



COLLEGE OF AGRICULTURE & LIFE SCIENCES

Cooperative
Extension

Pinal County

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QUARTERLY NEWSLETTER

VOLUME 4 ISSUE 1

With this latest edition of our Pinal County Newsletter, we wish to extend our warmest greetings and best wishes for a great year in 2017. Cooperative Extension in Pinal County continues to reach out to all who live within the boundaries of our wonderful county, and we hope that you will find our articles here of interest. Cooperative Extension strives to provide locally tested information that will help people make good life and business decisions because we know that quality of life is an important component of peace of mind, a desirable outcome in today's busy world. As we focus on agriculture and natural resources, 4-H and youth, healthy families and good home management skills, and other areas of focus, we hope that you find us a valuable resource and a "go-to" opportunity for answers to key questions. If you ever have questions, please give us a call.

Sincerely,

Rick Gibson

County Extension Director

Eliminating Weedy Fire Hazards



The rains of December and early January sent us just enough moisture to germinate and mature unsightly and potentially dangerous weeds in our yards and alleys. I worry about fire hazards down the road.

Rain is critical in the desert. It rejuvenates desert plants and animals, helps refill aquifers, and settles the dust. We also know it is a mixed blessing. Sooner or later, the heavy growth of green plants spawned by the rains will, under the early summer sun, wither and die. When that happens, fire becomes a significant threat. A little extra work around the house now can often prevent catastrophe later on.

The soil everywhere is a tremendous reservoir of seeds of all kinds. Plants adapted to the desert have ways of avoiding drought. For the luscious, green, rapidly growing plants that spring up almost magically after a prolonged season of rain, their protection is in their seeds. Capable of lying dormant for years until conditions are just right, they are stimulated by sufficient moisture to do their thing.

These weedy plants are everywhere. We see them growing alongside roads and alleys, in vacant lots, yards of empty homes, and any place where they can squeeze in and get a root into the ground. They just seem to take over. Once the plants have finished producing their seeds, they die. Their dried remains are the fuel that makes all of these areas a fire hazard. We need right now to begin taking steps to protect ourselves.

I know, I know...you are saying that there are so many green weedy plants everywhere that the task is well nigh impossible. You are absolutely correct if we ignore the problem. However, the job is not too big to do if we all work together.

First, take a survey of your property. Check the alley behind your home. Look behind outbuildings, along fence lines, and in hidden service areas. Weeds will grow in many places where we normally do not look. When growing in locations next to buildings or other flammable structures, they can become a fire hazard without us even knowing.

Next, try to decide the type of weed with which you are dealing. Do not worry too much about plant names. Instead, focus on their growth habits. Are they tall and rangy? If so they will probably burn easily when dry. Focus on these first. Do they have a deep taproot, or are they shallow rooted. This information will determine the best way to control the weeds, and in some cases the tool that you will use.

Plants with a deep tap root often will regrow from buds in the crown, the place on the stem located close to the ground. If possible, cut these off just below the crown to reduce the chance of regrowth. Plants with shallower root systems can usually be easily removed.



Now, let's take a look at control measures. Forget about using weed killers. Most of the herbicides sold for home use are not strong enough to kill these large, tough weeds. Herbicides are best used when the weeds are still small, no more than four inches tall. Our best bet now is to use some type of tool to cut them off at the base.

The fastest and easiest way to make quick headway against a large weed population is the standard lawn mower. Another tool useful for quick cleanup is the string trimmer but be sure that you protect the trunks of any trees and shrubs from injury. The high-velocity string can rip and shred tender bark tissue. In tight, hard to reach spots, it may be necessary to use a standard garden hoe or one of its relatives.

You may be wondering about the large expanse of native desert that surrounds us on all sides? There, you and I have absolutely no control. Fortunately, most of these areas are classified as rangeland. You may have noticed that there are many cattle feeding on the desert this spring where last year there were relatively few. Not only do these animals produce a marketable product, beef, but by converting the desert growth into food, they also reduce the fire hazard. Occasionally bands of sheep are also pastured on the open range.

Finally, what should we do with the plants after we have cut them down? I like to use mine as a mulch around my trees. Shredded pieces are better than whole stems, but both work okay. The plant residues slowly break down over time to release nutrients into the soil and to help cut down on water evaporation from the soil. To protect myself from more weeds in the future, I try to cut mine down and use them before they flower and produce seeds.

