the initial investment in setting up a home office and business.

If you do decide to begin an at-home business venture, Goss suggests that you first assess your skills, knowledge and experience. Pay particular attention to your attitudes about money, she suggests. Ask yourself how regularly you need to get paid, how much you need and how this compares to the true cost of working outside the home, including transportation, parking, meals and day care.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating M-12

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, religion, color, sex, national origin, handicap, age or veteran status.

Be wary of "get rich quick" schemes for at-home work. Before you invest in samples or supplies, check out the company or business scheme with the Better Business Bureau, the state attorney general's office and the Post Office. "Few kitchen table operations produce millionaires, so be realistic about your expectations," Goss adds.

If you will be setting up your own business at home rather than joining an existing operation, research the need for the product or services you plan to provide. Spend some time in the library, or contact the Small Business Administration, Chamber of Commerce or trade association.

How will you promote your business? Is credit available? Is your home accessible to customers or clients? Check zoning laws, licensing and state and local regulations. Are you familiar with the records and tax provisions you will need? Have you checked into your needs for health, property and liability insurance?

In short, Goss urges anyone tempted by at-home work to proceed carefully. Whether you will be working at home for someone else or setting up your own business, don't underestimate or overestimate your capabilities. Use all the resources available to you to decide whether this is a wise investment of your time, talents and money. Above all, be realistic and seek the advice of others doing similar work or those experienced in helping small businesses in their early stages of development.

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nhec0529

news

for County Agents

MSC 19 A 27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

COUNTY NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page number</u>
Machinery operator is key to curtailing accidents.....	C- 4
Birth control is a good idea for most pet cats, dogs.....	C- 6
Save time, avoid accidents by keeping farm shop clean.....	C- 9
Look carefully before starting business at home.....	C-11

The color coding is blue for stories that are most likely to be used by Agriculture agents, green for Home Economics agents, yellow for 4-H agents, and gold for Community and Natural Resource Development agents. Stories and PSAs that should be especially useful for Project Support are on special Project Support letterhead.

We do not mail the monthly media packet to weekly newspapers, so you are urged to give the stories in that packet to the weekly newspapers in your county or to use the information in your newspaper columns or radio shows.

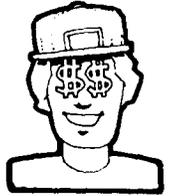
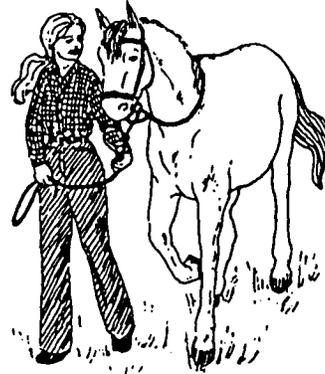
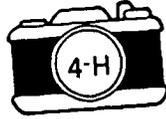
Also enclosed are public service announcements that you can give to local stations or use as fillers in your columns and newsletters.

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating C-1

Agents and specialists: We sent out the following releases in weekly mailings from February 15 to March 14. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

Watch for abnormal presentations during calving
Buy chicks whose breeding is in line with your needs
Things to consider in deciding when to get your chicks
Plant oats as early as possible for best yield, quality
Early hybrids won't save money on drying costs
EPA says rootworm insecticide users will need certification
Reducing corn plant populations doesn't increase net returns
Spring bin checks are a must
Soil insecticide use not recommended for corn following soybeans
Shopping for seed can save producers money
Using own soybean seed may be good way to cut costs
Beware Herbalife diet plan: In long term it could make you sick
Insects can pop up in winter
Insects can be a problem in foods in winter
Call Teletip for free information on personal wellness
Social Security keeps some small towns alive
When the income stops, housing decisions are vital
Early seeding can increase barley, wheat yields
Tested bulls are profitable
Researchers look at effect of farm failures on main street
Pork Industry Handbook available
U of M Extension develops computer program for corn borer control
Know deadliness of carbon monoxide
Poison Prevention Week briefs
Safety commission warns owners of oil-wood furnaces
Compare costs of energy for irrigation
Certified seed is inexpensive insurance for bean growers
Pick your exercise wisely
Lambing season is at hand
Minnesota sheep producers have something to crow about
Walnut, timber, wildlife seminars will be held at Lanesboro
Black walnut seminar to be held April 12 at Lanesboro
Marketing timber is topic April 19 at Lanesboro
Woods and wildlife seminar set May 3 at Lanesboro
Rural Red Wing youth will go to National 4-H Conference
Barnum teen named delegate to National 4-H Conference
Mora 4-H'er named delegate to Washington conference
Lamberton woman to attend 4-H conference in Washington
Bejou woman will attend Washington 4-H conference
Milaca youth named delegate to Washington 4-H conference
Worthington youth named delegate to Washington conference
Teletip offers free information on childrearing
Extension home economics research teams to speak at Detroit Lakes
U of M home ec research-extension teams to speak at Redwood Falls
Computerized program helps swine producers improve efficiency
Community resources can help you deal with financial hardships
Registration of bicycles is recommended
Scientists study effect of tillage on fuel consumption
Researchers use high technology in ruminant digestion studies
Biotechnology research examines corn endosperm development
Winter weather has little effect on next year's insect numbers
Timber losses may be deducted
Woodland operating expenses are deductible
Expenses incurred in operating woodlands are deductible
Cost basis needed to claim capital expenditure deductions
Reduce taxable income from timber sales by recovering cost basis

clipart



Potential Disaster

April 1985



news

for County Agents

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

Source: John True
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

MACHINERY OPERATOR IS KEY TO CURTAILING ACCIDENTS

Being alert when operating farm machinery is still the best safeguard against accidents, despite increased safety provisions in today's world.

"The informed operator knows the capabilities and limitations of the machine and can avoid or avert those situations that could cause accidents," says John True, agricultural engineer with the University of Minnesota's Agricultural Extension Service.

He emphasizes the need for avoiding fatigue when operating machinery and keeping children and visitors off moving equipment. "There is no safe way for more than one person to be on a tractor," True says. Roll bars and safety belts will help prevent serious injury from tractor overturns--a leading cause of farm accidents.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating C-4

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Hearing tests given farmers have shown that there can be irreparable hearing losses from tractor noise. Wearing ear plugs or ear muffs can reduce the noise level for the tractor operator wearing them, but still permit hearing normal conversations and recognizable sounds of the machinery.

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nagr0522

news

for County Agents

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

Source: Thomas Burke
217/333-5300
Editor: Sam Brungardt
612/376-8182

BIRTH CONTROL IS A GOOD IDEA FOR MOST PET CATS, DOGS

Unwanted kittens and puppies are not the only result of cat and dog sexual behavior that can frustrate pet owners. Male pets often roam and fight. Female pets may spot blood, become noisy and undergo objectionable personality changes.

Spaying and neutering are the safest and surest methods of birth control for pets. They have health benefits for the animals as well; neutered animals live longer and healthier lives and they don't become fat unless their owners overfeed them.

Spaying, or the surgical removal of a female pet's ovaries and uterus, can greatly reduce the incidence of breast cancer. It also eliminates uterine infections, which can be life threatening. Females should be spayed before their first heat cycle for maximum health benefit. In males, neutering virtually eliminates prostate problems and reduces fight-related injuries.

Page 1 of 3

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating C-6

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However, spaying and neutering are not always desirable methods of birth control; show animals and breeding stock cannot be neutered.

Owners who want to breed their bitches in the future can temporarily suppress the heat cycle with one of two drugs on the market. There are no safe birth control drugs for male dogs.

For short-term control, megestrol acetate is available, in pill form, that will stop the heat cycle once proestrus has begun or will keep a bitch from coming into heat. This drug has no effect on future fertility, it must not be given to pregnant bitches, its use is licensed for only two heat cycles in a row, and it's impossible to predict when a bitch will recycle after the drug has been given. Although it's used on cats in Europe, it isn't approved for cats in this country.

Mibolerone is a liquid drug for long-term birth control for dogs. This drug is designed to keep a bitch out of heat for up to two years. It must be given daily, beginning at least 30 days before a heat cycle, because it won't suppress a cycle that's already begun. Caution is needed because this drug will severely affect unborn pups. It is dangerous to use this drug on cats.

Female pets sometimes manage to breed despite their owners' attempts to prevent this. If an accidental mating occurs, the female can be given a hormone shot which will prevent pregnancy if it's given within two to three days of the mating. However,

there are some health risks associated with the shot, including possible bone marrow problems and uterine infections.

Short of surgery, there's no reliable way to terminate an established pregnancy.

Allowing a dog or cat to be bred to provide a biology lesson for children is selfish and hardly recommended, considering the great number of unwanted dogs and cats that already exist.

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nagr0470

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

for County Agents

April 1, 1985

Source: John True
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

SAVE TIME, AVOID ACCIDENTS BY KEEPING FARM SHOP CLEAN

A clean shop on the farm can save you time and avoid accidents.

The floor space, as well as the work space, needs to be free of clutter, says John True, agricultural engineer with the University of Minnesota's Agricultural Extension Service.

"Buildup of dust and grease can lead to falls and can be fire hazards, too," he says. Tools and equipment out of place can be damaged and even lost.

As well as having the right tool for a job and a proper place to keep it, it is essential to be aware of the safety equipment that should be used in the farm shop. True says such safety equipment would be guards on shop machinery and personal protective gear, such as goggles, face shields, bump caps and steel-toed shoes. "Use reliable hoisting equipment and jack stands; don't rely on hydraulic jacks or farm equipment hydraulic systems to hold machinery up while you are working under it," he cautions.

Page 1 of 2

C-9

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

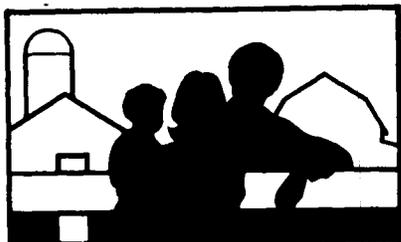
The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

It's a good idea to make a set of rules for anyone using the shop to follow. Write them down, then post them in a prominent place for everyone to see.

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CP

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Project Support

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 1, 1985

Source: Dottie Goss
612/373-0914
Writer: Deedee Nagy
612/373-1781

LOOK CAREFULLY BEFORE STARTING BUSINESS AT HOME

The idea of working at home for pay appeals to people for many reasons, but proceed cautiously because it's seldom as easy or as trouble-free as one might imagine. That's the advice of Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

It takes self-discipline to stick to a task when you're on your own. In addition, the irregular and often low pay associated with at-home work may not be sufficient to support a family or to justify the initial investment in setting up a home office and business.

If you decide to begin an at-home business venture, first assess your skills, knowledge and experience. Pay particular attention to your attitudes about money. Ask yourself how regularly you need to get paid, how much you need and how this compares to the true cost of working outside the home, including transportation, parking, meals and day care.

Page 1 of 2

Be wary of "get rich quick" schemes for at-home work. Before you invest in samples or supplies, check out the company or business scheme with the Better Business Bureau, the state attorney general's office and the Post Office. Few kitchen table operations produce millionaires, so be realistic about your expectations.

If you will be setting up your own business at home rather than joining an existing operation, research the need for the product or services you plan to provide. Spend some time in the library, or contact the Small Business Administration, Chamber of Commerce or trade association.

How will you promote your business? Is credit available? Is your home accessible to customers or clients? Check zoning laws, licensing and state and local regulations. Are you familiar with the records and tax provisions you will need? Have you checked into your needs for health, property and liability insurance?

In short, anyone tempted by at-home work to proceed carefully. Whether you will be working at home for someone else or setting up your own business, don't underestimate or overestimate your capabilities. Use all the resources available to you to decide whether this is a wise investment of your time, talents and money. Above all, be realistic and seek the advice of others doing similar work or those experienced in helping small businesses in their early stages of development.

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nhec0530

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release



Project Support

EASE HECTIC DAYS WITH SHORT CHANGES OF PACE

Announcer: TAKE A MINI-VACATION DURING SPRING FIELD WORK BY
ENJOYING YOUR MEALS AT HOME. THIS BREAK WILL HELP
YOUR BODY AND MIND RENEW ITSELF. LEAVING YOUR WORK
IN THE FIELD, SITTING AT THE TABLE TO EAT A RELAXED
MEAL AND RESTING FOR TEN MINUTES BEFORE RETURNING TO
WORK GIVES YOU THAT NEEDED BREAK. SUCH SIMPLE
CHANGES OF PACE RELAX BOTH THE MIND AND BODY. THIS
MESSAGE FOR YOUR HEALTH IS BROUGHT TO YOU BY THE
_____ COUNTY OFFICE OF THE UNIVERSITY OF
MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

CP

NPSA0426

Any questions?
Call Deedee Nagy (612/373-1781)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

KEEP A COOL HEAD IF FACED WITH A FARM ACCIDENT

Announcer: DURING SPRING FIELD WORK, EXTRA LONG WORK DAYS ARE
PART OF YOUR JOB. THIS IS ALSO THE TIME WHEN THE
FARM ACCIDENT RATE INCREASES. AS A FAMILY MEMBER,
YOU MAY BE THE FIRST ON THE SCENE OF AN ACCIDENT.
DON'T PANIC. SHUT OFF THE EQUIPMENT. REMEMBER YOUR
A, B, C'S: CHECK THE VICTIM'S AIRWAYS, BREATHING,
AND CIRCULATION. KEEP THE VICTIM WARM AND THEN CALL
THE HOSPITAL EMERGENCY ROOM. THIS SAFETY MESSAGE IS
BROUGHT TO YOU BY THE _____ COUNTY
OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL
EXTENSION SERVICE.

#

cp

npsa0429

Any questions?
Call Deedee Nagy (612/373-1781)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release



Project Support

SOMETIMES, BLAMING DOESN'T ACCOMPLISH MUCH

Announcer: BLAMING YOURSELF OR OTHERS IS NOT A CONSTRUCTIVE WAY TO DEAL WITH A PROBLEM. A PROBLEM MAY BE MORE STRESSFUL IF YOU THINK IT'S YOUR FAULT. WE'RE ALL HUMAN AND MAKE MISTAKES. FORGIVE YOURSELF AND MOVE ON. GET THE HELP YOU NEED SO YOU DON'T MAKE THE SAME MISTAKE TWICE. IF YOU ARE NOT THE CAUSE OF A PROBLEM, DECIDE WHAT YOU CAN DO ABOUT THE SITUATION AND WHAT YOU CANNOT. FACE FACTS. THIS MESSAGE IS A SERVICE OF THE _____ COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

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CP

npsa0454

Any questions?
Call Sam Brungardt (612/376-8182)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release



Project Support

DON'T LET FARMING'S STRESS TAKE A HEAVY TOLL

Announcer: STRESS AND FARMING SEEM TO GO TOGETHER. IN THESE
TIMES OF HIGH COSTS AND LOW PRICES, STRESS CAN TAKE
ITS TOLL ON EVERYONE IN THE FARM FAMILY. THAT CAN
MEAN HEALTH PROBLEMS, FAMILY FRICTION AND LOWER JOB
PERFORMANCE. FOR HELPFUL TECHNIQUES IN MANAGING
STRESS, CONTACT THE _____ COUNTY
EXTENSION OFFICE. THIS MESSAGE IS BROUGHT TO YOU BY
THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION
SERVICE.

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npsa0500

Any questions?
Call Deedee Nagy (612/373-1781)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LEARN TO DO A HOME SAFETY CHECK IN 4-H

Announcer: WANT TO DO SOMETHING SPECIAL FOR YOUR FAMILY? DO A
HOME SAFETY CHECK. IN 4-H, YOU CAN LEARN ALL ABOUT
HOW TO MAKE YOUR HOME SAFER--AS WELL AS HOW TO MAKE
THE THINGS YOU DO AND USE SAFER. SAFETY IS
SOMETHING YOU'LL PRACTICE ALL THROUGH YOUR
LIFE...AND 4-H CAN TEACH YOU HOW. YOU'LL HAVE FUN
WHILE YOU'RE LEARNING, TOO--MAKING NEW FRIENDS,
VISITING NEW PLACES, AND DEVELOPING A SENSE OF SELF
CONFIDENCE IN EVERYTHING YOU DO. SO CALL YOUR
COUNTY EXTENSION OFFICE TODAY...AND JOIN THE FUN, IN
4-H.

#

cp

npsa0532

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

SHARE YOUR KNOWLEDGE OF HORSES WITH YOUTH

Announcer: ALMOST EVERY YOUNG PERSON WANTS A HORSE SOONER OR
LATER. REMEMBER WHEN YOU WERE A YOUNGSTER? WELL,
NOW'S YOUR CHANCE TO HELP YOUNG PEOPLE LEARN ALL
ABOUT THE FASCINATING WORLD OF HORSES--AS A
VOLUNTEER 4-H LEADER. YOU'LL HELP YOUNG PEOPLE
LEARN RESPONSIBILITY, PUNCTUALITY, AND A SENSE OF
SELF CONFIDENCE. IT'S A SATISFACTION YOU WON'T FIND
IN ANYTHING ELSE YOU DO. SO, HELP A YOUNGSTER'S
DREAM COME TRUE. CALL YOUR COUNTY EXTENSION OFFICE
TODAY...AND BE A VOLUNTEER 4-H LEADER.

#

cp

npsa0533

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

IN 4-H, YOU CAN LEARN ABOUT BEEF

Announcer: WHERE'S THE BEEF? IN 4-H, YOU CAN LEARN ALL ABOUT
BEEF PRODUCTION, FROM BREEDING TO MARKETING. GET
READY FOR YOUR FUTURE...CALL THE _____
COUNTY EXTENSION OFFICE AND GET INTO 4-H.

#

CP

NPSA0534

Any questions?

