Pulaski County Extension Newsletter

Pulaski County Extension Council

The Extension Council election has completed and the results are as follows:

For the Union Township Desiree Hunt was elected
For the Liberty Township Kyle Tallant was elected
For the Township of Cullen, Piney, Roubidoux, Lisa Valverde, William Burns, and Lisa Juve were elected

The new council members were sworn in and new officers elected at the annual meeting on Monday February 23rd, 2015

A Community partnership between the City of Waynesville, the Pulaski County MU Extension Office, and AmeriCorps VISTA.

4-H Leadership and Officer Training

A 4-H Leadership and Officer training was held on Saturday, January 24 at the Havener Center on S&T Campus in Rolla. Attending from Pulaski County were youth Austin Sauls, Richland 4H Club and Abby Overshon, Dixon 4H Club. Volunteers attending were Jessica Butteris, Richland 4H, Brandon Overshon, Donald Warnol and Tina Warnol from Dixon 4H Club.

After a warm up session by the regional 4H Council representatives, the youth attended officer sessions for president and vice president, secretary, treasurer, reporter and historian or song/game leader. Youth who have held these positions led the sessions. The parents and volunteers attended a session on sharing of club and project resources. The morning ended with youth talking about their experiences at teen conference, State 4H Congress, National 4H Congress, Youth Civic Leaders Summit and foreign exchange experiences. The program was planned by the 4H Youth Specialists from Dent, Crawford, Phelps, Maries and Pulaski Counties. Everyone who attended enjoyed the morning.

-Elaine Anderson 4-H Specialist

Services Offered by Extension:

- Educational Services
- Professional Consultations
- Soil Tests ($15)
- Focus on Kids Classes ($30)
- Pressure Cooker Tests ($2)
- Pesticide Applicator Trainings ($12)
- MU Extension Publications
- Building Strong Families ($10)
Phelps County Master Gardeners are hosting a Gardening Seminar!

GROWING GREEN
LEARN. PLANT. HARVEST.

Saturday, March 21, 2015
9 a.m. to Noon • 1 p.m. to 4 p.m.
Havener Center- Missouri University of Science and Technology
1346 N. Bishop Avenue • Rolla, Mo

Morning
Some classes coincide with each other
- Container Gardening
- Tool Time
- Starting Seeds
- Backyard Berries
- Gardening with Native Plants
- Vertical Gardening
- Year-round Gardening using
- Hoop Houses and Cold Frames
- Pollinators

Afternoon
Some classes coincide with each other
- Practical Landscape Design for Homeowners
- Growing Flowers to Cut & Using them in Arrangements
- The Four Season Garden
- Composting and Vermicomposting
- Funky Containers
- Climate Change in Missouri
- Pruning Shrubs and Trees

THIS SEMINAR IS OPEN TO ALL
Sponsored by the
Phelps County Master Gardeners and the Phelps County Extension Center

$10 for Morning Sessions
$10 for Afternoon Sessions
Seating is limited so register early!

A detailed description of all classes can be found on-line at:
extension.missouri.edu/phelps or phelpsmastergardeners.org
E-mail: Phelpsco@missouri.edu
Need to call? 573-458-6260
Eating Smart • Being Active

Eating Smart•Being Active offers research-based information about nutrition, physical activity, food safety and making the most of your food dollars. It is a FREE program provided by University of Missouri Extension Family Nutrition Education Programs. Interactive lessons focus on simple messages related to food, nutrition and tips for feeding your family. Lessons include free food tastings and items that reinforce lesson topics. A certificate of completion will also be awarded at the end of the program.

Lesson 6: Go Lean with Protein
- Families have lean protein foods and keep all food safe to eat.

Lesson 7: Make a Change
- Families limit foods high in fat, sugar and salt.

Lesson 8: Celebrate! Eat Smart & Be Active
- Participants discuss feeding children and celebrate new knowledge and skills to make healthy food and activity choices.

Supplemental lessons are available for pregnancy and feeding babies and young children.

Lesson 1: Get Moving
- Families enjoy being active.

Lesson 2: Plan, Shop, Save
- Families plan and shop for meals and snacks that are healthy and fit in their budget.

Lesson 3: Fruits and Veggies: Half Your Plate
- Families increase the amount of vegetables and fruits they eat every day.
- Families have more than one kind of vegetable and one kind of fruit every day.

Lesson 4: Make Half Your Grains Whole
- Families choose at least half of their grains as whole grains.

Lesson 5: Build Strong Bones
- Families get enough calcium from low-fat or nonfat dairy foods or other foods high in calcium.

Classes are coming soon to:
Location: MOCA Health and Wellness Center
Dates: March 10th, April 14th, May 12th
Time: 1:30 - 2:30 PM

For registration and more information, contact:
MOCA Health & Wellness Center
306 S Pine St, Richland MO 573-765-3263

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Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.
Mission of Extension

The mission of University of Missouri Extension is to improve Missourians’ lives by addressing their highest priorities through the application of research-based knowledge and resources.

As an integral part of the University’s land-grant mission, University of Missouri Extension is a joint venture of University of Missouri campuses, Lincoln University Cooperative Extension, the people of Missouri through county extension councils, National Institute for Food and Agriculture of the U.S. Department of Agriculture and other stakeholders and partners.

Meet your Staff-Member: Kathi Mechm
Horticulture Specialist

Hello Pulaski County! I am the new horticulture specialist for the East Central Region. In addition to Pulaski County I also serve Crawford, Dent, Gasconade, Maries, and Phelps. I have met a few residents while attending the Master Gardening core classes in Waynesville. It was a rewarding experience and I am looking forward to meeting and working with others in the community.

I moved to Rolla from Springfield MO where I operated a landscape and design business while attending Missouri State University. My commitment and personal involvement with my customers is in part what I bring to the horticulture specialist position. I have lived in the Bootheel and in Cape Girardeau where I also ran a business and attended Southeast Missouri State University. I am looking forward to living in a different region of the state and taking in the beauty of the counties I will be serving.

My areas of interest include landscape design, ornamentals, natives, container gardening and organic practices. I look forward to meeting many of you soon. Please contact me at the University of Missouri Extension office in Rolla at the Courthouse, 200 N. Main St. Call 573-458-6260, or email mechamk@missouri.edu.

Joyce Harris, Nutrition Program Associate

Another hot meal to warm you up
Sweet & Savory Grilled Chicken

Ingredients
- 2 teaspoons light brown sugar
- 2 teaspoons dry mustard
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon white pepper or freshly ground black pepper
- 1-1/4 boneless skinless chicken breast

Preparation
1. Combine brown sugar, dry mustard, onion powder, salt and pepper in a small bowl
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling
3. Preheat grill to medium-high or a position a rack in upper third of oven and preheat broiler
4. To grill: Oil the grill rack (Do not use cooking spray on hot grill.) Grill the chicken, turning once, until an instant read thermometer inserted into the thicker part registers 165°F. 4 to 8 minutes per side
5. To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant read thermometer inserted into the thicker part registers 165°F. 10 to 15 minutes total

Nutrition
Per Serving: 140 calories; 3 g fat (1 g fat g mono) : 63 mg cholesterol : 3 g carbohydrates : 2 g added sugars; 23g protein; 0 g fiber; 196 mg sodium; 198 mg potassium. 0 Carbohydrates. Exchanges 3 lean meat