Composting is also another possibility. Plant trimmings make excellent, rich compost if correctly handled. If you, yourself, are not into composting, there are those who would love to incorporate your weeds into their composting programs.

While the rains bring us much needed water to fill our parched reservoirs, encourage wildflowers, and settle the dust; we also have to deal with the downside appearing in the form of weedy plants. By working together, we can minimize the ultimate danger to our homes and our neighborhoods.

If you have questions, you can reach one of the Master Gardeners at the Cooperative Extension office, 820 E. Cottonwood Lane, Building C, in Casa Grande. The telephone is (520) 836-5221

PINE COMBS 4-H CAMP IS GEARING UP FOR FUN IN 2017!



This year there are new camper forms and a new payment schedule. Please see the attached forms at the back of this newsletter. The camp committee will be holding a camp work weekend to “spruce up the facility” on June 17 & 18, 2017. Our camp has been cleaned up immensely over the past two summers, and NEW mattresses will be purchased and delivered to the camp for our youth and adults to get a great night’s sleep during camp sessions. Everyone who wants to help, call Claudia at the 4-H office (520.836.5221, x228).

The dates for camp have been set for **June 25 – 28, 2017**. Feel free to mark your calendars!! The theme for camp this year is “Beach Camp in the Pines!” Our camp committee offers ideas that blend our activities to match our theme and the counselors selected to serve for the summer session make the final decisions on what they think will be the most fun for the campers.

Please take a look at the new payment schedule for camp. Starting in 2016, we will have an opportunity for parents to pre-pay for their children to attend camp. We hope this will help with your summer plans and options you are wanting your child to partake in in 2017. Maria is on hand at the 4-H office to answer your questions and give you receipts for your pre-payments. Call Maria at #520.836.5221.

Backyard Birds

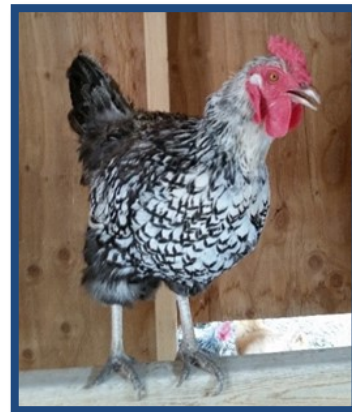
Raising poultry at home can be more than a hobby. Birds, like other pets, teach responsibility; they also teach about agriculture and provide food. The trend for backyard birds, especially in cities, is growing. A recent survey found 70% of backyard bird owners have less than ten birds, and most of the birds are kept for food (eggs and meat), natural pest eaters and pets. It’s also possible to compost the birds’ manure as fertilizer for plants. Check your city or town to see if poultry is allowed.

Raising backyard birds requires a financial investment upfront and ongoing investments of time and money. Birds require access to a veterinarian to make sure they are healthy. Disease can spread easily between birds and people; [Salmonella](#) is the most common. *Salmonella* is a bacteria that causes diarrhea, fever, and abdominal cramps. Live chickens, ducks and other poultry often have salmonella but don’t appear sick. Everyone should wash their hands before and after working or playing with the birds. Bird health is a national concern. The outbreak of Avian Influenza in the Midwest in 2016 killed hundreds of thousands of birds. The initial cases were thought to have come from wild birds flying through the area and sharing food. The [National Poultry Improvement Program \(NPPI\)](#) specifically talks about biosecurity and transfer of disease



Where's the best place to buy a chicken?

- A feed store that purchased from a [National Poultry Improvement Plan \(NPIP\)](#) certified dealer
- An NPIP certified flock in Arizona
- An NPIP certified flock from out of state
- State or county fair



What should I look for when buying a bird?

- Research the breed of bird to be familiar with its hardiness for Arizona weather, ease of care, and longevity
- Purchase a bird from an NPIP certified flock guarantees flock was tested and is free from [Salmonella pullorum](#) (a type of Salmonella that humans can get)
- Make sure the bird looks healthy, no watery eyes or discharges coming from the eyes or nostrils
- Observe the bird's behavior and activity level

What do I need for the bird as far as housing?