Call Hank Drews (612/373-1250)
Communication Resources
University of Minnesota
St. Paul, MN 55108

April 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

MARY HAD A LITTLE 4-H LAMB PROJECT

Announcer: DID YOU KNOW THAT MARY'S LITTLE LAMB WAS JUST THE
BEGINNING OF HER 4-H SHEEP PROJECT? WHY NOT JOIN
THE FUN? IT'S A GREAT WAY TO BUILD FOR YOUR FUTURE.
CALL YOUR COUNTY EXTENSION OFFICE ABOUT 4-H.

#

CP

NPSA0535

Any questions?

Call Hank Drews (612/373-1250)
Communication Resources
University of Minnesota
St. Paul, MN 55108

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
8A27P

April 4, 1985

Source: Joanne Slavin
612/376-8748

Writer: Mary Kay O'Hearn
612/373-1786

THERE ARE NO MIRACLE FOODS THAT IMPROVE ATHLETIC PERFORMANCE

The best replacement for body liquids lost during physical exercise is water. "At one time or another, nearly every food and nutrient has been promoted as improving athletic performance, but no food can do this," says Joanne Slavin, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

For most Americans, whether or not they exercise, consuming less fat, more carbohydrates as starch (pasta) and fiber (whole grains), less carbohydrates as sugar, less sodium and less alcohol would be a good dietary change.

Always check with your physician before arbitrarily taking supplements such as vitamins. Adequate amounts of vitamins can be obtained from food, especially vitamin-rich fruits and meats, so vitamin supplements aren't necessary, says Slavin. "There is no evidence that vitamins taken in excess of need will enhance performance," she says, adding that dietary supplements should always be prescribed and supervised by a physician.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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Thirst is not an adequate indicator of the need the body has for fluids. A rule of thumb is to drink two cups of fluid for every pound lost in perspiration. For sustained events, such as jogging, drink at least half a cup of water every 10 to 15 minutes. Cold liquids leave the stomach faster than warm ones. Taking salt tablets is unnecessary because sweat is very dilute. In fact, salt tablets draw more water into the stomach from other body tissue and can make dehydration problems more pronounced.

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CEO,P2,TCO,40S

NHEC0562

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
9A27p

April 4, 1985

Source: Jane McKinnon
612/373-1781

Editor: Sam Brungardt
612/376-8182

PRUNE CRABAPPLES BEFORE THEY LEAF OUT

Your last chance to prune watersprouts, suckers, and unnecessary and awkward branches and shoots from flowering crabapples is before their buds open, says Jane McKinnon, horticultural specialist with the University of Minnesota's Agricultural Extension Service. This, she explains, is before blossomtime and spring rains make such pruning risky.

Says McKinnon, "Flowering crabapples are much better landscape trees if they are thinned enough to show their branch and trunk structure. Such thinning removes weak shoots that are susceptible to disease and insects as well, and opens the tree to sunlight and air." Pruning crabapple or other apple trees after bees are active and after spring rains begin may increase the chances of spreading fireblight, she adds.

"If you need to cut away a branch that is bearing spurs for blooms and little apples, bring it inside to force some early spring color in a tall vase in your living room."

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1A,P2,4H,TCO

NAGR0580

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
GAAP

April 4, 1985

Source: Merv Eisel
612/443-2460
Editor: Sam Brungardt
612/376-8182

BEWARE OF PLANT RIP-OFFS

The descriptions for plants in many advertisements sound too good to be true. Indeed, this is probably the case, says Merv Eisel, horticultural specialist with the University of Minnesota's Agricultural Extension Service.

Eisel says many plant rip-offs are advertised in magazines, newspapers or catalogs, usually by out-of-state mail order firms that specialize in making easy money.

"Many times the Latin name of the plant can be found in inconspicuous locations," he says. "This can be used to learn more about the plants. Many of these firms dream up some fancy common name that has little meaning other than to sell the plant. Sometimes it is a rather ordinary plant already in the garden.

"Sometimes, the colorful pictures are an artist's interpretation of the plant. Other times, they are photographs that have been altered by an artist."

This is what Eisel has to say about a few of the rip-off plants advertised in the last couple years:

Gopher purge: the claim that its name implies is not backed by research.

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

Climbing strawberries have been advertised for many years. There is no such thing as a climbing strawberry; runners have to be tied to a trellis. This exposes the plant to the winter, which kills it, hardly a practical way to grow strawberries.

Royal Palonia tree: This is not hardy enough for Minnesota. Although it is supposed to be fast growing and beautiful, it is regarded as a weed tree where it does grow.

Tree tomato is not a tomato. It is a tropical plant which takes three to four years to produce a tomato-like fruit.

Tomato grafted on potato is a novelty, not a practical plant for those with limited garden space.

Hardy peaches: none of these are hardy enough for this area.

Vine peach is really a melon.

Roses that climb to the roof of a two-story home: roses don't climb and need to be trained on a trellis. For these plants to bloom, the long canes have to be laid in a trench each winter.

Apple trees that grow seven or eight varieties are a waste of effort. They are novelties, but in a few years only one or two varieties are likely to survive.

Hybrid poplars: these fast-growing trees are not suitable for small yards, and more desirable trees are available for larger properties. Many of these are susceptible to diseases that cause an early death.

Zoysia grass, advertised as a quick-growing grass that can be planted by plugs, is not hardy in Minnesota.

Eisel says, "Advertisements describe some flowering plants as having thousands of flowers. If this is true, the flowers are usually very small although the ad might show an enlarged flower. Or many times the plant is a member of the sunflower family that has what we normally think of as a single flower made up of hundreds of smaller ones."

Many fruits and vegetables are advertised as having enormous fruits, he adds. Some indeed are large, but they often have a coarse texture and are of low quality.

Don't be taken in by the word "new," Eisel cautions. "It has many meanings. It could be a new development, or it could just be a new offering by the company."

Some ads are for enough plants to landscape your whole yard for the price you'd pay for one tree. Eisel says, "Usually, these are seedlings and they can arrive in terrible condition. Many aren't hardy. The few that might survive will be ordinary plants. Most people would be much further ahead purchasing a tree or shrub locally.

"When you see some of these unbelievable plant descriptions, check with your gardening friends and neighbors or your local garden center or nursery before ordering," he concludes. "It will probably save you money and a lot of disappointments."

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MSC
g A27P

April 4, 1985

Source: Robert Geneve
612/373-1540

Editor: Sam Brungardt
612/376-8182

GROWING TRANSPLANTS RELIEVES SPRING GARDENING ITCH

Growing your own seedlings for transplanting has several advantages over buying transplants from a nursery or store. It provides more flexibility in selecting plant varieties and helps satisfy the gardening urge that overcomes so many people at the first signs of spring.

One doesn't need a greenhouse to grow transplants successfully, says Robert Geneve, horticultural specialist with the University of Minnesota's Agricultural Extension Service, but one does need to provide a suitable environment for the young, developing seedlings.

He says, "Plants need light and water, so choose a location that is close to a water supply and near an electrical outlet. It is most important to grow transplants in an area where you can control the temperature and where there is good air movement around the seedlings. It doesn't matter if you use the basement, the attic or the living room as long as the area you choose fulfills these basic needs."

Page 1 of 3

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Transplants grow best when the air temperature is between 60 and 75 degrees F.

In most homes, the natural light filtering through even a south-facing window is inadequate for growing quality transplants. Cool white fluorescent lights are an inexpensive and satisfactory way to supply the light that transplants need. Suspend the lights above the plants on an adjustable chain or rope. Maintain a 4- to 6-inch gap between the developing seedlings and the lights. Says Geneve, "A timer is a handy addition to this setup. It will automatically turn the lights on and off, providing a uniform 16 hours of light and 8 hours of dark which is recommended for good seedling growth."

Novices and experienced gardeners find that the trickiest part of growing transplants is germination and early seedling growth. Geneve recommends keeping these tips in mind as you prepare to sow your seeds indoors:

--Sow the seeds thinly in the flat or growing container. Crowded seedlings are harder to handle. They compete and stretch toward the light, and become more susceptible to the disease, damping off.

--Make sure the growing medium is free of disease. Either buy a commercially prepared soil mix or pasteurize your own soil mix ingredients by baking slightly moist soil at 180 degrees F for 30 minutes.

--The soil mix should contain perlite, vermiculite or greenhouse-prepared Styrofoam. These substances supply good soil drainage and aeration, which helps prevent overwatering and stimulates a better root system.

--The temperature of the soil mix is very important. If you have trouble germinating seeds, the problem may be that the soil temperature is too low. Most seeds germinate best when the soil mix is maintained at about 70 degrees F. Many garden catalogs offer heating or propagation mats that can be placed under the growing containers to increase soil-mix temperatures. A good gardening reference book or catalog will indicate the proper soil and air temperatures for your seedlings.

--When you water seeds or seedlings, always use warm or tepid water; cold water will lower the temperature of the soil mix. Before the seeds germinate, the soil should be kept moist. After the seedlings emerge, water only when the soil feels dry.

--Don't forget to fertilize the transplants. A soluble fertilizer recommended for houseplants will work fine. Apply it once a week until the plants are large enough to be moved into the garden. If you are using a commercially prepared soil mix, check to see if it already contains a slow-release fertilizer. If it does, reduce fertilizer applications accordingly.

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1A,P2,4H,TCO

NAGRO572

MSC
GAMP

April 4, 1985

Source: Deborah Brown
612/376-7574

Editor: Sam Brungardt
612/376-8182

EASTER LILIES CAN PROVIDE YEARS OF ENJOYMENT

Easter lily bulbs may be recycled and planted in the garden, according to Deborah Brown, horticultural specialist with the University of Minnesota's Agricultural Extension Service.

Says Brown, "As the flowers fade, they should be nipped off in back of the ovary--that's the bulge directly behind each flower. The plant should be grown in a bright, sunny window, but should be allowed to get drier than when it was blooming."

Gradually the leaves will turn yellow and wither. When the whole plant is brown, cut the stem down to the soil line. The bulb can be planted outdoors in late May, once the soil has warmed up.

"Choose a site that is well drained and receives direct sunlight for most of the day," Brown advises. "A shady area won't do. Improve the soil by working in a liberal amount of compost, peat moss or well-rotted manure, particularly if the soil is heavy and clay-like."

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Plant the lily so the top of the bulb is 4 to 6 inches below the surface of the soil. Fertilize with a balanced plant food such as 10-10-10 two or three times over the summer, and water regularly during dry periods.

Brown says the recycled Easter lily will bloom again in early autumn. After its top is killed by frost, cut the foliage back to the ground again. Mulch with several inches of marsh hay, evergreen boughs or other mulching material to protect the bulb over the winter. With luck, the lily will survive and bloom again for many years to come.

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1A,P2,4H,TCO

NAGRO571

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
8A27P

April 4, 1985

Source: Deborah Brown
612/376-7574

Editor: Sam Brungardt
612/376-8182

U OF M EXTENSION HORTICULTURIST OFFERS SPRING GARDENING TIPS

Deborah Brown, horticultural specialist with the University of Minnesota's Agricultural Extension Service, offers these early spring gardening tips:

--Don't start tomato seeds indoors too early. You'll have best results if you plant them six to eight weeks before you plan to transplant the plants outdoors--late May in the Twin Cities.

--Fertilize your lawn right about when you mow it for the first time. If you fertilized last fall, you probably won't need to do it again until June, and the grass should come up thicker and greener than it was last year.

--Take the preventative approach to crabgrass control--but not too soon, please. Pre-emergent herbicides should be applied and watered into the lawn about two weeks before crabgrass seeds normally begin to sprout. In the Twin Cities, that's May 1 to May 15, on the average.

--Some seeds can be planted outdoors as soon as the soil is dry enough to work. Sow leaf lettuce, onions, peas and radishes in cool soil. Annual phlox, spider flower and California poppy do well in cool soil, too.

--Finish pruning fruit trees, oaks and elms by the beginning of April. Other shade trees may still be pruned, but some will "bleed" copiously. This sap flow will slow as their leaves expand to their full size, and it will not cause serious problems for newly pruned trees in the meantime.

--Browned-out portions of evergreen shrubs should not be pruned until new growth is visible. New growth often masks the damaged areas, but if you prune too soon, you may eliminate the possibility of new growth.

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1A,P2,4H,TCO

NAGRO579

April 4, 1985

Source: Robert Geneve
612/373-1540
Editor: Sam Brungardt
612/376-8182

MSC
GA27P

GARDENERS FIND NEW VEGETABLES FOR 1985 TEMPTING

The 1985 garden catalogs contain a new crop--more than 50--of vegetable varieties to tempt winter-weary home gardeners. They claim that some of these varieties are better tasting, better looking, better yielding and produce better quality vegetables, says Robert Geneve, horticultural specialist with the University of Minnesota's Agricultural Extension Service.

Snap peas have become very popular with home gardeners and new varieties are introduced each season. This year's snap pea introduction is 'Sugar Daddy'. It is an improvement because it produces stringless pods under most growing conditions. The 3-inch-long pods are produced on vigorous vines 3 feet tall. 'Sugar Daddy' was developed by C. Lamberton, who bred the All American Selection-winning 'Sugar Snap'.

Geneve says recent F-1 hybrid carrot introductions show considerable improvement over older open-pollinated varieties. They produce uniform roots that color early so they can be harvested at smaller sizes and throughout the growing season. They taste excellent fresh and in some cases are more nutritious. The new hybrid carrot varieties include 'Lindoro', 'Toudo', 'Rondino', 'Clarion', 'Orlando Gold' and 'Minicor'.

Page 1 of 2

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"Super sweet" corn hybrids have become favorites of many gardeners because the increased sugar content of each of their kernels makes a sweeter, more flavorful ear of corn. Super sweet bicolor sweet corn varieties are available for the first time in 1985. These have an appealing taste, appearance and texture. The varieties are 'Summer Sweet Bicolor 8502' and 'JS 4647'. Isolate these varieties and all other super sweet varieties from standard sweet corn hybrids to maintain their extra sweet taste, Geneve advises.

'Gilfeather' is an heirloom variety that is publicized as the finest tasting turnip available. This variety, developed by John Gilfeather, became a legend in Vermont. Harvest 'Gilfeather' turnips when the roots are less than 3 inches in diameter for best texture and sweetest taste. Geneve says the best turnip crops are seeded in July and harvested in the fall.

Two vegetable varieties won coveted All American Selection Awards for 1985. 'Sunburst' is the first yellow patty pan squash. The fruit is bright yellow and the attractive plants produce big yields. 'Red Sails' is an attractive looseleaf lettuce with crinkled, red leaves. Its leaves do not become as bitter in the summer heat as those of other red-leaved lettuce varieties. Geneve says 'Sunburst' patty pan squash and 'Red Sails' lettuce make attractive and productive additions to the vegetable garden.

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news

Agricultural Extension Service
Communication Resources
University of Minnesota ^{MSC}
St. Paul, Minnesota 55108 _{9 AATP}

April 11, 1985

Source: David French
612/373-0852
Writer: Sam Brungardt
612/376-8182

COLOR GUIDE HELPS IN SELECTION OF EDIBLE WILD MUSHROOMS

If you've never hunted the coveted morel in the spring or gathered any other wild mushroom because you weren't sure which were edible and not poisonous, "Edible Wild Mushrooms" might be for you.

The popular, 16-page bulletin, written by Clyde M. Christensen, University of Minnesota professor emeritus of plant pathology, has full-color photographs of morels and eight other of Minnesota's more common wild mushrooms. In addition, it discusses distinguishing characteristics of each species and where one is most likely to find it.

Says University of Minnesota plant pathologist David French, "'Edible Wild Mushrooms' is excellent as a brief introduction to the subject. It gives people some idea of how they can avoid poisonous mushrooms and identifies those that are good to eat. Mushrooms have a much greater distribution than many of the higher plants, and this bulletin deals with species that are found not only in Minnesota, but in neighboring states and in many other areas of the north temperate zone as well."

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

"Edible Wild Mushrooms" is available from CR Distribution, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108 for \$1 a copy. Specify item AG-BU-1357 when ordering the publication, and make checks payable to the University of Minnesota.

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CEO,1A,P2,TCO,4F

NAGRO614

MSC
GA27P

April 11, 1985

Source: Robert N. Shoffner
612/373-0892
Writer: Sam Brungardt
612/376-8182

SAN DIEGO'S CHICKEN WILL HAVE NOTHING ON THESE MINNESOTA BIRDS

Picture, if you would, chickens that are genetically resistant to avian leukosis, the No. 1 killer--after some multinational soup companies--of adult chickens in the United States.

Picture, if you would, meaty broilers that grow to a large size by a tender age but do not have to be riddled of excess abdominal fat before they're popped into the pan.

Picture, if you would, a chicken that would grow more efficiently than any chicken has ever grown, a true Super Chicken.

While birds such as these do not exist, University of Minnesota poultry scientist Robert Shoffner and molecular geneticist Kevin Guise are conducting genetic engineering research for the university's Agricultural Experiment Station that may well make these dream chickens realities.

Some progress has been made already. Shoffner and Ruth Schuman, a former graduate student, were the first to incorporate a gene from a mouse into a chicken. No, nothing horrifying or

Page 1 of 3

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wierd resulted. In fact, the new chicken didn't appear or act any differently on the surface. However, it did have something in every one of its cells that no chicken has ever had--the thymidine kinase gene of a mouse. Says Shoffner, "This gene, which serves as a marker gene in the chicken, is responsible for the production of a very innocuous mouse enzyme that has little effect on the chicken."

Why do biotechnological research with chickens? Shoffner says, "We know more about the genetics of the chicken than we do about that of any other species of livestock. We think we can improve chickens through genetic engineering, and if we can work out the mechanisms for transferring genes into poultry or reconstructing them, it should be fairly easy to adapt the methodology to other species."