- Separate housing for chickens outside the home
- A coop or enclosure with right shelter for the type of bird
- A system to moderate temperatures during winter and summer
- A [line of separation](#) will protect your bird from people
- Containment to protect your bird, its water and food from wildlife.
- Good [biosecurity](#) measures will help keep your birds from disease . An easy to clean shelter will help prevent buildup of manure



Find a local veterinarian that can help you keep your flock healthy.

- Research the type of feed recommended for the breed, most feed stores can help
- Make sure the feed is not moldy, and the birds are fed on a regular basis
- Make sure they have access to fresh, clean water 24 hours a day
- Protect birds from extreme temperatures; birds can be sensitive to heat and stress easily
- Check birds purchased for eggs several times a day and collect the eggs often
- Watch the health of birds regularly and move birds that appear sick away from other chickens

Top 10 “Energy Boosting” Snacks



It's that time of year when we all try to make goals to increase our energy and live a healthier lifestyle. Some people go out and purchase a new gym membership, while others resolve to try to replace not-so-healthy foods with healthier alternatives.

Making too many changes all at once can be overwhelming and will often lead people right back to their old habits. So what can you do today to make small steps to a healthier lifestyle? The answer is pretty simple. When it comes to physical activity, find an activity that you truly enjoy. You will be far more likely to stick to your new physical activity goals if you are having fun doing it! Eating healthy can be easy when you make only a few small changes at a time, like trading your daily can of soda for a glass of iced green tea. Think of all the extra antioxidants you will get from that cup of tea, not-to-mention you'll save yourself about 10 teaspoons of sugar in the process!

To help you on your way to a healthier new year, check out our top 10 “Energy Boosting” snack list below:

Fruit-Infused Water: Make it a goal to drink 1 cup every 2 hours. For a twist of flavor, add a slice of your favorite fresh fruit, or a few slices of cucumber.

Dried fruit: Just a ¼ cup or a small handful will boost your energy and help with digestion. Dried fruit are nutrient-dense, and what we call “nature’s candy.”

Hummus with veggies: Switch from high-fat ranch dressing to hummus as a dip with your favorite veggies. The fiber, vitamins, and minerals from the veggies, along with the protein from the Hummus help to keep you full longer.

Whole wheat crackers and low-fat cheese: The key to stabilizing blood sugar and sustaining energy is to combine a complex carbohydrate with a protein food. For a different flavor, slice up an apple or banana and dip it in peanut butter.

Fresh fruit: These low-calorie sweet treats are packed with antioxidants, and high in fiber, which help to keep you full longer.

Nuts and seeds: Just ¼ cup of these healthy fats give your body Omega 3 fatty acids, which help to improve your mood, memory and give you sustained energy. Eat them alone or sprinkle some on your salad at lunchtime.

Legumes (Edamame or Roasted Chickpeas): Legumes are packed with Vitamin B and Potassium, which help to improve your mood. Legumes are also low in fat, high in protein and fiber, which provide your body with a steady supply of energy.

Avocado on whole wheat bread: Swap out butter or mayo for creamy avocado on a slice of whole wheat bread. One-half of an avocado contains about 160 calories and is high in Vitamin C that boosts your immune system. Avocados are also high in Vitamin B6 that gives you energy and antioxidants that help rid your body of damaging chemicals that can cause fatigue.

Popcorn: Try to stick to a 2-3 cup portion of air-popped popcorn. Spritz on 1 teaspoon of olive oil and a sprinkle of sea salt, Parmesan cheese, or garlic powder to improve your energy for the short term. Eating whole grain snacks such as popcorn, instead of high fat processed snacks can also help improve your overall health and wellness in the long run.

Fruit & (Greek) Yogurt Parfait: The main difference between regular yogurt and Greek yogurt is the amount of protein. When compared, the Greek variety has almost double the amount of protein than regular yogurt. Eight ounces of Greek yogurt contains about 17 – 20 grams of protein, compared to regular yogurt at 11 – 13 grams of protein. This extra boost of protein helps to ward off those before lunch or late afternoon hunger pangs!