After initial success with the mouse gene, Shoffer and Guise are looking for a gene that will improve the growth efficiency of chickens, either by triggering the production of more growth hormone or a different kind of growth hormone.

Shoffner says, "We can try several approaches in genetic engineering. We might introduce exotic or bizarre genes that would produce the desired effect. Or, we might reconstruct a gene so it functions differently than it did originally, as we started to do with the gene that confers resistance to the Rous Sarcoma virus, which can cause leukemia in chickens." (That

research is now being pursued at the USDA's Regional Poultry Disease Laboratory in East Lansing, Mich.)

"Overly fat broilers are another problem that we might be able to correct through genetic engineering. Excess fat deposition is a real problem for the broiler industry because it is an inefficiency of production and something that neither the commercial food service industry, including the fried chicken chains, nor most housewives want. To a certain extent, it can be corrected through traditional selection and breeding. However, it might just be that one could incorporate a gene into the chicken that says 'go ahead and grow, but don't put on too much fat.'"

Super Chicken? Perhaps. But even if this research results in something less sensational, it may well mean more efficient production for producers and less expensive food for consumers.

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CEO,1A,4P,P2

NAGRO468

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
g AATP

April 11, 1985

Source: Deborah Brown
612/376-7574

Editor: Sam Brungardt
612/376-8182

LANDSCAPE FABRIC HAS ADVANTAGES OVER PLASTIC

There's a new product on the market for homeowners who are planting shrubs and planning to use a rock or woodchip mulch around them. The product, a polypropylene fabric, is meant to replace the plastic used to suppress weed growth in mulched landscape plantings.

The advantages of landscape fabric over plastic are that it lets air and water penetrate, says Deborah Brown, horticultural specialist with the University of Minnesota's Agricultural Extension Service. She says this makes for a healthier root system. At the same time, the fabric is dense enough to prevent seedling weeds from coming through.

Brown says the polypropylene fabric, like poly film, is broken down by sunlight, so it must be covered by several inches of rock or wood chips in order to last.

She says, "You plant by cutting an 'x' in the fabric, then firming the edges close to the shrub. Then all you need to do is cover the area with mulch. Chances are your plants will be healthier, and you'll cut down on maintenance, besides."

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1A,P2,4H,TCO

Page 1 of 1

NAGR0576

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
g A27P

April 11, 1985

Source: Irene Ott
612/373-1863

Editor: Mary Kay O'Hearn
612/373-1786

VOLUNTEERS HAVE ECONOMIC IMPACT

"Voluntary giving of time and donations of money have an economic impact of over \$1 billion dollars each year in Minnesota," according to Governor Rudy Perpich in proclaiming April 22-28 "Volunteer Recognition Week."

He also says "Over half of all Minnesotans over the age of 18, and almost an equal number of younger teens, work in some way to help others for no monetary pay."

He urges all Minnesotans to join in the spirit of giving and teamwork by volunteering to renew and sustain the vitality of communities and the state. Volunteer Recognition Week is observed annually in conjunction with National Volunteer Week. The state has a long continuous history, Perpich says, of people voluntarily working together for community improvement which extends back to the pioneer spirit of pitching in to help neighbors in times of need.

Organizations statewide, including the University of Minnesota's Agricultural Extension Service, are planning special ways to recognize their volunteer workers.

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CEO,P2

Page 1 of 1

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

MSC
g A27P

April 11, 1985

Source: Jim Lewis
612/373-1083

Writer: Hank Drews
612/373-1250

PILLSBURY V.P. NAMED 4-H FOUNDATION TRUSTEE

Russell Bragg, vice president of grain merchandising at The Pillsbury Company, has been named a trustee for the Minnesota 4-H Foundation.

Says Bragg, who has worked with 4-H'ers since 1962, "I believe agriculture is going through a critical period when it is even more important to support youth and develop new leadership." He adds that he looks forward to this opportunity to develop funding for statewide 4-H programs.

The Minnesota 4-H Foundation is a not-for-profit organization which seeks private support for 4-H, the educational programs for youth conducted by the University of Minnesota's Agricultural Extension Service.

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1A,P2,TC0,FB2

N4-H0615

Page 1 of 1

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MSC
8 A27P

April 11, 1985

Source: Jane McKinnon
612/373-1781
Editor: Sam Brungardt
612/376-8182

SURVEY FINDS MIDWESTERNERS MOST AVID GARDENERS

The National Gardening Survey tells what a lot of us have taken on faith--vegetable gardening is popular and worthwhile, says Jane McKinnon, horticultural specialist with the University of Minnesota's Agricultural Extension Service.

Gardening is the number one outdoor recreation activity of U.S. households, and 34 million people grow vegetables. Midwestern gardeners lead the country in their devotion to the effort--31 percent of all the vegetable gardening families are in our part of the United States.

The best news is that cultivating, planting, fertilizing, watering and all the work of garden care means real money saving. From a typical investment of \$32 for a backyard garden, \$356 worth of vegetables can be produced.

But gardeners don't put economic reasons first for spending time and effort gardening; they value most the fresh-tasting, quality vegetables, the fun and enjoyment of seeing their crops develop and the satisfaction of having something to can or freeze.

Page 1 of 2

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McKinnon says, "If an average of \$356 doesn't seem so exciting, the same survey found that the dollar value of home garden produce, grown on about 1.3 million acres, is \$12 billion. So get your radishes and peas in the ground, you're important to the nation's economy!"

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1A,P2,TCO

NAGRO573

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
9A27P

April 11, 1985

Source: Marvin Bauer
612/376-8179

Editor: Mary Kay O'Hearn
612/373-1786

REMOTE SENSING WILL BE USED INCREASINGLY IN CROP MANAGEMENT

Efforts at the University of Minnesota to develop remote sensing techniques could lead to an efficient system for acquiring up-to-date information for crop and forest management, says Remote Sensing Laboratory director Marvin Bauer.

The crop information system Bauer envisions in his research for the university's Agricultural Experiment Station would enable a farmer or crop consultant to sit at a computer terminal and view an image of farm fields taken from a high-altitude airplane or satellite within the past 24 hours. By pressing a few keys, the farmer or crop consultant would be able to:

- detect problems in seeding, fertilization or herbicide application;
 - detect disease and insect infestations;
 - evaluate uniformity of water application by irrigation systems;
 - assess crop damage due to flooding, drought, hail or wind;
- and

Page 1 of 2

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--study and map soil conditions such as drainage and erosion problems.

Satellite remote sensing is now being used by the U.S. Department of Agriculture to survey crop production. Bauer says, "Although the spatial resolution and temporal frequency of LANDSAT data is generally insufficient for monitoring individual fields, research results show that multispectral reflectance, radiant temperature and radar measurements are related to crop growth and condition."

In an important first step toward using remote sensing for crop management, a growing number of crop consultants are using color infrared aerial photography to detect crop problems.

Future systems will sense additional wave lengths and will telemeter digital data directly to computer systems located on farms and in the offices of crop consultants and extension agents to provide an up-to-date picture of farm fields.

Although it will probably be 10 years or more before all the components of an operational system are available, research is under way at the university to develop the analysis techniques and crop models that will enable farm managers to use remote sensing technology and data when it becomes available.

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MSC
9A27P

April 11, 1985

Source: Jane McKinnon
612/373-1781
Editor: Sam Brungardt
612/376-8182

THINKING ABOUT PLANTING A TREE? CONSIDER THESE NEWER SELECTIONS

If you plan to plant a tree in your yard this spring, Jane McKinnon suggests you consider some of the newer selections.

McKinnon, horticultural specialist with the University of Minnesota's Agricultural Extension Service, says nurserymen are ready to take orders for their limited supply of a new elm, Sapporo Autumn Gold. This hybrid, which was bred in Wisconsin, is healthy and fast growing in several Midwestern locations, including Minneapolis, according to McKinnon. The mature tree is not expected to be as large as an American elm, but it has a graceful shape, deep green foliage in summer and pleasing gold fall color. "Although researchers have done their best to infect it with Dutch elm disease," she says, "they have not succeeded. So if you need a fast growing shade tree to cool a hot spot on your property, here is a new one to consider.

"You will be reading more this year about Royal Star magnolia for northern gardens," McKinnon continues. "This dramatic flowering tree is being promoted by a large wholesale grower this spring, but it has been opening its spectacular white flowers in southern Minnesota for many springs."

Royal Star grows 18 to 24 inches a year in ordinary garden soil. Its large leaves open as its petals drop, and it is a strong-textured plant useful for variety in a shrub border or an accent at a point of garden interest. McKinnon says, "These deciduous magnolias are also delightful seen close up in winter: they form fuzzy, gray flower buds in the fall, numerous and large enough to catch snow on their pointed tips, making the whole tree look as if it is decorated for a winter holiday. Buds open in May, with tulips. Against evergreen foliage or a dark wall, Royal Star magnolias can be breathtaking."

McKinnon says Minnesota designers continue to have a good opinion of Greenspire linden for places where a compact, pyramidal tree is needed. Although it has been widely planted on city streets, it is also useful for home landscaping. It may be an excellent choice where a tree is needed that will not stretch heavy branches over a roof or a neighbor's property, or that will leave space for sunny beds and borders in a small property. Its parent species, the littleleaf linden, is roundheaded, looser and well suited to a more naturalistic effect. Both of these lindens are good choices for spring planting. Their leaves are smaller than those of the taller American linden or basswood, but they have the same fragrant yellow blooms in July.

#

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 11, 1985

Source: Deborah Brown
612/376-7574
Writer: Deedee Nagy
612/373-1781

MSC
GA27P

FORGET ZOYSIA GRASS AS A CURE-ALL FOR YOUR LAWN

Magazine ads make zoysia grass sound like the answer to a reluctant gardener's prayers. Deborah Brown, extension horticulturist with the University of Minnesota's Agricultural Extension Service, cautions, however, that despite the advertising claims, zoysia grass is a poor choice for Minnesota.

"It will often survive our winters, but the plugs of grass won't spread in this climate to cover your whole lawn like the ads claim," she says. Another drawback is that zoysia grass turns brown at the first frost and only gets green again very late in our spring.

Brown adds that zoysia grass is best suited to the southern part of the United States, but even there it is a coarse and generally undesirable grass for home lawns.

Brown and other lawn and garden experts from the university are available to answer spring gardening questions through the Dial-U Insect and Plant Information Clinic. To speak with someone about your lawn or garden, Twin Cities area residents may phone 1-975-0200 between 9 a.m. and 5 p.m. weekdays. A \$2 charge will be added to their phone bill for the call.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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The Agricultural Extension Service also offers a free tape information service known as Teletip. A caller may listen to taped information on a variety of lawn care topics, plant diseases and tree, shrub and flower concerns. Phone 379-6989 to request information on a specific topic or to obtain a list of taped information available through Teletip. There is no charge for calls from within the Twin Cities metropolitan area, but those outside the Twin Cities will be billed as for any other long distance call to St. Paul.

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CEO,1A,P2,TCO

NAGRO608

news

^{MSC / g A 27 B}
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

April 18, 1985

Source: Jane McKinnon
612/373-1759

Editor: Sam Brungardt
612/376-8182

PLANT FLOWERS, GRASSES NOW FOR NEXT WINTER'S DRIED BOUQUETS

During spring, when seed catalogs and advertisements feature the new impatiens, geraniums, petunias and marigolds, it's easy to forget about planting other flowers. When the time comes in midsummer to begin harvesting blooms and seed pods for long-lasting dried bouquets, we might wonder why we forgot to plant varieties suited for this purpose.

Jane McKinnon, horticultural specialist with the University of Minnesota's Agricultural Extension Service, says, "Well-chosen and properly grown plants can give us flower arrangements to last from Halloween until we can pick spring's daffodils and lilacs.

"Gardeners who specialize in growing for dried arrangements can prepare almost anything with the various materials sold for the purpose. But there are many easy-to-grow plants that can be cut and hung to dry in an airy garage or attic without any further special or expensive preparation."

According to McKinnon, some of the best plants for drying are perennials. She says seeds of these started this spring will probably not produce a harvest until next year. However, a modest harvest can be had this year from 1-year-old potted plants that will be available at nurseries and garden centers.

Page 1 of 2

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Among these is babysbreath, which has become naturalized in Minnesota from Grand Rapids to Walker to Park Rapids. McKinnon says the variety 'Double Snowflake' is showier than the species, but either will make a cloud of little flowers by midsummer if plants are established in a sunny, well-drained border.

Babysbreath, goldenyarrow (*Achillea*), globethistle (*Echinops*) and seaholly are perennials that dry easily if cut when flower color first shows and then hung upside-down in a shaded place. Chinese lanterns develop spectacular orange seed pods a bit later in the summer, and stems of them can be harvested the same way. "One caution," McKinnon says. "Chinese lanterns are so easy to grow that they spread all over the place. Find a spot to grow them where you can cut back underground shoots with ease. All of these plants are sun lovers."

McKinnon says annual flowers for drying that will develop from seeds sown this season include strawflowers, globe-amaranth, bells of Ireland and starflowers. Statice, with yellow, rose, blue and white varieties, are some of the best. Several annual grasses produce exceptionally pretty seed heads--Jobs-tears, rosy plumegrass, quakinggrass and squirrelstail have all succeeded in Minnesota, and there are others.

She says, "Along with bittersweet, Chinese plumegrass, ornamental corn, pencil-size cattails, any of these dried flowers can be popular items at farmers and gardeners markets next fall. But most gardeners are so proud of their fall decorations that they have a difficult time parting with their artistry."

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news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
6A27P

April 18, 1985

Source: Deborah Brown
612/376-7574

Writer: Deedee Nagy
612/373-1781

CONSIDERING A LAWN SERVICE? HERE ARE SOME TIPS

A good professional lawn service may be your key to having the kind of lawn neighbors envy. Or it could just be a way to save precious summertime hours for things you enjoy more than yard work. Either way, Deborah Brown, extension horticulturist with the University of Minnesota's Agricultural Extension Service, suggests doing some homework before selecting a lawn service.

"Remember," she says, "few companies offer a complete service including irrigation, mowing, trimming, aerification and thatch control along with fertilization and pesticide service. Also, because of the numbers of homes they service, such companies don't always catch problems in their early stages or apply chemicals under optimum conditions. Consequently, the homeowner must take some initiative in caring for the lawn and making sure the service is aware of problems before they get out of control."

Before you hire a lawn service, Brown suggests checking several things:

Page 1 of 3

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--Inquire about the firm's fertility program. How many pounds of nitrogen will they apply? How about phosphorus and potassium? The nitrogen-phosphorus-potassium ratio should be about 4 to 1 to 2 for most soils. Too much nitrogen will produce a dark green, but not necessarily healthy, lawn; it could contribute to thatch buildup and create a need for more frequent mowings.

--Understand the company's chemical program. What will be used for broadleaf weed control and for insects and diseases? Who will diagnose problems? And what if shrubs or flowers are damaged by herbicides?

--How flexible is the program? Not all lawns need the same treatment. Will the company change its standard program according to your specifications? Will it delay an application until more suitable weather if you request it?

--Find out who is in charge. Who should you contact if problems come up? Who is responsible for quality control? What training do the employees have?

--Check the company's references. Talk with satisfied customers and visit their yards to check on the quality of the company's work.

--Understand how the firm's guarantee works. Will they refund all your money or just the last application if you're not satisfied? What would they require as proof that they damaged your lawn or shrubs?

Brown concludes that a homeowner is most likely to be well satisfied with a lawn service if he or she takes an interest in what is being done and why. No one can expect a picture postcard lawn without expending some effort to learn about lawn care and to monitor both the lawn service and the health of the lawn, she adds.

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P2,4H,TC0

NAGRO626

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MCC
9A27P

April 18, 1985

Source: Deborah Brown
612/376-7574

Writer: Deedee Nagy
612/373-1781

GET OUT YOUR RAKE AND FERTILIZER--IT'S SPRING LAWN CARE TIME

All but the sickliest grass will turn green in the spring. But if you give your lawn some tender loving care at the right times this spring, it will be greener and healthier than if you left it on its own.

Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service, says spring lawn work can begin as soon as the ground is dry enough to walk on without leaving footprints.

She recommends first cleaning up matted leaves and winter debris. A bamboo rake is gentle enough to prevent damage to young grass shoots. Raking also helps air to circulate better around the grass and it allows the sun to reach tiny grass plants that are just breaking through the soil.

Page 1 of 2

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"Spring is a good time to overseed bare or thin areas in your lawn," Brown says. "Just loosen the soil lightly with a flexible steel rake and tamp the seed into the soil so that about 10 percent of it is still visible. Keep the area moist until the seedlings are well established."

About the time that the grass is ready for its first mowing is a good time to apply fertilizer, Brown says. She recommends a product with about a 4 to 1 to 2 ratio of nitrogen to phosphorus to potassium, such as 20-5-10 or 24-6-12. Don't use "weed and feed" products, however, if you've overseeded the lawn; these will kill grass seedlings. Fertilizer should be spread on dry grass and then watered thoroughly to minimize chances of burning.

Early May is a good time to control annual weeds such as crabgrass. Broadleaf weeds may be sprayed when they are growing actively, usually late May and into June. Brown also reminds homeowners that a program of fertilizing and watering a lawn will make the grass thicker so weeds won't have as great a chance to grow.

She concludes, "Time spent on your grass now will yield a healthy lawn the rest of the year."

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1A,P2,4H,TCO

NAGRO625

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
GA27P

April 18, 1985

Source: Lee Schultz
612/373-0764
Writer: Mary Kay O'Hearn
612/373-1786

MINNESOTA'S FARMWORK-RELATED ACCIDENTAL DEATH TOLL IS 46

In 1984, farmwork fatalities in Minnesota totaled 46, down 3 from 1983. The deaths occurred in 35 of the state's 87 counties, all but one of the victims were male, and their ages ranged from less than a year to 79.

Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, who compiled the figures from Minnesota Department of Health death certificates, Minnesota Department of Public Safety traffic accident reports and newspaper clippings, says the totals are "provisional" and may be incomplete.

Tractors figured in 21 of the 46 fatalities, other farm machinery in 14. Five persons died from asphyxiation and one each was crushed, killed in an accident with an animal, electrocuted, drowned, killed in a truck accident, and killed by a falling branch or tree.

Page 1 of 2

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"In the tractor accidents," Schultz says, "two of the victims were less than 5 years old, six were from 15 to 44 years of age, seven were in the 45-to-64 age group, and six were 65 or older."

Schultz's report included accidents involving farmers, members of the family, employees, and others that occurred on the farm or on a public road in activities associated with the farming operation. It included such activities as operating and repairing machinery, working with livestock, cutting timber and firewood, tilling, planting, harvesting and storing produce. It did not include accidents involving individuals working for an agribusiness that provides a service to the farm or an individual providing similar services.

These are the Minnesota counties that had farmwork-related deaths in 1984 and the number of deaths in each: Aitkin (1), Benton (1), Cass (1), Clay (1), Cottonwood (1), Dakota (1), Douglas (1), Faribault, (1), Fillmore (3), Freeborn (2), Hennepin (1), Houston (1), Isanti (1), Kandiyohi (1), Kittson (1), Koochiching (1), Lyon (1), Martin (1), Meeker (2), Morrison (1), Nicollet (1), Norman (1), Olmsted (2), Pine (1), Pipestone (3), Pope (1), Redwood (2), Renville (1), Roseau (1), St. Louis (2), Stearns (2), Wadena (1), Washington (1), Wright (2), Yellow Medicine (1).

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1A,FB2,P2

NAGRO630

news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
9A27P

April 18, 1985

Source: Mel Baughman
612/373-0720

Writer: Mary Kay O'Hearn
612/373-1786

WOODS AND WILDLIFE SEMINAR SET FOR MAY 3 AT LANESBORO

Forest management methods for a diversity of wildlife will be discussed during the morning session of a "Woods and Wildlife" seminar that will be May 3 at the Sons of Norway Hall in Lanesboro, Minn., 40 miles southeast of Rochester.

The seminar is designed for woodlot owners who like to see wildlife and enjoy both economic and recreational values of woodland and wildlife resources. Habitat requirements of both game and non-game species will be discussed.

In the afternoon (the seminar begins at 8:30 a.m. and continues to 4 p.m.), participants will go to the Forest Resource Center, near Lanesboro, where Jim Kitts, wildlife specialist with the University of Minnesota's Agricultural Extension Service, and a Department of Natural Resources wildlife biologist will be the resource persons. This session will be spent outdoors (wear appropriate outerwear and footwear), examining different habitat conditions and management situations.

Registration is \$10, which includes the informational packet, a noon meal and refreshments. To register, contact the Forest Resource Center in Lanesboro at (507) 467-2437.

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Page 1 of 1

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news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
g A 27P

April 18, 1985

Source: Deborah Brown
612/376-7574

Writer: Deedee Nagy
612/373-1781

CAREFUL PRUNING KEEPS SHRUBS LOOKING THEIR BEST

Regular pruning can improve the size, shape and health of the shrubs in your yard and can even add to the color and beauty of flowering varieties, says Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service.

If you're ready to begin pruning this spring, Brown suggests waiting at least until the spring flowering shrubs such as flowering almond, forsythia, honeysuckle, lilac and bridal wreath spirea have finished blooming. Just removing the faded flowers will increase the number and size of flowers for next year.

If, however, you don't care about this year's blossoms, cutting off the unopened flower buds as you prune won't hurt the plant or have a negative effect on its growth.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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She advises homeowners to think before they begin cutting. "How do you want the plant to look?" she asks. "New shoot growth will be in the direction that the remaining top bud points. If shrubs require extensive pruning after years of neglect, cut out about one-third of the old wood each year for three years. After that, continue regular pruning to keep the plants in good shape."

She adds that most badly overgrown flowering shrubs can be pruned to within an inch of the ground in early spring before the buds open. With regular watering and an application or two of fertilizer, the roots will send up vigorous new growth.

Pruning can also be done in the summer or late fall, but it will remove flower buds and fewer blossoms will be produced the following season. Pruning also stimulates new growth and this is not advised late in the summer because that is when the plant should be slowing its growth rate for winter.

Some flowering shrubs, such as hills-of-snow hydrangea and "Anthony Waterer" spirea, can be pruned early in the spring or late in the fall because the blossoms occur on new wood produced the same season. These shrubs too should be left alone during late summer to allow them to prepare for winter. However, pruning after the leaves have dropped in the fall will not interfere with winter dormancy, Brown concludes.

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1A,P2,4H,TCO

NAGRO627

news

for County Agents

MSC / 98 A 51p
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 1985

COUNTY NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page number</u>
4-H Pedal Power camp helps teens promote bicycle safety.....	C- 5

The color coding is blue for stories that are most likely to be used by Agriculture agents, green for Home Economics agents, yellow for 4-H agents, and gold for Community and Natural Resource Development agents. Stories and PSAs that should be especially useful for Project Support are on special Project Support letterhead.

We do not mail the monthly media packet to weekly newspapers, so you are urged to give the stories in that packet to the weekly newspapers in your county or to use the information in your newspaper columns or radio shows.

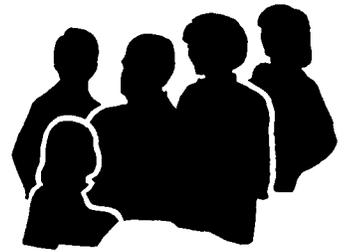
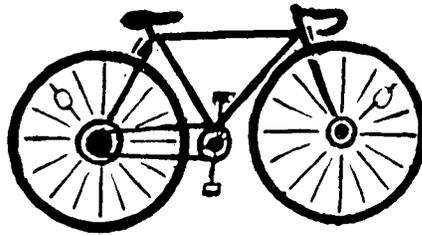
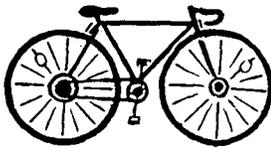
Also enclosed are public service announcements that you can give to local stations or use as fillers in your columns and newsletters.

Agents and specialists: We sent out the following releases in weekly mailings from March 15 to April 18. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

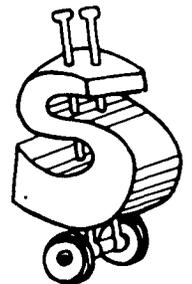
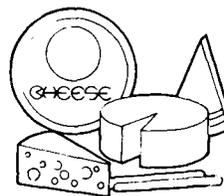
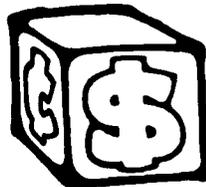
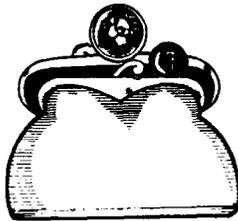
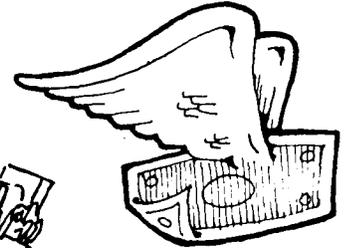
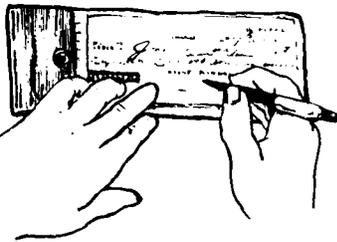
Consumers should beware of customized garment fitting programs
Six Minnesota youths named delegates to National 4-H Conference
Reforestation costs may be deducted over seven year period
Minnesota 4-H photography program gets grant from Kodak
Plant corn hybrids of different maturities in right order
Topdress nitrogen while winter wheat is dormant
Foliar feeding is expensive way to fertilize
Higher plant densities increase wheat yields little
Be sure coping mechanisms actually help
Farm wives share in decision-making
Revised handbooks available on dairy, waste management facilities
Revised handbook on dairy facilities is available
Revised handbook on waste management facilities is available
Marketing plan should blend farm, personal, market information
U of M financial planning package helps farmers survive
Ag economists provide information for debate on 1985 farm bill
U of M horse clinic will feature reproduction experts
Volunteers abound in Minnesota communities
Reimbursement unimportant to most volunteer 4-H leaders
Kellogg Foundation gives 4-H programs gift ever
What are extension volunteers worth?
Minnesota master gardener program is a blooming success
Volunteering takes imagination
Volunteerism builds credentials
Many volunteers serve communities
Volunteers help Minnesota farm families
Extension home study groups concentrate on families
U of M home economics research-extension teams visit Duluth
Easter lilies can provide years of enjoyment
Growing transplants relieves spring gardening itch
Beware of plant rip-offs
Gardeners find new vegetables for 1985 tempting
U of M extension horticulturist offers spring gardening tips
Prune crabapples before they leaf out
Seed to control weeds, produce top dry edible bean yields
Calculate soybean seeding rates carefully
It's wise to plan dry edible bean marketing early in the season
Late planting reduces soybean yields, profits
Warm grain in April and May to preserve quality
Controlling cutworms in corn
Take time to prepare for calving
Comparison shop for no-till equipment
Seed dry edible beans to control weeds, produce top yields
Ensilage small grains at boot stage
Seeding soybeans too heavily is needless expense
Get a marketing plan for dry edible beans early in the season
Plant soybeans early enough for maximum yields, profits

It doesn't always pay to use systemic insecticide on sunflowers
Use budgets to determine 1985 crop plan
There are no miracle foods that improve athletic performance
Consider forest income tax credits
Air compressor safety alert issued
Minnesotans benefit from work of U of M research-extension teams
Minnesotans benefit from U of M research-extension teams' work
Remote sensing will be used increasingly in crop management
San Diego's chicken will have nothing on these Minnesota birds
Survey finds Midwesterners most avid gardeners
Thinking about planting a tree? Consider these newer selections
Landscape fabric has advantages over plastic
Forget zoysia grass as a cure-all for your lawn
Citizens advise extension director
Volunteering conferences set
Volunteers have economic impact
Calibrate sprayer before it's needed
Newsletter gives weekly update on agronomic pests in Minnesota
Home economics research-extension teams will speak at Rochester
Downy mildew could be a problem in Red River Valley soybeans
Color guide helps in selection edible wild mushrooms
Pillsbury V.P. named 4-H Foundation trustee
Valley growers should treat soybean seed for downy mildew
Soil testing has never been more important
Plant flowers, grasses now for next winters' dried bouquets
Careful washing is essential for pesticide-contaminated clothing
Heartworm threat increases with onset of mosquito season
Get out your rake and fertilizer--it's spring lawn care time
Considering a lawn service? Here are some tips
Careful pruning keeps shrubs looking their best
U of M publishes legal fact sheets for farmers
Minnesota's farmwork-related accidental death toll is 46
Get second opinion on fertilizer recommendations
46 died in farmwork-related accidents in Minnesota in 1984
Do you have a question for Forestry Week?
Woods and Wildlife Seminar set for May 3 at Lanesboro

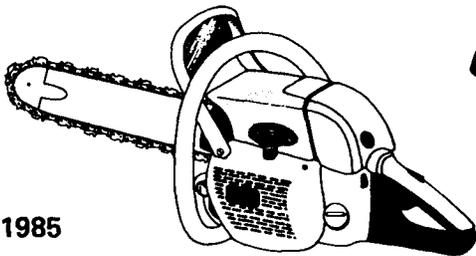
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Project Support



May, 1985



news

for County Agents

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 1, 1985

Source: Cynthia McArthur
612/373-1625
Writer: Hank Drews
612/373-1250

4-H PEDAL POWER CAMP HELPS TEENS PROMOTE BICYCLE SAFETY

Minnesota 4-H will have its annual Pedal Power Camp, June 9-14. The camp, which will be at Camp Lincoln, Nissua, Minn., is for teenagers ages 14 to 17 who want to improve their cycling skills, knowledge and confidence, while helping each other. The camp's main purpose is to promote safe bicycling in their communities.

Past camp participants have played an important role in creating safer cycling conditions. They have formed bike clubs, organized bike trips and rallies, conducted bike inspection and maintenance clinics, established bike-to-school days and taught safe, effective riding techniques to children and adults.

The campers will learn bicycling skills through early morning rides, bike rodeo, bike rallies, and short and long bike trips during the week. They will learn how to promote safe bicycling

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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through workshops which they will select based on their summer bike activity plans. Instruction will be given by skilled bike mechanics, American Youth Hostels trip leaders and experienced bike commuters. Counselors will work with the teens in small groups, helping them to learn and practice the skills needed to conduct bike activities in their communities.

Law enforcement officers will help with the bike trips and teach traffic laws. Bicycle activities and instruction will be supplemented by swimming, dancing, roller skating and soccer.

The cost of the six-day camp is \$70, which includes lodging in cabins, meals, instruction, limited bus transportation and a variety of resources on bicycling. Private and public organizations are giving financial support to help youth from their communities attend.

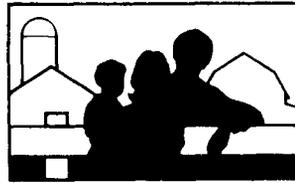
Pedal Power is sponsored by the Minnesota Department of Public Safety through the University of Minnesota's state 4-H office. For more information, contact Cynthia McArthur, 340 Coffey Hall, University of Minnesota, St. Paul, MN 55108, (612) 373-1625.

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cp,p2

n4-h0633

Page 2 of 2



Project Support

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

STRESS BECOMES DANGEROUS WHEN YOU LOSE CONTROL

Announcer: STRESS IS NOT ALL BAD. TO FEEL MOTIVATED AND TO DO YOUR WORK, YOU NEED TO BE UNDER SOME STRESS. IT'S WHEN THINGS ON THE FARM GET OUT OF CONTROL THAT STRESS BECOMES HARMFUL TO YOU. THAT'S WHEN YOU NEED TO CALL ON YOUR PERSONAL TEAM OF EXPERTS. FRIENDS, RELATIVES, CLERGY, AND PROFESSIONALS IN THE COMMUNITY CAN ALL ASSIST YOU. REMEMBER, IT'S OKAY TO ASK FOR HELP. THIS MESSAGE IS BROUGHT TO YOU BY THE _____ COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

ceo

npsa0501

Any questions?
Call Deedee Nagy (612/373-1781)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (20 seconds)
For immediate release



Project Support

GET BY WITH A LITTLE HELP FROM YOUR FRIENDS

Announcer: HAVING THE SUPPORT OF OTHERS IS VERY IMPORTANT, BUT
ESPECIALLY SO DURING DIFFICULT TIMES. IT'S THE
SINGLE MOST EFFECTIVE WAY TO DEAL WITH THE STRESSES
AND STRAINS OF EVERYDAY LIFE. TAKE THE TIME TO
LEARN HOW TO REACH OUT--TO FAMILY MEMBERS...TO
FRIENDS...TO NEIGHBORS...TO COWORKERS...OR CLERGY.
THIS MESSAGE IS A SERVICE OF THE _____
COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S
AGRICULTURAL EXTENSION SERVICE.

#

CP

npsa0455

Any questions?
Call Sam Brungardt (612/376-8182)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (20 seconds)
For immediate release

PICTURE YOURSELF A LEADER

Announcer: PUT YOURSELF IN THE 4-H PICTURE AS A VOLUNTEER

PHOTOGRAPHY PROJECT LEADER. TEACH YOUNG PEOPLE

LIFE-LONG SKILLS. BE THE BEST YOU CAN BE, HELP

OTHERS THROUGH 4-H! FOR MORE INFORMATION ABOUT

BECOMING A VOLUNTEER 4-H LEADER, CONTACT THE

UNIVERSITY OF MINNESOTA'S _____

COUNTY AGRICULTURAL EXTENSION OFFICE.

#

cp

npsa0619

Any questions?

Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

DO YOU CARE ABOUT PETS AND KIDS?

Announcer: TEACHING YOUNG PEOPLE RESPONSIBLE PET CARE TEACHES
THEM RESPONSIBILITY THROUGHOUT THEIR LIVES. BE A
VOLUNTEER 4-H LEADER, AND HELP BUILD FOR AMERICA'S
FUTURE.

#

CP

NPSA0620

Any questions?

Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

SADDLE UP FOR GROUP FUN

Announcer: THERE'S A LOT MORE TO HORSES THAN JUST SADDLING UP
FOR THE RIDE. IN 4-H, YOU CAN LEARN ABOUT THE
DIFFERENT BREEDS OF HORSES, HOW TO RIDE, HOW TO CARE
FOR A HORSE, AND HOW TO BE RESPONSIBLE FOR AN
ANIMAL. AND YOU'LL HAVE SOME GREAT
EXPERIENCES--TRAIL RIDES, RIDING CAMPS, MAKING NEW
FRIENDS AND LEARNING SKILLS TO USE ALL LIFE LONG.
YOU CAN HAVE A GOOD TIME IN THE MINNESOTA 4-H HORSE
PROGRAM EVEN IF YOU DON'T OWN A HORSE. CALL THE
_____ COUNTY EXTENSION OFFICE
TODAY. COME, EXPLORE THE FUN, IN 4-H.