Creamy White Bean Dip



Ingredients:

- 2 (14-ounce) cans Cannellini or white beans, rinsed and drained
- 2 tablespoons roasted garlic
- 3 tablespoons olive oil
- 3 tablespoons freshly squeezed lemon juice
- Salt and pepper, to taste
- ¼ cup parsley leaves, to garnish

Directions:

- Wash hands with warm water and soap.
- In a food processor or blender, combine the beans, roasted garlic, olive oil and lemon juice. Process until smooth.
- Season, to taste, with salt and pepper.
- Garnish with fresh parsley leaves and serve with your favorite vegetables.

Servings: 8

Nutrition Facts

Serv. Size 3 Tablespoons

Amount Per Serving

Calories 130	Fat Cal. 45
	% DV*
Total Fat 5g	8%
Sat. Fat 1g	4%
Cholest. 0mg	0%
Sodium 260mg	11%
Total Carb. 16g	5%
Fiber 5g	19%
Sugars 2g	

Protein 6g not a significant source of protein

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

It's a New Year – What resolutions have you made?



Cathy Martinez, FCHS Agent

Every year I make resolutions – a bunch of them. Some of my friends just laugh – they say setting goals won't help, but there's a lot of research on goal setting that says otherwise. Locke & Latham (2002) found having specific goals to achieve (rather than just trying to do your best) increases one's motivation. The same researchers (2007) found that setting goals actually leads to increased achievement, and hundreds of studies have confirmed this result.

Steven Covey, author of the *Seven Habits of Highly Effective People* (1989), addresses personal goal setting and uses the phrase "begin with the end in mind." In other words, envision the future or the result that you want to achieve and then figure out the steps to get there – make a plan and follow through. You're much more likely to achieve a result if you plan to do so.

I won't go into all my New Year resolutions, but I will talk about one of them – to be more effective in my work. Addressing this, as you might imagine, involves a lot of different things. Everything from building better relationships with my co-workers, to setting and meeting deadlines, to reading about new strategies for the work I do.

One of the things I've decided to focus on this year, which research says will help me to be more effective at work as well as happier and healthier overall is to get more sleep. I confess, I am a bit of a workaholic and often stay up late finishing a project or checking email. This, of course, leads to me getting less sleep than the recommended 7 to 9 hours a night (National Sleep Foundation, 2015).

What I've learned recently, though, is that putting in 10 hours of work (or more) / working into the night and consistently getting less sleep causes a cumulative sleep debt that can lead to significant sleep deprivation, fatigue, mood swings, and loss of ability to concentrate. Those whose natural sleep patterns are disrupted by this behavior are also more likely to be depressed and suffer from anxiety disorders.

This sleep deprivation can be caused by just plain staying up late, but also the exposure to light at night (think the TV being on in your bedroom). SO, my resolution is to set a bedtime and stick with it – and turn off the TV!!

What's your resolution for a happier and healthier New Year?!!

Principles of Home Canning

Winter Food Preservation - Baby, it's cold outside!



Let's talk about the cold...or specifically, freezing cold! Although most people do not think of food preservation as a winter time activity, there are methods that can be used to help you stretch your food dollars and food supplies during the winter months as well. One of the simplest methods of food preservation is freezing the prepared foods. There are many advantages to this preservation method to include preparing food ahead of time at your convenience, avoiding waste by freezing leftovers and you can save time by doubling or tripling recipes and freezing the extra food. Freezing individual portions of an ordinary recipe for later use is economical and could help increase healthy food portions for families.

This method does have some pitfalls that you should be aware of before you begin your freezing odyssey...

- Prepared foods have a relatively short storage life in the freezer compared to freezing individual foods like fruits, vegetables, and meat.
- You must allow time for the foods to thaw in the refrigerator if you do not have a microwave available to thaw the items.
- Some products do not freeze well. Other items may just be too time intensive or expensive to process for freezing.
- Some also consider freezing to be an expensive way to preserve foods when you add up all of the supplies (packaging, additional freezer, etc.).
- Cooking, freezing and reheating items uses more energy than cooking from scratch and serving immediately.

There are several tips on packaging food for freezing that I will share with you here. You should always package food in amounts that you will use at one time. Once a food is thawed, it will spoil more rapidly than when fresh. The type of packaging used when freezing food is important as well because the packaging can impact food color, flavor, and texture. Always use moisture-vapor resistant packaging and if there are spaces in a plastic freezer carton, fill the space with crumpled freezer paper. If air is allowed into the packaging, it will shorten the shelf life of the food. You should not re-use household containers such as yogurt cups, margarine tubs, or plastic containers and trays that come with microwavable entrees. These do not provide a seal airtight enough for safely freezing your food.