#

cp

npsa0621

Any questions?
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Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

IT'S TOUGH TO BE A TEEN

Announcer: BEING A TEENAGER IS A LOT MORE DIFFICULT THESE
DAYS. THERE ARE SO MANY DECISIONS TO
MAKE--ESPECIALLY WHEN IT COMES TO GETTING BY ON A
BUDGET. AS A 4-H LEADER, YOU CAN HELP YOUNG PEOPLE
SET FINANCIAL PRIORITIES AND LEARN TO GET THE MOST
FOR THEIR MONEY. YOU'LL HELP BUILD RESPONSIBLE,
CONCERNED CITIZENS FOR YOUR COMMUNITY'S FUTURE AND
IN THE PROCESS, YOU WILL GET A YOUNG PERSON'S
PERSPECTIVE ON LIFE AND A CHANCE TO REALLY ENJOY
YOURSELF. CALL YOUR LOCAL COUNTY EXTENSION OFFICE
TO LEARN MORE ABOUT BECOMING A 4-H VOLUNTEER LEADER.

#

cp

npsa0623

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

DO IT SAFELY

Announcer: DOING THINGS SAFELY IS JUST A MATTER OF COMMON
SENSE. AS A VOLUNTEER 4-H LEADER, YOU CAN TEACH
YOUNG PEOPLE TO BE SAFE AND PREVENT ACCIDENTS. GET
INTO 4-H.

#

cp

npsa0622

Any questions?

Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

May 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LEARN TO DESIGN YOUR ENVIRONMENT

Announcer: 4-H CAN HELP YOU COME A LITTLE CLOSER TO YOUR DREAM
HOUSE--OR EVEN YOUR DREAM ROOM! IN THE 4-H HOME
ENVIRONMENT PROGRAM, YOU CAN LEARN HOW TO MAKE YOUR
ROOM--OR ANY ROOM IN THE HOUSE--MORE ATTRACTIVE,
LIVABLE, AND FUNCTIONAL WITHOUT SPENDING A LOT OF
MONEY. 4-H TEACHES YOUNG PEOPLE DESIGN SKILLS, HOW
TO USE MATERIALS THAT ARE COST EFFECTIVE AND
ATTRACTIVE, AND HOW TO GIVE ANY ROOM THAT SPECIAL
DECORATIVE TOUCH. SO, LEARN HOW YOU CAN FINALLY
HAVE YOUR DREAM ROOM. CALL YOUR COUNTY EXTENSION
OFFICE--AND START DECORATING--IN MINNESOTA 4-H.

#

CP

NPSA0624

Any questions?
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Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

news

MSC19A27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 1, 1985

MEDIA NEWS PACKET INDEX

Stories in this packet:

Page number

What's Trendy on the Food Scene for '85 and beyond.....	M- 2
Aphid is a Challenge for Gardeners Who Love Honeysuckle.....	M- 4
Brighten Your Garden with Centennial Sun.....	M- 7

Specialists, researchers: If you would like copies of any of the above releases, check the ones you'd like and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

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news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 1, 1985

Source: Joanne Slavin
612/376-8748
Writer: Deedee Nagy
612/373-1781

WHAT'S TRENDY ON THE FOOD SCENE FOR '85 AND BEYOND?

Nutrition and the fitness craze will continue to be in the spotlight in the years ahead and will have an impact on how and what we eat. That's the conclusion of Joanne Slavin, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service.

At a recent meeting of the Institute of Food Technologists, Slavin said that food industry analysts predict continued consumer interest in low-fat and low-cholesterol foods and diets. She added, "Consumers are beginning to realize that dieting isn't the answer to all health problems. As a result, fitness--not just staying thin--is 'in'." Advertisers will respond to this trend by showing their products being used by active, physically fit people, she predicted.

Consumers are becoming concerned about osteoporosis. Both the dairy industry and manufacturers of calcium supplements will pick up on this awareness of calcium's importance in the diet, Slavin said. "I hope that advertising campaigns by pharmaceutical companies and vitamin supplement manufacturers

Page 1 of 2

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M-2

don't convince consumers that our problems can be solved by pills rather than careful eating," she added. "Some supplements can be dangerous if overused or even if used according to package directions. One calcium supplement, for example, contains dangerously high levels of vitamins B12 and B6 in addition to the calcium."

Consumer worries over food additives seem to be easing, but Slavin predicted there will be concern about the safety of such new processing techniques as irradiation and retort packaging.

Use of the terms "natural" and "organic" is dying, Slavin noted. This may be because consumers feel they have been misled by advertisers' uses of these phrases and are now distrustful of anything so labeled.

So what lies ahead? Slavin predicted a new wave of interest in value for cost. "Consumers won't be as worried about low-cost food," she said. "They will be looking at cost in comparison to the value of the food so 'value added' will be a popular theme. Consumers will also be interested in products that are quick and easy to prepare without compromising quality. Freshness and wholesomeness will be sought-after qualities."

She also predicted that food products designed for microwave cooking in single portions will gain popularity. "Ethnic and regional cooking will continue to be popular, and so-called grazing--eating several light meals and snacks rather than three big meals--is also expected to have an influence on food sales both in supermarkets and restaurants," she added.

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May 1, 1985

Source: Jeffrey Hahn
612/376-3377
Editor: Sam Brungardt
612/376-8182

APHID IS A CHALLENGE FOR GARDENERS WHO LOVE HONEYSUCKLE

One pest that Minnesota gardeners are encountering is the honeysuckle witches-broom aphid. This insect, also known as the honeysuckle leaf-folding aphid and the Tatarian honeysuckle aphid, is relatively new to Minnesota.

Says Jeffrey Hahn, entomologist with the University of Minnesota's Agricultural Extension Service, "This insect was first reported in the Twin Cities in 1981. Young nymphs and wingless adults were found in May 1982, indicating that the aphid had successfully overwintered here and not migrated in. Since then, it's spread throughout the state and it looks like it's here to stay."

The honeysuckle witches-broom aphid is about one-twelfth inch long and light green in color. It overwinters in the egg stage in the branch tips of honeysuckle. Aphids that hatch from the

Page 1 of 3

eggs in early May feed at first on the buds and later on the leaves of the new growth. The leaves fold up and over the aphids as a result of their feeding along the center veins. The folded leaves, Hahn says, help protect the aphids from natural enemies and other unfavorable conditions, including contact insecticides.

"Their feeding also causes a distinctive, abnormal growth or 'witches-broom,'" the entomologist says. "As the aphids feed on the new growth, they cause a stunting of the leaves and stems. A mass of smaller shoots or witches-broom is formed instead of the shoots growing normally. At first only the looks of the shrub are damaged, but the plant can be stunted if feeding continues."

What can be done about this pest? "Examine your honeysuckle in May for aphids or witches-brooms," Hahn advises. "If you find any, use Orthene, a contact and systemic insecticide, for control. If the appearance of your honeysuckle is important to you, make five treatments about three weeks apart--late May, mid-June, mid-July, early August and early September. If you just want to keep the honeysuckle healthy, spray three times during the summer, at the first of each month starting in June."

Hahn says gardeners who find that aphids have gotten to their honeysuckle despite attempts to control them can prune out infected branches next winter. "By destroying these overwintering sites, you reduce the number of aphids that will be around in the spring."

The University of Minnesota Landscape Arboretum is testing honeysuckles that are resistant to the aphid. The university's Agricultural Experiment Station hopes to introduce a resistant cultivar in a year or two. Hahn says that growing resistant varieties will be the best way to avoid damage by this pest.

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mp,4H

nagr0635

May 1, 1985

Source: Richard Widmer
612/373-1562
Writer: Sam Brungardt
612/376-8182

BRIGHTEN YOUR GARDEN WITH CENTENNIAL SUN

A mass of bright, golden yellow flowers and exceptional resistance to adverse weather is what Centennial Sun, a new garden chrysanthemum introduced this spring by the University of Minnesota, offers gardeners.

Richard Widmer, who heads the team of horticultural scientists that conducts the garden mum breeding project for the university's Agricultural Experiment Station, says, "Centennial Sun is very dependable. Mums react to shortening days by initiating flower buds. With some cultivars, extremely high or low temperatures can delay the formation of flower buds and the development of flowers. The flowering of Centennial Sun was only slightly delayed by adverse weather during the five years we tested it before its introduction."

Page 1 of 2

Centennial Sun produces a canopy of fully double, formal decorative, 1-1/2-inch flowers on stiff, willowy stems that are clothed in dark green leaves. The uniformly mounded plants are 16 to 18 inches high and 25 to 28 inches wide. In the Twin Cities area, Centennial Sun begins to flower by the last week of August. The flowers, which have slight frost resistance, remain fresh and bright looking until killed by frost.

Widmer says the new mum performs equally well, whether it's grown for cut flowers or for color in the flower border. He says plants of Centennial Sun should be in good supply at Minnesota garden centers and nurseries this spring.

Centennial Sun was named in honor of the Minnesota Agricultural Experiment Station's 100th anniversary, which is being observed in 1985. It is the 65th garden mum to be developed by scientists from the university's Department of Horticultural Science and Landscape Architecture.

#

mp,4H

nagr0636

May 2, 1985

Source: Cynthia McArthur
612/373-1083

Writer: Kristine Johnson
612/373-1250

ACTIVITIES, SEMINARS MARK MINNESOTA BIKE WEEK

Bike registration is the theme for Minnesota Bike Week, May 5-11. Bicycle registration is important for identifying accident victims, recovering and preventing bicycle theft and funding bicycle programs.

Activities and seminars will be held throughout the week. On May 4 and 11, the Minnesota Coalition of Bicyclists will offer free bike inspections at Lake Calhoun and Lake of the Isles in Minneapolis.

The University of Minnesota will sponsor seminars on its Twin Cities campuses, including "Doing it Locally" (May 6), "Ask the Bike Doctor" (May 6 and 7), "All-Terrain Bicycles" (May 7), "Ripoffs" (May 8), "Racing" (May 9) and "Touring" (May 10). Seminars on bike registration, maintenance, and places to ride a bike will be held also.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

American Youth Hostels will sponsor bike rides of various lengths around the state on May 5, 8, 9, 11 and 12. On May 9, Lt. Gov. Marlene Johnson will lead a scenic, 12-mile bike ride, which will begin and end in Battle Creek Park in St. Paul, to promote biking and bikeways in Minnesota.

To wrap up the week, the second annual Cycle Sunday will be held May 12. After a family bicycle tour, there will be a festival with a bike rodeo, exhibits, and refreshments in Minnehaha Park in Minneapolis.

For more information on these free public events, call (612) 376-1369.

#

TCO,P2

N4-H0650

news

MSC 19 A 27p
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 2, 1985

Source: Byron Schneider
612/373-1083

Writer: Hank Drews
612/373-1250

4-H SUNDAY IS MAY 12

May 12 is 4-H Sunday officially throughout the United States. Minnesota 4-H clubs will make this a special day in several ways, as with the insertion of family oriented messages in many church bulletins. 4-H members will also usher or do other services in church such as making floral displays, providing nursery care or performing church music, according to Byron Schneider, director of the state's 4-H program and an assistant director of the University of Minnesota's Agricultural Extension Service.

Clergy are asked to announce 4-H Sunday and salute 4-H families. Some congregations provide recognition through signs and special name tags for 4-H families.

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FB1,P2,TCO

N4-H0664

Page 1 of 1

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May 2, 1985

Source: Jane McKinnon
612/373-1759
Editor: Sam Brungardt
612/376-8182

GARDEN NOTES FOR MAY

Don't rush to prune Japanese yews, advises Jane McKinnon, horticulturist with the University of Minnesota's Agricultural Extension Service. Many yews, especially those planted in sunny locations, suffered considerable tip burn during last winter. "Wait until the end of May," McKinnon urges. "You may see fresh, green buds breaking beneath brown needles, and pruning can be less severe."

- - - - -

Jane McKinnon, horticulturist with the University of Minnesota's Agricultural Extension Service, recommends gardeners save straw or marsh hay used for winter coverings. "You'll be glad you did," she says, "because you can use it after the soil warms as mulch under shrubs or around tomatoes, strawberries and annual flowers. Mulches save watering and weeding, and they can make a garden very neat, especially in walkways to keep your feet dry."

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Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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Wait until nights are warm and tree shade has developed before you move houseplants plants to the garden, cautions Jane McKinnon, horticulturist with the University of Minnesota's Agricultural Extension Service. Too fast a trip to a climate of bright sunlight and cold after sundown will make foliage plants turn white, drop leaves and perhaps take all summer to recover.

- - - - -

If you are planning to grow lots of annual flowers or dwarf vegetables in containers this summer, the easiest planting mix to use is a commercial combination of moss peat, perlite and vermiculite, according to Jane McKinnon, horticulturist with the Universtiy of Minnesota's Agricultural Extension Service. Garden centers sell such mixtures in large bags so you will have enough to ring your deck with plants in boxes and tubs. McKinnon says the easiest way to fertilize such mixes is with a pelleted, slow-release complete fertilizer; that way, you don't have to fertilize again for many weeks. She says container gardening requires faithful watering, but everything else is easy.

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FB1,P2,TCO

NAGRO662

news

MSC18A27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 7, 1985

Source: Juanita Reed
612/373-1083
Writer: Hank Drews
612/373-1250

APPLICATION DEADLINE NEARS FOR 4-H SCHOLARSHIPS

May 15 is the application deadline for current and former Minnesota 4-H'ers who want to compete for thousands of dollars in college scholarships. County Agricultural Extension Service Offices throughout Minnesota have more information and application forms for youth who who want to try for:

--10 \$1,000 scholarships for minority 4-H members to pursue an agriculture-related career at a Land Grant college. These are provided by E. I. du Pont de Nemours and Co. and may be continued for as many as four years if academic records merit.

--a \$1,000 scholarship from Webster Industries, Inc. for a 4-H'er in a food preservation project who plans a career in nutrition, food services or a related field.

--two \$1,000 scholarships from the American Rabbit Breeders Association toward a career in agriculture, home economics or a closely related field. Recipients must be high school seniors or college freshmen who have completed a 4-H rabbit project.

--six \$1,000 scholarships for 4-H'ers involved in dairy goat projects who plan careers in agriculture, home economics or related fields. These are provided by the American Dairy Goat Association; Computer Systems, Inc.; "Dairy Goat Journal"; Faith

Page 1 of 2

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Printing Co. and Liberty Press, Inc.

--two \$1,000 scholarships from "Who's Who Among American High School Students" and a \$750 scholarship in memory of pioneer 4-H leader Gertrude L. Warren. These are for students in any field of study who were influenced by 4-H in selecting a career.

--a \$3,000 scholarship from the Tobe-Coburn School for Fashion Careers for a youth interested in a fashion industry career. The recipient will enroll during 1985 in a 10-month program at the school in New York City.

--four \$1,000 scholarships from DeKalb AgResearch, Inc. for current 4-H'ers interested in agricultural careers.

--a \$1,000 scholarship, donated by Education Foundation of Alpha Gamma Rho, for a 4-H'er who will be a college freshman this fall and is planning a major in agriculture, forestry, veterinary medicine or a closely related field.

--two \$1,000 scholarships, donated by Wayne Feed Division of Continental Grain Co., for present or former 4-H'ers who will be college juniors this fall with a major in animal science.

--two \$1,000 scholarships from Champion Valley Farms, Inc. for former 4-H'ers enrolled in a college of veterinary medicine.

--a \$1,000 scholarship from the Chicago and North Western Transportation Co. for a current or former Minnesota 4-H'er who is a college junior, senior or graduate student majoring in forestry, agricultural business or agricultural economics.

--two \$1,000 scholarships provided by the Edwin T. Meredith Foundation.

Minnesota youth are also eligible for a \$450 Minnesota Livestock Breeders Association Scholarship, a \$450 McKerrow Scholarship and a Ball Brothers Scholarship.

news

MSC/9 A27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 9, 1985

Source: Jane McKinnon
612/373-1759

Editor: Sam Brungardt
612/376-8182

CONSIDER THESE NURSERYMEN'S FAVORITES FOR YOUR YARD

Local evaluation of landscape plants is usually worth more to Minnesota gardeners than all the recommendations in the national garden press. Jane McKinnon, horticulturist with the University of Minnesota Agricultural Extension Service, says these are some of the plants that experienced Minnesota nurserymen consider the best on the market:

KOREAN BOXWOOD: This hardy, dwarf shrub can be used to vary a low planting of junipers or dwarf yew. Normally, it grows in sun or shade and is remarkably free of pests. Korean boxwood does not require acid soil, unlike many other broadleaf evergreens. As a hedge, it is an elegant edging for roses or other flower plantings. Its slow growth and compact habit make it one of the more trouble-free garden plants.

JAPANESE WHITE SPIREA: This inexpensive, easy-to-grow shrub is very useful for sunny areas where color and delicate texture are needed. Similar to the familiar pink-flowered Anthony Waterer spirea, it's useful near red brick or redwood construction because of its white flowers. Established plants

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are about 18 inches high and 3 feet wide. This and other summer-flowering spireas are useful where winter damage is likely, because they flower on new growth. Their tops should be cut back severely in early spring or fall. Fertilize in early spring, and enjoy the blossoms of this soft, rounded plant in July and August.

GLOBE CARAGANA: This well-behaved relative of the tough-as-nails caragana used in windbreaks and hedges is globe shaped. It grows about 3 feet in each direction and can be used as a small specimen plant or in a neat hedge. It is particularly useful for dry, sunny locations where yews or other, more delicate plants might suffer. Pruning is rarely necessary unless you want a formal hedge, and this caragana has fewer pests than other caraganas. Caraganas or Russian peashrubs are well suited to western Minnesota, where some plants do not thrive because of high-lime soils and dry conditions.

DROPMORE HONEYSUCKLE: This plant is for gardeners who need a flowering vine that can grow where soil and moisture conditions are not quite good enough for clematis. It was developed in Manitoba, so it is hardy and tolerant of most soil conditions, including waterlogged areas. It needs full sun to produce it's bright, orange-red flowers in large clusters. Dropmore honeysuckle can grow 30 feet, so it's wonderful for balcony railings, garage walls and other high architectural features. As it climbs by twining, it needs some kind of support.