Just remember that if done right, freezing your surplus food items can be a great way to save time and money! A small list is included here below for foods that do not freeze well:



Foods That Do Not Freeze Well

Foods	Usual Use	Condition After Thawing
Cabbage*, celery, cress, cucumbers*, endive, lettuce, parsley, radishes	As raw salad	Limp, water-logged, quickly develops oxidized color, aroma and flavor
Irish potatoes, baked or boiled	In soups, salads, sauces or with butter	Soft, crumbly, water-logged, mealy
Cooked macaroni, spaghetti or rice	When frozen alone for later use	Mushy, tastes warmed over
Egg whites, cooked	In salads, creamed foods, sandwiches, sauces, gravy or desserts	Soft, tough, rubbery, spongy
Meringue	In desserts	Soft, tough, rubbery, spongy
Icings made from egg whites	Cakes, cookies	Frothy, weeps
Cream or custard fillings	Pies, baked goods	Separates, watery, lumpy
Milk sauces	For casseroles or gravies	May curdle or separate
Sour cream	As topping, in salads	Separates, watery
Cheese or crumb toppings	On casseroles	Soggy
Mayonnaise or salad dressing	On sandwiches (not in salads)	Separates
Gelatin	In salads or desserts	Weeps
Fruit jelly	Sandwiches	May soak bread
Fried foods	All except French fried potatoes and onion rings	Lose crispness, become soggy

* Cucumbers and cabbage can be frozen as marinated products such as "freezer slaw" or "freezer pickles". These do not have the same texture as regular slaw or pickles.

More information will be forthcoming on this popular topic in future newsletters. Additional resources can be found at the National Center for Home Food Preservation website: <http://nchfp.uga.edu/index.html> and by contacting the Pinal County Cooperative Extension, Lori Lieder, Program Coordinator, Sr. (520-836-5221, x 216)

(Adapted from "Preserving Food: Freezing Prepared Foods" University of Georgia Extension FDNS-E-43-14; Other Resources: USDA Complete Guide to Home Canning, updated 2015, National Center for Home Preservation 2015)

Eloy Veterans Center initiates the beginning of a new Community Garden.



By Jim Jepsen, Program Coordinator
Sr., UANN



For those of you who know a veteran, in fact, even if you don't know one, give thanks. Veterans are those fearless men and women who have sacrificed so much, in fact for some their lives, just for our freedoms. Buy a poppy on Veterans Day, volunteer some time at a Veterans Center and by all means thank a veteran when you see one. You notice veterans when they wear jackets, uniforms and most of all hats that indicate what branch of the military they served in and where. They are everywhere, so do your part and say Thank You. It means a lot, I know, my dad was a veteran.

We all should have goals and objectives to attain in life. For one outgoing, charismatic visionary, Sonnette Chaput, who is also the coordinator at the Eloy Veterans Center, her goal was to create a garden space for the local veterans and volunteers to come together and meet the objective of growing fresh, nutritious fruits and vegetables for their consumption and to share with others. Through Sonnette's efforts, the Eloy Veterans Center secured an eyesore of a vacant lot directly across the street from the veterans center. After multiple meetings back and forth with city officials and various utilities, the space was ready for construction.

Back in November of 2016, The University of Arizona Cooperative Extension Service was privileged once again with an AmeriCorps NCCC team of twelve individuals made up of six young ladies and six young men. The team barely had their feet on the ground, and we had them at the new Veterans Center Community Garden location. The first order of business was to clear away all of the existing vegetation and debris that had accumulated over the years. They then split into groups, and one group worked with local volunteers to construct a block wall in the front of the garden to comply with city regulations. The second group worked on prepping the back part of the lot for the installation of a drive through gate and a chain link fence that was salvaged from the Stanfield Elementary School garden. They also started digging a trench from the city water meter box along the north side of the property for the main underground irrigation system. As luck would have it, the team discovered that the existing water line that was slated to be tapped into was the service line for the business located next door. Come to find out, since the new garden lot had been abandoned for so long, that when they neighboring business's water line went bad years earlier, the city hooked up the business to the existing water meter box located off the garden property. Well, Sonnette to the rescue and the garden now has its new city water meter box for irrigation use. Yeah!



In approximately thirty-two (32) hours, the team and volunteers had cleaned up and out tons of debris, built two fences, one masonry, and one chain link, hung a double drive through gate, and trimmed the huge mesquite tree in the middle of the garden. They also dug trenches, installed water lines and built one four by ten foot raised bed planter. Once completed, they set to work digging out and creating the five in ground seedbeds that the veterans will use for their first crop this spring.

When building new gardens and creating in ground garden spaces or seedbeds, there needs to be consideration as to what was at the new garden location where the seedbeds will be made. Fortunately, there had been nothing hazardous located on the property such as a garage or some other form of business that could have contaminated the soil. That was a blessing, but one of the major hazards of the garden will be that for years the vacant lot was used as a dumping ground for broken glass bottles with pieces lying everywhere. Glass cleanup will be an ongoing chore from now on.

Veterans, wear gloves you'll need them! Anyway, back to building the in ground seedbeds. The ground was found to be very hard because the soil had sat fallow for so long. To increase the friability and tilth of the soil, we opted to do the Double Dig method of tilling. To rehash from some of the previous newsletter articles, the Double Dig method of tilling is where you take your shovel, (I use a tiller, works better for me), and dig down eight inches or so and remove the loosened soil. After softening the depression with water, if possible, let the water soak into the soil and let sit until the soil is workable and not muddy. Again take your tiller and loosen the soil another eight inches and remove the soil. Hence, the Double Dig method. At this point, it looks as if you have already built your seedbed from all of the excavated soil. Nope, but now you are ready to go. You are now ready to amend your existing soil for enhancement. I go at it as if I were making a lasagna. Layers. Start out incorporating steer manure, compost, garden soil and slow release fertilizers and then a layer of soil from the pile you removed earlier. Use the tiller, mix, repeat, mix repeat and voila', you have enhanced the soil texture. At this point, the garden is ready for planting, and we wish The Eloy Veterans Center all the best with their new community garden.

What are Developmental Milestones?

According to Center for Disease Control and Prevention (CDC), Developmental Milestones are, “Skills such as taking a first step, smiling for the first time, and waving “bye-bye” are called developmental milestones. Children reach milestones in how they play, learn, speak, act, and move (crawling, walking, etc.).”

The five developmental areas are: Communication, Gross Motor, Fine Motor, Problem Solving, and Personal Social. Below you will find more information on each area, and activities to help support your child’s development in each of the areas.

Communication: Addresses babbling, vocalizing, listening, and understanding.

Communication activities-

- Sing to your baby. Repetition of songs and lullabies helps your baby to learn and listen.
- At the grocery store talk to your child or baby about what they are seeing. Let them hold a food box or container. Point out signs and read them: “That sign says apples, let’s go get some red apples.”
- Read to your child or baby every day. Snuggle up and make it a special time. Point to pictures and name things. Sometimes ask your child to find something: “Where’s the cat? Oh, here it is.” She may need a little help from you at first.

Gross Motor: Focuses on arm, body, and leg movements.

Gross Motor Activities-

- When baby is awake, place baby in different positions, such as stomach or side. This positioning allows baby to move their arms and legs in different ways or directions. The different movements will also strengthen baby’s body and make her view more interesting.
- Play some fun dancing music and show your baby or child how to dance! Wave and turn, clap and stomp your feet. Try lots of different music. Get other family members to join in.
- Jumping contest! Pretend you and your child are frogs or rabbits, and show your child how to jump with both feet together.

Fine Motor: Pertains to hand and finger movements.

Fine Motor Activities-

- Stack it up! Your child will have fun stacking small things and knocking them down. Use blocks, paper, or plastic cups, small boxes, or anything stackable.
- Macaroni string. String necklaces out of dried pasta with big holes, or various sized holes depending on your child’s age and capability. You and your child can add to the fun by painting or dyeing the pasta before stringing it.
- Scissors! Often a scary idea for parents. Let your child practice cutting with safety scissors. Show them how to open and close the scissors. Your child might need help holding the paper at first.



Problem Solving: Addresses learning and playing with toys.