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news

MSC/8 A2P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 9, 1985

Source: Deborah Brown
612/376-7574
Editor: Sam Brungardt
612/376-8182

TAKE STEPS NOW TO CONTROL THIS YEAR'S CRABGRASS

Now's the time to act if you want a lawn that's free of crabgrass, says horticulturist Deborah Brown.

"Crabgrass is an annual weed," explains Brown, who is with the University of Minnesota's Agricultural Extension Service. "The plants die each fall and new plants sprout in the spring from seeds that fell to the ground the summer before. The point in this weed's life cycle at which it is most vulnerable is in the spring, just as the seeds begin to germinate. Chemical control is not really recommended once crabgrass has emerged."

Although crabgrass germinates around Memorial Day in the Twin Cities, Brown says it's not very noticeable until June or early July. She says, "If your grassy weeds are large and green in early spring, you don't have crabgrass, but coarse, perennial grasses that are much harder to control."

The best way to control crabgrass, according to Brown, is to apply a preemergent herbicide to the lawn in early May. The weedkiller should be watered into the soil, where it creates a

Page 1 of 2

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chemical barrier, killing crabgrass and other seeds as they sprout. Brown says it's best to apply the weedkiller the first or second week in May, a couple of weeks before the crabgrass is expected to sprout, so the chemical is fully activated by the time it's needed.

"Preemergents won't kill weeds once they have sprouted and are visible," Brown says. "They only prevent seeds from sprouting successfully. Although it's best to put the preemergent on in May, you would get some control by applying it in June because weed seeds germinate throughout early summer."

While preemergents are available as wettable powders for spraying and as granules, they are most commonly available in combination with lawn fertilizers, in a granular form. Brown says there are a number of chemicals and brand names on the market, all of which do a good job if applied properly.

"If you are planning to seed your lawn this spring," she cautions, "you must find a preemergent herbicide whose label clearly states that it is meant for use on a newly seeded lawn. All other preemergents will prevent bluegrass seeds from sprouting, right along with the crabgrass.

"Don't forget," she adds, "regular watering and fertilizing will help thicken existing desirable grasses, making penetration by weed seeds more difficult."

#

May 9, 1985

Source: Bob Geneve
612/373-1540
Editor: Sam Brungardt
612/376-8182

FOR A SMALL INVESTMENT, RHUBARB REWARDS GARDENERS

Springtime is rhubarb time. Talented Minnesota cooks use this perennial vegetable's tart-tasting stems in pies and other baked goods, sauces, jams and even sherbets.

True rhubarb lovers can grow their own rhubarb rather easily, according to Robert Geneve, horticulturist with the University of Minnesota's Agricultural Extension Service. He says this begins with the selection of a proper site for the rhubarb bed.

"The area should be in full sun, physically separated from the annual portion of the vegetable garden that may require rototilling," he says. "The soil should be well drained. If it's not, use a raised bed. Finally, it should be weed free. Weeds, especially perennial ones, are easier to control before the bed is established. Put off planting for a season to control weeds if the area is excessively weedy."

Page 1 of 2

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Rhubarb is planted from roots that can be bought at garden centers or through garden catalogs. Geneve says varieties are available that produce either green or red stems. Plant the roots in the spring, 2 inches deep and 3 feet apart each way, he advises.

"Do not harvest stems from newly planted roots," he cautions. "Begin to harvest the following year but for only 3 weeks. The third year, the harvest can be the full 8 to 10 weeks."

Geneve says rhubarb plants should be fertilized early each spring and again after the harvest is over. Use a mulch to control weeds in established plantings, he advises, and avoid covering the growing crowns with the mulch.

Rhubarb beds can last 5 to 10 years. Geneve says, "Renovate old rhubarb plants to keep them growing vigorously. As plantings become overcrowded, the new leaves will be smaller and the plants less productive. Dig and divide the old roots in early spring before growth begins. Each root piece should have one or two good eyes (buds). Start the renovated bed just like a new planting. Take the opportunity to provide weed control, soil improvement and fertilization at renovation time."

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TC0,P2,4H

NAGRO657

news

MSC/8.A27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 9, 1985

Source: James Harner
612/376-3535

Writer: Mary Kay O'Hearn
612/373-1786

TAKE PRECAUTIONS WHEN FUELING MOWER, BOAT MOTORS

Gasoline use with boat motors and lawnmotors--and the danger of explosions--increases with warmer weather.

"One should remember," says James Harner of the University of Minnesota's Fire Information, Research and Education Center, "that a gallon of gasoline can have the explosive force of several sticks of dynamite. Think of flammable liquids as bombs and treat them as such at all times. Under certain circumstances, easily achieved by accident, flammable liquids can behave as bombs."

Statistics from the Minnesota State Fire Marshal's office show that improper fueling of such items as lawnmowers and boats resulted in 67 fires with injuries to five persons and property losses of \$165,475 in 1984.

Harner suggests the following safety precautions:

--Avoid spilling fuel. Clean up spilled fuel immediately and place all fuel-contaminated cleaning materials in a metal container that has a tight-fitting lid.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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--Always replace fuel caps on motors and reclose safety cans immediately after refueling.

--Avoid contacting hot parts of the engine.

--Before using a power lawnmower, be sure the area to be mowed is free of rocks and sticks, which can become deadly missiles when picked up by a mower.

--Keep hands and feet clear of moving parts, especially lawnmower blades, at all times.

--With an electric lawnmower, use only heavy-duty extension cords designed for outdoor use and properly grounded electrical outlets. Take care not to cut the cord with the mower.

--Avoid cutting wet grass, which can jam mower blades as well as cause shocks with electric lawnmowers.

--When refueling a gasoline engine, the engine and safety can should be grounded to avoid the buildup of a static electrical charge. This can be done by using a grounding strap or wire on both the engine and the can or by using a grounding strap on the engine and a bonding strap between the engine and the can.

The Fire Information, Research and Education Center is affiliated with University of Minnesota's Agricultural Extension Service and Continuing Education and Extension. For more information on fire safety, contact the center at 33 North Hall, 2005 Buford Ave., University of Minnesota, St. Paul, MN 55108 or phone it at (612) 376-3535.

#

May 9, 1985

Source: Jane McKinnon
612/373-1759
Editor: Sam Brungardt
612/376-8182

STRETCH LILAC BLOSSOM TIME OVER SEVERAL WEEKS

May is when Minnesotans fall in love with lilacs all over again. Jane McKinnon, horticulturist with the University of Minnesota's Agricultural Extension Service, says that anyone who grows many varieties of this sturdy plant can stretch blossomtime through several weeks of spring and early summer, with bonuses of fall and winter beauty yet to come.

The best known lilacs, known as "French hybrids," bloom in mid-May with the tulips. McKinnon says Minnesota favorites include the double white Edith Cavell, named to honor a nurse-heroine who died in World War I; Lucie Baltet, a soft pink, single-flowered lilac hybridized in New York State; and Ludwig Spaeth, a rich purple originated by the German plantsman of the same name.

"Lilac bloom can continue with the excellent landscape Chinese lilac," McKinnon says. "It is nonsuckering, extremely hardy and useful for large screening hedges and windbreaks, as

Page 1 of 2

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farmers know. A little later in May the dwarf Meyer lilac comes into fragrant bloom. Both Chinese and Meyer lilacs are soft purple. They grow best in sunny, airy locations, and the Meyer lilac in particular must have well-drained soil. No lilacs like wet locations. However, cold climates and high-lime soils do not discourage either Chinese or Meyer lilacs."

Another Asiatic lilac, Miss Kim, grows 6 to 8 feet wide. It is a larger plant than the Meyer lilac, but it requires less space than either French or Chinese lilacs. Its blooms are lilac colored and the deep green foliage turns purplish red in autumn.

"If you really want to stretch the season of lilac bloom," McKinnon says, "add some of the fine Preston Lilacs to your landscape plantings. Donald Wyman is purple; Isabellea, lilac; James MacFarlane, pink. These Canadian originations are particularly successful in Minnesota. They do not sucker and they are resistant to leaf diseases. Flowers continue into June, leading into the time when Japanese and Pekin tree lilacs crown themselves with ivory trusses."

The Japanese and Pekin tree lilacs light up the landscape during late June and July. McKinnon says, "Their multistemmed habit and healthy, shiny foliage makes these 15- to 20-foot trees ideal for a patio or sitting area. They are neat enough to plant in outdoor living spaces without fear of dropping fruit or other problems. Their flowers are followed by bright brown seed pods, which are attractive in cold season landscapes, in contrast with the shining black bark."

#

news

MSC/9A27p
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 9, 1985

Source: Randy Cantrell
612/376-7003
Writer: Sam Brungardt
612/376-8182

CONFERENCE WILL EXPLORE HOW TO MAKE 1990 CENSUS MOST USEFUL EVER

Local and state officials and planners, legislators, business persons, and researchers as well as the general public will have a chance to suggest ways to make the 1990 census of Minnesota's population and housing the most useful census ever at a June 18 conference at the University of Minnesota.

According to Randy Cantrell, specialist with the university's Agricultural Extension Service's Minnesota Analysis and Planning System (MAPS), the Census Bureau staff is reviewing the needs of people who use census data. "This opportunity for input should be important to many Minnesotans," he says, "because census data are used in the redistricting of legislative districts, in allocating federal revenue sharing funds, and in formulating plans and making decisions in local and state government and in business."

Cantrell says the Census Bureau hopes to get recommendations from the conference regarding:

--additions, modifications or deletions of population and housing items

Page 1 of 2

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- geographic detail needed by subject matter
- geographic areas and products
- data products and formats
- user services and user guides and other material
- publicity and community relations

In addition, it seeks answers to the following questions:

What 1980 data products were most useful?

What problems did you have in using 1980 census information?

What new or unusual applications were tried?

The conference will begin at 8:30 a.m. at Earle Brown

Continuing Education Center on the university's St. Paul campus and will end at 4:30 p.m. There is no charge for attending, but luncheon tickets are \$5.50 each, and preregistration is required. To preregister or to get more information, write to MAPS/1990 Census, 475 Coffey Hall, University of Minnesota, St. Paul, MN 55108 or call Cantrell at (612) 376-7003. Those who preregister by June 6 will receive, prior to the conference, a paper outlining some of the major issues and some alternatives for the 1990 census. The conference is sponsored by MAPS, the Minnesota Census Data Center and the Kansas City Regional Office of the Bureau of the Census.

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1A,P2,TCO,SN

NCRD0603

news

MSC/9A92
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 16, 1985

Source: Jim Lewis
612/373-1083

Writer: Hank Drews
612/373-1250

MINNESOTA 4-H RECEIVES MAJOR GIFT

Minnesota 4-H will receive a gift that represents a century of accumulated assets of a Northfield area family. John Howland, the last surviving member of a family of seven brothers and sisters died Jan. 14, 1985, leaving the bulk of his family's estate to the Minnesota 4-H Foundation. The estate is valued at \$500,000 to \$750,000.

Howland's will prescribes that proceeds from the estate be used to establish the Howland Family Endowment for Leadership Development. Jim Lewis, director of the Minnesota 4-H Foundation, calls this "a gift for the future of Minnesota 4-H. The principle of endowment funds are never involved, so this gift will mean perpetual income to the 4-H program." Lewis calls the gift "humbling" in that, "one family felt so strongly about providing opportunities for young people that they committed their life's resources to Minnesota 4-H."

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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The Minnesota 4-H Foundation was established in 1981 to generate private support for 4-H youth development programs. The Howland family gift represents the first realized estate gift to the foundation. Free information about estate planning and tax-wise charitable gifts is available from the Minnesota 4-H Foundation, 340 Coffey Hall, University of Minnesota, St. Paul, MN 55108.

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CEO,1A,P2,FB2,4Y

N4-H0671

May 16, 1985

Source: James Harner
612/376-3535

Writer: Mary Kay O'Hearn
612/373-1786

THERE'S NO REALLY SAFE WAY TO STORE GASOLINE

There is really no safe way to store gasoline in the home, garage or auto, according to James Harner of the University of Minnesota's Fire Information, Research and Education Center.

"If you must store gasoline, store it only in safety cans that have flame arresters and pressure-release valves and keep it away from your home," he says.

Flammable liquids, like other hazardous products, should be kept locked up when not in use. Always keep them out of the reach of children.

Don't store gasoline in the trunk of a car or strapped to the outside. Vapors can ignite and cause an explosion.

Flammable liquids should be stored in a well-ventilated area, away from any flame source. Try to buy small quantities of these products if they are needed. Flammable liquids (stored in the flame arrester safety cans with pressure-release valves) should be clearly labeled. Never put these liquids in glass containers or in pop bottles or else they might be mistaken for another liquid.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

Don't siphon gasoline by mouth. Use a hand-operated pump if it must be siphoned. If gasoline or any other flammable liquid is accidentally swallowed, do not induce vomiting because just a small amount of gasoline in the lungs can be fatal. Call a physician or seek other medical help immediately.

Remember, a distant flame source such as a struck match, a cigarette or a pilot light of a stove, furnace or heater can result in explosions and fires where flammable liquids are concerned.

"Many flammable liquids are extremely dangerous. Always be aware that the vapors can easily ignite when you're handling or storing them," Harner cautions. "If flammable liquids do catch fire, don't use water to try to extinguish the fire. Use a carbon dioxide, halon or dry chemical fire extinguisher."

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#

CEO,1A,P2,TCO

NAGRO638

news

MSC 5A27A
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 16, 1985

Source: Jim Kielsmeier
612/376-7624
Greg Hutchins
612/373-1236
Writer: Kristine Johnson
612/373-1250

YOUTHS ON RIVER TRIP WILL FOCUS ON HISTORY, ENVIRONMENT

Several Minnesota 4-H'ers will be among the young people who will participate in a 210-mile canoe trip down the Minnesota River this June. The trip, which will promote the 1985 International Year for Youth and the concept of world citizenship, is part of a larger expedition involving as many as 500 youth on 1,300 miles of the Mississippi River and several of its tributaries.

"This trip is an example of 4-H's new, high-adventure programming for new youth audiences", says Greg Hutchins, who is responsible for 4-H youth leadership programs for the University of Minnesota's Agricultural Extension Service.

The first leg of the Minnesota River trip will begin near Redwood Falls June 15 and end in Mankato June 22. This part of the journey will focus on relations between white settlers and the Dakota people along the river from 1820 to the conflict of 1862, as well as other features of historical and environmental interest.

Page 1 of 2

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The second leg will begin in Mankato June 21 and end in St. Paul at Fort Snelling on June 30. The focus for this leg will be the problems of agricultural runoff. The group will explore the effects of runoff on the river as well as the consequences to farms and communities along the river if runoff is controlled. "Rendezvous" celebrations at Mankato on June 22 and Fort Snelling on June 29 will be open to the public.

Goals for the expedition include promoting the values of youth participation, peace, development, and environmental quality; becoming familiar with the ecology and history of the river system; working with others and exhibiting leadership skills; and becoming familiar with canoeing and minimum-impact camping skills.

#

CEO,P2,4Y

N4-H0670

May 16, 1985

Source: Deborah Brown
612/376-7574
Editor: Sam Brungardt
612/376-8182

USE BROADLEAF WEEDKILLERS WISELY

It's easy to get good results with broadleaf weedkillers, but there are certain precautions one should follow, says Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service. "First, be sure you choose the appropriate herbicide for your specific weed problem," she advises. "Then, read the label very carefully."

Brown says some herbicides kill weeds selectively; they kill grassy weeds only or broad-leaved weeds only. Others kill anything green they contact. Some herbicides leave the soil unfit for planting the rest of the season. Others remain in the soil only a short time.

"Apply herbicides when weeds are growing actively," Brown says. "The temperature should be anywhere from the low 60's to the low 80's. Below 60 degrees, weedkillers are not as effective. And when temperatures are too high, there's a greater chance that fumes will drift onto other plants."

Page 1 of 2

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"Check the weather forecast for rain. Try to apply the herbicide when no rainfall is expected for at least 48 hours. Avoid spraying during windy weather, as herbicides damage or kill desirable plants just as easily as weeds.

"Always go with the label-recommended strength when applying weedkillers. By using them at higher concentrations, you may get a quick kill of the top growth, but the chemical may not have time to move into the root system to completely kill the plant."

Brown says broadleaf weedkillers may be reapplied about every two weeks if necessary. She says, "With some tough weeds, such as creeping charlie or chickweed, you will probably have to spray several times in spring, hold off during the summer, then begin spraying again in fall when the temperatures are cool enough. Fall is actually the best time to get rid of dandelions."

She adds, "Remember that herbicides are only part of the weed control story. A regular program of watering and fertilizing will be necessary to help thicken the lawn. Otherwise, as you kill weeds, you'll have large, bare spots that will fill with weeds soon again."

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P2,4H,TCO

NAGRO660

news

M.Sc. 12 A 27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 16, 1985

Source: Shirley Baugher
612/373-1232

Writer: Deedee Nagy
612/373-1781

U of M EXTENSION HOME ECONOMICS INFORMATION CENTER TO CLOSE

The Home Economics Information Center at the University of Minnesota, a source for consumer information over the telephone since 1961, will close June 14, according to Shirley Baugher, assistant director of Home Economics-Family Living programs for the university's Agricultural Extension Service.

The center, which handled more than 30,000 telephone and letter inquiries in some years, will close because of budget restrictions. Baugher adds, "Due to state budget retrenchment, the closing of the center is necessary. The information available at the center is being compiled into a computer data base that will be used by county extension agents statewide. This will make a great deal of consumer information available to state residents through the local county offices of the Agricultural Extension Service."

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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The consumer information data base is currently being tested in extension offices in Hennepin, Ramsey, Stearns and Kittson Counties. It allows callers to obtain factual, research-based answers to many commonly asked questions on topics such as stain removal, emergency information, resource management and food preservation.

The extension service also offers a taped information service, Teletip, which makes recorded information available over the telephone at no charge to those living in the Twin Cities metropolitan area. Teletip home economics topics include clothing and textiles, food preservation, family finance, nutrition, food safety, home energy conservation, home furnishings and household maintenance. Consumers may obtain a list of Teletip tapes by phoning (612) 379-6989.

In addition, publications on a wide variety of consumer topics are distributed by county extension offices and by mail from extension's Distribution Center, located on the university's St. Paul campus.

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CEO,AI,AII,AA,P2,4HE,TCO

NHEC0673

news

MSC19A92
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 16, 1985

Source: Shirley Baugher
612/373-1232

Writer: Deedee Nagy
612/373-1781

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CEO, AI, AII, AA, P2, 4HE, TCO

NHEC0673

May 16, 1985

Source: Jeffrey Hahn
612/376-3377

Editor: Sam Brungardt
612/376-8182

SPRAY YELLOW JACKET, WASP NESTS IN LATE MAY, EARLY JUNE

Late May or June is the best time to spray nests of yellow jackets and wasps, says Jeffrey Hahn, entomologist with the University of Minnesota Agricultural Extension Service.

He says, "Although these closely related insects are not usually actively aggressive towards people, especially at this time of the year, they can deliver a very painful sting, that results in burning, swelling and itching. Some people suffer an allergic reaction from the venom that's injected in the sting. Shortness of breath is a sign of hypersensitivity to the venom. Such people should try to avoid these insects when possible, especially if they've been stung before."

Hahn says that, despite their ability to sting, yellow jackets and wasps actually are beneficial because they prey on other insects, including some garden and lawn pests.

Page 1 of 2

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Yellow jackets and wasps usually build their nests in quiet, out of the way sites--in the ground, on trees and shrubs, or on or in buildings. Hahn says, "Control need not be automatic if you find a nest. Generally, they'll leave you alone if you leave them alone. However, control should be attempted if they nest somewhere by the house, such as under an eaves or behind siding.

"If the nest is visible, spray with an aerosol that's labelled for use against wasps and bees. These sprays are effective and should kill the nest within a few days. This is best done after dark, when the colony is less active. If the nest cannot be found, watch for an opening, where the workers fly in and out. Spray the opening with 2.25 percent carbaryl (Sevin) solution or 1.0 percent dichlorvos (Vapona) spray. Spray every couple of days until all the insects are dead."

Hahn says the timing of these sprays is important. If a nest is sprayed too early in the spring, there's a chance that another queen (a mated female that survived the winter) will start her colony there. Therefore, it's best to spray the nest in late May or June, when the colonies are established and other queens will not be likely to invade the territory of a colony that's been brought under control.

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1A,P2,TCO

NAGRO658

news

MSC/9A9Z
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

May 16, 1985

Source: Joanne Slavin
612/376-8748
Writer: Deedee Nagy
612/373-1781

OBESITY IS A KILLER, HEALTH PANEL CONCLUDES

Any degree of overweight carries a health risk and obesity--20 percent or more overweight--is a killer that probably affects more Americans than any other.

Joanne Slavin, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service, reports that a National Institutes of Health (NIH) consensus panel recently issued a report on overweight. The panel concluded that any excess weight, even 5 or 10 pounds, may be hazardous to health, and anyone who is 20 percent or more overweight should make every effort to reduce.

Slavin says the panel acknowledged that not everyone with a weight problem is affected the same way, and many of the effects don't show up for years. "We know, however, that the obese are more prone to such diseases as hypertension, diabetes, heart disease, cancer, gall stones and arthritis," she says. "They also have shorter life spans, according to data from the insurance industry."

Page 1 of 2

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The panel cited evidence that despite current interest in fitness and diet, obesity is still nearly an epidemic, particularly among certain groups. Sixty percent of black women between the ages of 45 and 55 are obese, compared to 30 percent of white women of the same ages and 26 percent of the U.S. population as a whole.

Researchers at the University of Pennsylvania have stated that obesity is six times more common among members of the lower socioeconomic classes. They concluded that social pressures to stay slim are stronger among the more affluent and this may account for the high numbers of obese persons among blacks and the poor.

Slavin adds that dieting is big business in the United States. More than one billion appetite suppressant tablets are sold in this country each year, and each week more than one million people seek the help of weight loss clubs or programs such as Weight Watchers.

"There's certainly no foolproof way to reduce, but this study points out how important it is for overweight people to get their weight down to normal," Slavin concludes. "It's more than just vanity. The health hazards are numerous at even low levels of obesity."

#

CEO,P2,4HE,TCO

NHEC0674

May 23, 1985

Source: Edward Blonz
612/376-3401
Writer: Deedee Nagy
612/373-1781

MINNESOTA COUNCIL AGAINST HEALTH FRAUD ORGANIZED

Concern about consumers' exposure to misinformation, fraud and quackery in health-related areas has led to formation of the new Minnesota Council Against Health Fraud, according to president of the council, Edward R. Blonz, extension specialist in food science and nutrition with the University of Minnesota's Agricultural Extension Service.

The non-profit organization will include concerned consumers along with academic, legal, business and health professionals. Blonz says the council will take an active role in exposing fraudulent claims and information as well as working for the highest possible quality in health products and services.

Blonz says, "Health fraud and quackery have become big business. Sophisticated sales techniques, official sounding degrees obtainable through the mail and all kinds of unsubstantiated claims and testimonials combine to confuse the public." He adds that the council will work actively for the safety and effectiveness of health-related products and services.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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It will also encourage efforts to provide informative labels for such products, appropriate consumer information and truthful advertising.

Similar councils in other states have used legal means as well as the news media to alert consumers to gimmicks and fraud and to eliminate them. Blonz expects the Minnesota council to take on a similar watch dog role.

For more information about the newly formed council and its mission and membership requirements, contact Blonz or the Minnesota Council Against Health Fraud at 160 Food Science & Nutrition, University of Minnesota, 1334 Eckles Ave., St. Paul, MN 55108.

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P2,4HE,TCO,SN

NHEC0689

May 23, 1985

Source: Edward Blonz
612/376-3401

Writer: Deedee Nagy
612/373-1781

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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#

P2,4HE,TCO,SN

NHEC0689

May 30, 1985

Source: Mark Ascerno
612/373-1059

Editor: Mary Kay O'Hearn
612/373-1786

PRECAUTIONS HELP TO AVOID WOOD TICKS

The height of the wood tick season is fast approaching, but there are ways humans can try to avoid picking up ticks on their clothing.

Mark Ascerno, entomologist with the University of Minnesota's Agricultural Extension Service, says that spraying socks and pant legs with a repellent containing deet can help prevent small, tack-size ticks from reaching the skin. He says this is the same type of spray used to ward mosquitoes off arms and legs. "Check the active ingredient list on the product before you buy it and select the one with the highest percentage of deet," Ascerno says, adding that no insect repellent is very effective against ticks when applied to the skin.

Tick season is usually from early spring until July. "The bear or deer tick, smaller than the common wood tick, is common along the St. Croix River, north to Mille Lacs, then east to Duluth," Ascerno says. Repellents applied to parts of clothing that may brush tall grasses where ticks concentrate, remain effective for several wearings if the garment is not washed.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

Ticks suck blood from the host they attach to. This could be an animal or human (depending on the tick species) and the host usually does not feel the tick, which can remain attached about three days before filling with blood and dropping off. As a tick feeds, it releases enzymes that break down the skin. So, it takes a bit of the host's skin along when it releases itself.

Most people prefer not to wait three days while a tick gets its fill. Carefully examining the body after camping or spending time in a tick-infested area and finding ticks before they embed their heads under the skin is the best practice. If a tick has embedded itself, it can be removed with a slow, steady pull with tweezers or a tissue held in the fingers. Treat the wound with a good germicidal such as iodine.

The brown dog tick, which can be found on dogs throughout the year, doesn't feed on humans. The American dog tick (also known as the wood tick) is a pest of humans as is the bear or deer tick, which can cause Lyme's disease in humans. "But getting bitten doesn't automatically mean contracting the disease," Ascerno says. "Lyme's causes a red area on the skin which expands as the center clears. If this symptom is present, contact a physician immediately.

"Never destroy the removed tick by crushing it with the fingers. This has resulted in infection," Ascerno says. "Instead, kill it with kerosene or turpentine or with a lighted match."

#

MSC
6/27/85

May 30, 1985

Source: Tim Olsen
612/373-1083

Writer: Kristine Johnson
612/373-1250

CAMP COUNSELORS ARE TRAINED TO REALLY CARE FOR OTHERS

Leadership for tomorrow was the theme for the 4-H Camping Workshops held this spring at three sites in Minnesota. Along with teaching the mechanics of running a 4-H camp, future camp counselors learned how to help youngsters at summer camp establish their self-worth and to communicate with others.

In one general session, "Tough Stuff For Kids," the counselors learned how to cope with the problems that kids face when growing up such as being called names, having parents argue and experiencing a pet's death.

This workshop also covered the four ways that parents handle stress: authoritarian, inconsistent, overprotective and leveling patterns.

"Leveling is what the individual strives for," says Cottonwood County 4-H extension agent Tim Olsen. "In this situation, the individual learns self-trust and to use his or her judgment. This style allows the individual to live as a whole person. It allows the person to say, 'Its all right to be me.'"

For the seven 4-H members who were caught sneaking out of their cabins one night, the workshop was especially meaningful. The campers had to call their parents the next morning and explain what they'd done. Then, they had tell the other campers why they shouldn't have snuck out of their cabins.

One 16-year-old boy from Ottertail County said, "I realized that I could have gotten hurt and then the camp could have been closed down." The youth described his parents as the leveling type. "They let me pick my own punishment--I was grounded for two weeks. I thought that was fair."

One girl, who was also caught sneaking out of her cabin, was described as quiet and reserved upon coming to the camp. When her parents picked her up at the end of camp, she said to them, "Mom, at camp I learned how to talk to parents and I think we can talk about this."

The counselors who attended the camping workshops will be assisting with 35 to 40 4-H camps throughout Minnesota this summer.

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MSC
g. a. r. p.
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May 30, 1985

Source: L. C. Merriam
612/373-0847

Writer: Mary Kay O'Hearn
612/373-1786

REPORT SUGGESTS WAYS WILDERNESS CAMPSITES CAN BE IMPROVED

How would your yard look if someone camped in it more than 60 times each summer? Probably not too good.

Is it any wonder that some of the 2,000-odd campsites in the Boundary Waters Canoe Area (BWCA) of the Superior National Forest in northeastern Minnesota bear little resemblance to the pristine wilderness around them when one considers that they may be used more than 60 nights each season?

More than 150,000 people visit the BWCA each summer, and the condition of campsites, where the visitors spend considerable time, affects the enjoyment of the wilderness experience.

"Overcamping" can take its toll on campsites just as lakes can be overfished. A rest from people is one remedy, but other suggestions for wilderness campsites are in a new University of Minnesota Agricultural Experiment Station publication. The publication, "Recreational Impacts on Well-Established Campsites in the Boundary Waters Canoe Area Wilderness", was authored by Jeffrey L. Marion and Larry C. Merriam.

Page 1 of 4

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Marion, who teaches forestry at the University of Wisconsin-River Falls, received his doctorate at the University of Minnesota in 1984. Research reported in the publication is the basis for that degree. Forest scientist Merriam (who was Marion's adviser) has been interested in wilderness campsites for some time; he studied them from 1968 through 1972.

"Congress intended wilderness to be managed in such a way that human use would not significantly impair the resource," says Merriam. "However, marked increases in wilderness recreational use have resulted in environmental impacts that threaten both the primitive character of these areas and the quality of wilderness experience for the visitor."

The aim of BWCA managers is to let the public use and enjoy the wilderness area while keeping it as natural and pristine as possible. Visitors are required to use designated campsites and permits are necessary to enter the BWCA, so the flow of foot traffic is, in effect, regulated. In the BWCA, wilderness managers have carefully selected and developed campsites so there are as few as possible that are unnecessary or poorly located.

In his research, Marion studied 96 back country campsites in the vicinity of Ely to find out how use was affecting them and how significant visitor impacts (changes that reduce the campsites' future utility and desirability) were changing the wilderness experience of visitors. He did this by comparing the

sites with adjacent, undisturbed control plots. All campsites included in the study had been used at least 5 years and some had been used more than 13 years.

Marion did his field work in the summers of 1982 and 1983, camping at the sites and enduring blackflies and mosquitoes. A field crew assisted, but he mapped out the carefully detailed studies, drawing on long-time knowledge from foresters such as Paul Smith. The University of Minnesota's Agricultural Experiment Station, College of Forestry and Computer Center the McIntire-Stennis Cooperative Forestry Research Program and the Superior National Forest funded the study.

"One of Marion's findings," Merriam says, "is that it doesn't make a lot of sense to continually open up new campsites because it takes a long time to get them back to their natural state. Opening up more lakeshore (for campsites) cuts down on the solitude of the entire area."

Marion found that the campsites did not return to a natural state quite as much as was previously thought. He found the soil at some severely compacted. "Cementation" was the word Merriam used in his earlier study for earth that had the consistency of blacktop. This compaction is due to the loss of surface organic layers (which cushion compactive forces) and to the breakdown, leaching and loss of organic materials from the soil.

Marion also found that loss of trees and other vegetation

around the campsites contribute to widespread soil exposure and erosion. At some sites, he found tree roots jutting from the soil like a web of heavy bones.

Marion's findings lead him to conclude that restoration and rehabilitation of current campsites is necessary if BWCA campers are to be able to really enjoy a wilderness experience.

The researchers say that tree damage around campsites can be minimized by avoiding certain species such as paper birch (which visitors persist in stripping of its bark despite education programs) and spruce and firs, whose thin bark is especially susceptible to damage. They say that planting shrubs and trees such as white cedar (which grows well along shorelines) around campsites could make the sites less visible from the water.

They also say that campsites can be kept from spilling beyond intended boundaries by placing the firegrates near the front of the sites, and they recommend that campsites be located on flat bedrock outcroppings to minimize soil exposure and erosion whenever possible.

In the future, wilderness managers will be hard pressed to find ways to keep human-induced changes in the BWCA unnoticeable. But the Marion-Merriam study may help them make sure that visitors have something more nearly akin to a real wilderness experience.

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MSC
JAH

June 6, 1985

Source: Jeffrey Hahn
612/376-3377

Editor: Sam Brungardt
612/376-8182

TREAT YOUR LAWN FOR WHITE GRUBS IF THEIR NUMBERS WARRANT IT

Did insects eat the roots of the grass in your lawn last summer so the turf could be easily peeled up? If so, white grubs were most likely the problem, says Jeffrey Hahn, entomologist with the University of Minnesota's Agricultural Extension Service.

But here's some good news: Hahn says people who experienced problems with white grubs last year will have a temporary reprieve from them this summer. White grubs, which are the immature larvae of May beetles or June bugs, require three years to develop into adult beetles, he explains. In the first year of their development, their damage is slight and usually not noticed. This summer will be the first year of this development in lawns that experienced severe white grub damage last season.

"In many areas, the white grubs spent last winter deep in the soil as pupae," Hahn says. "As it has been warming up, they've been completing their development and emerging from the soil as adult May beetles. These beetles are attracted to lights at

Page 1 of 2

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night and are sometimes called 'bumble bee beetles' because of the loud buzz they make when they fly. In June, they will lay eggs in lawns. Although all parts of a lawn can be affected, there is a preference for open, sunny areas.

"When the eggs hatch, the grubs begin feeding on the roots of the grass. They grow to be about 1/2 inch long during the first summer and are 'C' shaped. It's difficult to detect white grubs in their first year of development. It's usually not until the second year that damage to the lawn is noticed. It is at this time that control measures should be applied if there are three to five grubs per square foot. If there are fewer per square foot, control is usually not necessary. Insecticides, such as Diazinon and Oftanol, are very effective for white grub control."

However, Hahn cautions, not all white grubs are at the same stage of their life cycle at the same time. Some will be in their second or third summer of development this year. Therefore, he says, it's important to carefully watch for the telltale signs of white grub injury--dead or dying patches of turf that can be lifted up--and to treat it accordingly if three to five grubs are found per square foot.

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P2,4H

NAGRO700

MSA
GAP

June 6, 1985

Source: Jill Pokorny
612/373-0937

Editor: Sam Brungardt
612/376-8182

DON'T LET DISEASES DESTROY THE BEAUTY OF YOUR ROSES

Roses are a favorite of many Minnesota gardeners but they may experience two diseases--black spot and powdery mildew--which cause defoliation and reduced flower production.

Jill Pokorny, plant pathologist with the University of Minnesota's Agricultural Extension Service, says black spot first appears as circular, black spots 1/16 to 1/2 inch in diameter. These can be distinguished from other leafspots and from discoloration due to cold or chemicals by their sooty appearance, fringed margins and consistently black color. Infected leaves often turn yellow and drop prematurely, resulting in reduced flower production and quality. Severe leaf loss will weaken the plant, making it more susceptible to cane dieback, stem canker and winter injury.

Powdery mildew is easily diagnosed; it produces a white, powdery coating on leaves, stems and buds. Pokorny says new,

Page 1 of 3

succulent growth is particularly susceptible; young leaves may curl and turn purple and young stems become stunted and distorted. Severely infected buds often do not open.

"Both diseases are spread by spores which are carried by wind, rain or gardeners working among wet plants, and are most severe under conditions of high humidity," Pokorny says. "Rain, heavy dew, or fog can provide the necessary moisture for infection. Control of black spot and powdery mildew consists of gardening practices which modify the environment to reduce disease development, good sanitation practices and a preventative spray program."

To reduce moisture on and around plant surfaces, Pokorny recommends locating rose plants in areas with good air circulation, taking care not to overcrowd them. "Avoid overhead watering late in the day and do not work among the plants when they are wet," she adds.

Black spot and powdery mildew overwinter on infected leaves and canes. Pokorny advises following these sanitation practices to help reduce disease carryover from year to year:

--Rake up and destroy all fallen leaves at the end of the season.

--Prune diseased canes by cutting several inches into healthy wood.

--In the spring, after you uncover the roses and give them their first feeding, apply a mulch, which will serve as a mechanical barrier between the lower foliage and spores that have overwintered.

--Careful observation and removal of diseased leaves as they appear will also help.

Pokorny says, "Proper gardening and sanitation practices must be supplemented by applications of a fungicide. Benlate, Daconil 2787, Phaltan and Funginex are labeled for control of both black spot and powdery mildew. Begin a preventive spray program in early to mid-June, before rose leaves become spotted. Spray at 7- to 10-day intervals, as needed, throughout the summer. It may be necessary to spray twice a week when the plants are growing rapidly and during rainy weather."

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P2,4H

NAGRO696

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50-312

June 6, 1985

Source: Deborah Brown
612/376-7574

Editor: Sam Brungardt
612/376-8182

LAWN TIPS FOR JUNE

Homeowners can spray broad-leaved weeds in June as long as the temperature is still in the 70's or very low 80's and the grass is not moisture stressed from lack of rain, according to Deborah Brown, horticultural specialist with the University of Minnesota's Agricultural Extension Service.

However, she cautions, "With flowers and vegetables up and growing, though, you'll have to be extra careful not to spray in windy weather and to keep your sprayer down close to the ground. All you need to do is wet the tops of the weeds; don't soak the spray into the soil. Weeds that haven't been controlled in spring can be sprayed next fall, so don't feel it has to be done all at once."

Brown recommending fertilizing the lawn in mid- to late June only if there's been ample rainfall or you have an automatic sprinkler system. She says, "It's very easy to burn the grass if

Page 1 of 2

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it's hot and dry. If you've been having trouble with patch diseases in the lawn and feel you need to fertilize, be sure to use the fertilizer at only half the normal recommended rate."

Brown says a healthy lawn should be watered heavily once a week to encourage deep root growth. She adds, "On sandy soil, you'll want to water twice a week, each time wetting the soil to a depth of six inches or so."

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8/2/87

June 6, 1985

Source: Deborah Brown
612/376-7574
Editor: Sam Brungardt
612/376-8182

FOLLOW LABEL DIRECTIONS WHEN CHOOSING, USING PESTICIDES

Many pesticides are available to homeowners from nurseries and garden centers. Some caution is in order when choosing and using a herbicide, insecticide or fungicide, says Deborah Brown, horticultural specialist with the University of Minnesota's Agricultural Extension Service.

"Read the label carefully before you buy a pesticide," Brown advises. "Then, read it carefully again each time you are about to use it. We hear from so many people who mistakenly use one product, thinking it is another, only to find they've damaged their lawn or perhaps rendered their garden produce unfit for eating. Many pesticides have very similar appearing labels."

"Finally, follow the label directions explicitly. If a fungicide is meant for use on ornamentals only, don't use it on vegetables. If it's a weedkiller meant for cracks in the driveway, don't use it in the lawn. Mix it according to directions, not stronger.

"You get the picture," Brown says. "A little care in choosing and using pesticides can save lots of grief later on."

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Page 1 of 1

NAGRO695

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news

Agricultural Extension Service
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University of Minnesota
St. Paul, Minnesota 55108

MSC
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June 13, 1985

Source: Jill Pokorny
612/373-0937
Editor: Sam Brungardt
612/376-8182

SEPTORIA LEAFSPOT SPELLS TROUBLE FOR TOMATOES

Septoria leafspot can play havoc with tomato plants. Home gardeners have a favorite name for this disease--"blight." When describing it, they mention a browning and drying of the lower leaves, which rapidly progresses up the plant.

Jill Pokorny, plant pathologist with the University of Minnesota's Agricultural Extension Service, says Septoria can spread quickly and cause severe leaf loss during seasons with frequent rainfalls. She says severe leaf loss results in fewer and smaller tomatoes which are more prone to sunscald injury.

Close observation of leaves infected with Septoria reveals circular spots 1/16- to 1/8-inch wide with grayish-white centers and dark margins. Often the leaves turn yellow and appear "freckled" with the spots. Eventually, the leaves turn brown and drop off.

To help protect tomatoes from Septoria leafspot, Pokorny advises that gardeners remember these points:

--Rotate your crops. Wait three years before planting tomato plants again in the same location. Last year's topsoil may be full of last year's spores.

Page 1 of 2

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--Buy disease-free transplants from a reliable source.

Septoria can be introduced into a garden on infected plants.

--Keep tomato plants vigorous with adequate moisture and fertilizer.

--Avoid overhead sprinkling when watering tomato plants.

Septoria spores are easily rain-splashed from one plant to another and they depend on water standing on plant surfaces to cause infections.

--Keep the garden weed free. Septoria and many other garden diseases occur on weeds and spread from them. Horse nettles and black nightshade are known hosts of Septoria.

--During years of frequent rain, apply fungicides to tomato plants. Maneb and Zineb are effective on Septoria. Apply the fungicides according to label directions. It may be necessary to apply them more frequently during rainy periods. Wait at least five days after the last application of a fungicide before harvesting your tomatoes.

--In the fall, remove from the garden and destroy all infected plant parts. Don't use infected plants in your compost pile; they are a good source for next spring's Septoria infection.

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news

Agricultural Extension Service
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University of Minnesota
St. Paul, Minnesota 55108

MSC
GA27P

June 13, 1985

Source: Sherri Johnson
612/376-1537

Writer: Deedee Nagy
612/373-1781

SWIMWEAR DECISIONS ASSURE YOUR PLACE IN THE SUN

Beaches and pools will soon be where the action is. No matter where you go to cool off and soak up the rays, the swimwear that you select will affect how enjoyable and comfortable that activity is for you.

Sherri Johnson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, says that shopping for swimwear should begin with knowing how you will use the suit. Are you a competitive swimmer? Or is your style to swim leisurely and relax around the pool or lake? And will you want your suit to withstand a soak in the hot tub too?

Johnson advises competitive or very active swimmers to look for a suit that allows easy movement and little chance of slipping out of place. One-piece tank or maillot style suits are good choices and they should fit snugly and smoothly without binding as you move your arms and legs.

Page 1 of 2

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Leisurely swimmers and sunbathers can concentrate on looks and figure-flattering details. She adds, "Placement of seam lines, ruffles and gathers along with fabric patterns can make you trim and tall or curvaceous and not so tall. Try on a variety of styles and choose the one that looks best on you."

If sunbathing is a high priority, select a suit with an appropriate strap pattern. If swimsuit straps are removable, the suit has been designed to stay up without them. But if you end up releasing nonremovable straps, be sure the suit will stay in place.

Before buying a swimsuit, Johnson recommends checking how well it is made. Will the seams stretch and give as much as the fabric? Look for even, closely spaced stitches and for straps and closures that are firmly sewn in place.

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Agricultural Extension Service
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University of Minnesota
St. Paul, Minnesota 55108

MSC
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June 13, 1985

Source: Wanda Olson
612/373-0913
Editor: Mary Kay O'Hearn
612/373-1786

SUMMER APPLIANCE USES CALL FOR EXTRA CAUTION

When you take electrical appliances, which you normally use indoors, outdoors with you in summer, remember to use them with extra caution.

"No appliance is safe if it is used unsafely," says Wanda Olson, household equipment specialist with the University of Minnesota's Agricultural Extension Service. "Cooking appliances may be used in the preparation of meals outdoors, or personal care appliances, such as hair dryers or blow combs, may be used in restrooms located in recreation areas. The excitement of travel, visiting with friends, or just the new surroundings may temporarily erase the safety habits you and your children have followed automatically indoors."

Olson offers these tips to make summertime safer:

--Be careful where you place appliance and extension cords. Tripping over cords can lead to burns or scalds from tipped-over coffee pots or cookers.

Page 1 of 2

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--Unplug appliances when not in use to avoid danger of fire, electrical shock, or injury from moving parts.

--Don't touch electrical equipment with wet hands or when standing on a damp surface. (This includes the hair dryers and blow combs mentioned earlier.)

--Install ground-fault circuit interrupters (GFCIs) in your home for use with outdoor circuits. For new homes, the National Electrical Code requires GFCIs on 120 volt, single-phase, 15- or 20-ampere receptacles in bathrooms, garages and with outdoor circuits. A GFCI reacts immediately to a small electrical current leak by breaking the flow of electricity. It can be plugged into a standard wall outlet to protect against leakage from products plugged into that outlet. A GFCI can also be installed in a circuit breaker box or permanently in a wall outlet receptacle to protect all outlets on the same circuit. A GFCI gives more protection than grounding appliances because its protection extends to grounded appliances and tools even when the grounding is improperly installed or is inoperative.

--Purchase and use appliances that have the UL (Underwriters Laboratory) label. It means that samples of the design of the product have been tested and found reasonably free from fire, electric shock and related hazards.

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Agricultural Extension Service
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University of Minnesota
St. Paul, Minnesota 55108

MSC
g A 27p

June 20, 1985

Source: Bob Geneve
612/373-1540
Editor: Sam Brungardt
612/376-8182

WATER IS A MUST FOR A BOUNTIFUL VEGETABLE GARDEN

Although vegetables demand water, many gardeners make no provisions for supplying water to the garden during dry weather.

"It makes sense for gardeners to keep a record of rainfall and understand the water requirements for the vegetable garden," says Bob Geneve, horticulturist with the University of Minnesota's Agricultural Extension Service. "Inexpensive gauges are available to monitor the amount of water supplied to the garden by rains. During dry weather, water should be supplied through irrigation."

Geneve says the amount of water needed to support a productive vegetable garden depends on the garden's soil type. Sandy soil dries out faster than a loam. Adding organic matter to a porous, sandy soil will help it retain more available water. In general, a garden with a loam soil should receive at least 1 inch of water per week, Geneve says.

Page 1 of 3

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There are three basic irrigation techniques for home gardens: overhead sprinkler irrigation, furrow irrigation and trickle or drip irrigation.

The most common way to irrigate home gardens is with an overhead sprinkler. Advantages of a sprinkler system are the relative low cost for equipment and the ease of moving the equipment around the garden. Disadvantages include the inefficient use of water and the amount of water that's left on plant foliage after irrigation.

Says Geneve, "Excess water on the foliage can increase the incidence of disease. Use sprinkler irrigation before noon to allow the foliage to dry before nightfall. Supply enough water to saturate the soil to a 4- to 6-inch depth. Place several cans or jars around the garden on top of the soil to measure the amount of water applied during sprinkler irrigation. One to two inches of water should be enough. For sandy soils, apply water more frequently."

Furrow irrigation is the simplest technique for supplying water, according to Geneve. It requires no special equipment. Geneve says, "For this technique, make planting beds 4 to 6 inches high and 2 to 3 feet across with a furrow or trench between them. Flood the furrows with water. The water will percolate into the beds through capillary action and supply moisture to the root zone."

Geneve says trickle irrigation is the most efficient irrigation method. It supplies water drop by drop over an extended time from plastic tubes or pipes placed in a network throughout the garden. Geneve says, "This makes water available to plants when they need the water most. A disadvantage is the high cost of the equipment, which is available through garden supply catalogs."

Adequate water is important to reduce plant stress during critical periods of growth, Geneve says. Water is most critical during seed germination and seedling growth, at transplanting, during flowering and fruit development and during periods of rapid growth and development.

Geneve says physiological disorders that can be attributed to moisture stress include blossom end rot on tomatoes and peppers; misshapen summer squashes and cucumbers; flower drop in beans; poor eating quality in radishes, lettuce, beets and muskmelons; undersize squashes, pumpkins and watermelons; potatoes that are misshapen or have hollow heart; double-bulbed onions; and cracked tomatoes.

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P2,4H

NAGRO698

MSC
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June 20, 1985

Source: Ken Thomas
612/373-1145
Writer: Jack Sperbeck
612/373-0715

TERMINATING CONTRACTS FOR DEEDS, SECURITY INTERESTS

Termination of contracts for deed and of security interests in personal property is the topic of two new fact sheets available from county extension offices throughout Minnesota.

The fact sheets are "Termination of Contracts for Deed" (AG-FS-2595) and "Termination of Security Interests in Personal Property" (AG-FS-2596). The contract for deed publication covers what constitutes default, creditor's options upon default and steps in termination of contracts for deed. Repossession, foreclosure sales and creditor misbehavior are covered in the fact sheet on termination of security interests in personal property.

The fact sheets are part of a series on farm law available from the University of Minnesota Agricultural Extension Service. They were written by Phillip L. Kunkel, attorney from Hastings, Minn.

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Page 1 of 1

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news

Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

MSC
9 A27P

June 20, 1985

Source: Jeffrey Hahn
612/376-3377

Editor: Sam Brungardt
612/376-8182

'SUPER APPLES' PROVIDE NONCHEMICAL APPLE MAGGOT CONTROL

Although apple maggot adults will not appear until July, it's not too early for home gardeners to think about protecting their apple trees from them.

Apple maggots can be very destructive, says Jeffrey Hahn, entomologist with the University of Minnesota's Agricultural Extension Service. The larvae tunnel through the fruit, damaging the flesh.

Hahn says that while insecticides such as carbaryl (Sevin) are very effective in controlling apple maggots, an excellent nonchemical approach is the use of apple traps or "super apples." This method of control is especially appropriate for people who have only a few apple trees to protect.

Hahn says, "Apple maggots are more attracted to these super apples, due to size and color, than they are to the real fruit. As a consequence, they are more likely to land on the traps than on the apples. Once they land on the super apples, they become trapped and eventually die."

Page 1 of 2

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Super apple traps can be made at home, starting with croquet balls (or any ball about 3 inches in diameter). The balls are painted dark red and a screw eye is placed in each. The balls are then coated with a sticky substance, such as Stickem Special, which can be purchased in most hardware or lawn and garden stores. Then, the traps are hung in the tree with wire.

Hahn says super apples can be very effective in controlling apple maggots if eight of the traps are placed in an average size apple tree (about one trap for every 150 apples).

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P2,4H

NAGRO699

June 27, 1985

Source: Jim Kitts
612/373-1016
Writer: Deedee Nagy
612/373-1781

KEEP GARDEN VEGGIES FROM BECOMING RABBIT FODDER

You can protect your backyard vegetable garden from hungry rabbits in several ways, suggests Jim Kitts, wildlife specialist with the University of Minnesota's Agricultural Extension Service.

Kitts says that merely fencing off the garden with a 2-foot-high barrier of 3/4-inch mesh poultry wire is the best way to put a small plot off limits to such uninvited guests.

"The lower edge of the fence should be staked tightly to the ground or buried to prevent rabbits from crawling under the fence," he adds. "Angling the fence out will also prevent rabbits from scaling the fence."

It's also possible to control rabbits by repelling them from the garden with odor and taste repellents. However, these generally aren't effective over large areas or for long periods. Commercial repellents should never be used directly on garden fruits or vegetables, Kitts cautions.

A third method of controlling rabbits is to remove them, usually by trapping or hunting. Kitts reminds homeowners, however, that all species of rabbits are protected and their capture is controlled by the Minnesota Department of Natural Resources. Check with your local game warden before setting any traps.

If you have the O.K. to trap and remove unwanted rabbits, Kitts suggests using live or box traps baited with shelled corn or sliced apples. A blanket or burlap bag draped over the rear half of a wire mesh trap will make it more acceptable to the rabbit and will help reduce animal deaths due to exposure.

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CEO,P2,4H,TCO

NAGRO730

June 27, 1985

Source: Sherri Johnson
612/376-1537
Writer: Deedee Nagy
612/373-1781

DRESSING RIGHT FOR SUMMER JOGGING CAN KEEP YOU COMFORTABLE

Dressed in anything from ragged sweat suits to designer exercise togs, more than 17 million Americans are running regularly. Whether they choose well-worn favorites from the closet or costly designer togs, the clothes runners choose for their exercise will affect how comfortable and safe they are, according to Sherri Johnson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service.

Johnson suggests that running clothes should have a number of important features. They should:

- fit closely but not tightly.
- allow ventilation and provide for the dissipation of body moisture.
- be lightweight and easy to move in.
- be comfortable against the skin.
- be highly visible if the runner's route includes roads or heavily used paths.

Johnson says the fit of running wear can mean the difference between exercise comfort and chafing and binding due to

ill-fitting garments. Shorts should have expandable waistlines and the waist-to-crotch length should be sufficient to prevent binding. This is particularly critical for women runners because, in general, women have a greater "rise" or crotch length than men so unisex garments may not be properly proportioned.

Singlets, the sleeveless tops worn by many runners, should have armholes that are wide and deep enough to allow complete movement of the arm and shoulder. Johnson adds that many runners favor T-shirts with raglan sleeves rather than set-in ones to avoid skin irritation from shoulder seams.

"To be certain that a garment will be easy to move in, run in it and note how it feels. Shorts that overlap or split at the side or front of the leg allow a full range of hip motion without binding," she notes.

Rain gear for runners should keep out the rain without restricting air flow or the evaporation of perspiration, Johnson says. Many jackets have mesh linings for ventilation, vents or snaps or drawstring closures that let you regulate air flow.

"Look for features that allow you to vary the size of openings at the wrists, ankles, neck and waist," Johnson advises. "Elastic tends to hug the body, preventing air flow, and zippers, when open for expansion, also allow the rain in."

She also advises serious runners to choose clothing that will give them maximum visibility, especially if they will be exercising in bad weather or at night. "If you choose a suit without reflective trim, it's wise to wear a reflective vest or attach reflectors to your arms and legs," she concludes.