Problem Solving Activities-

- Rhythm play. Give your baby spoons to drum on a table or pot. Clap blocks or sticks together to make sounds.
- Match the socks. When you fold laundry set aside some socks, both large and small. Show your toddler one sock of a pair and let him find the other. Show him how to match if he needs help. Ask him, “whose big blue socks are these? And where is the other one like this?”
- Bring me something. Make a game of asking your child to bring you certain objects. Teach texture by asking them to bring soft or hard things. Help your child learn colors by asking for items of a certain shade. Talk about what they bring you.

Personal-Social: Focuses on solitary social play and play with toys and other children.

Personal-Social Activities-

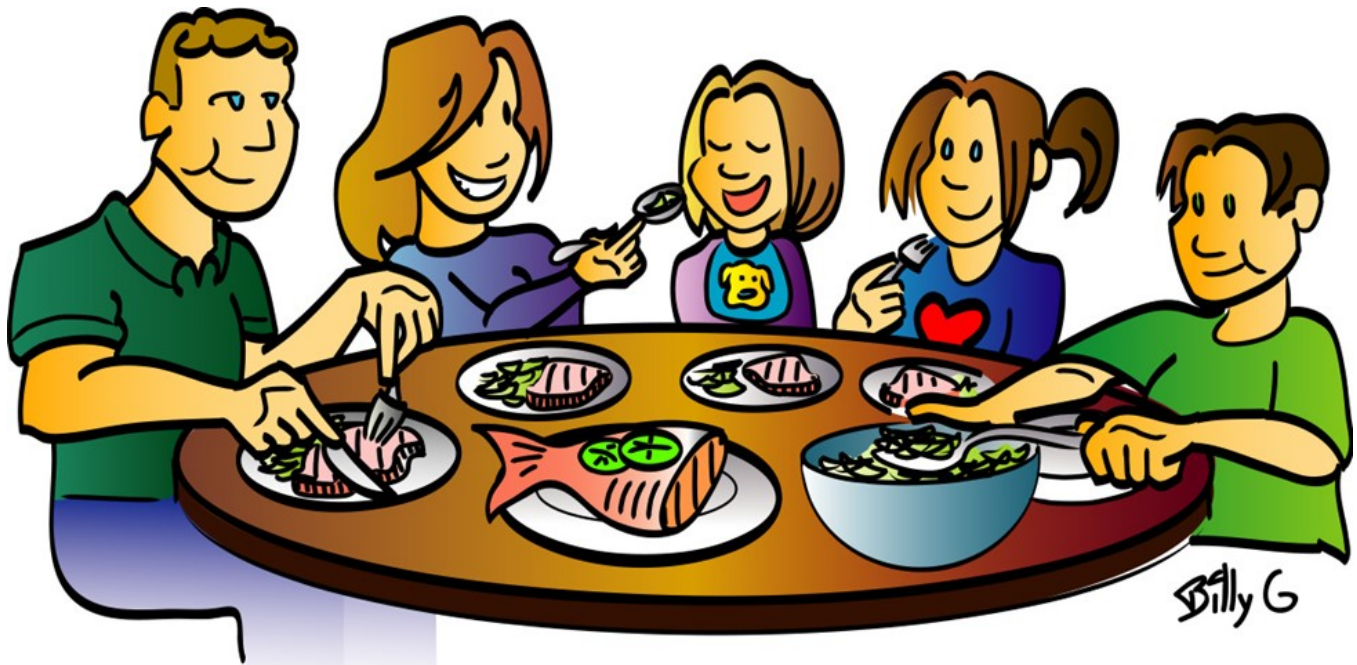
- Body awareness. Your baby is discovering different body parts and is probably interested in their feet and hands. Encourage them by playing games with fingers and toes, such as “This Little Piggy.” Talk about body parts. When he touches his feet, say, “You found your feet!”
- During a meal, let your little one feed herself using a fork, spoon, or other utensil. Have an extra napkin or sponge on hand!
- Super Chef! Your child will love to help you cook or make her own snack. She can learn how to pour, stir, spread, and cut soft foods with your help. Mini Pizzas are always fun to make!

For a Developmental Milestone Screening, please contact us at 520-836-4651

Or go here to complete one online: www.asqonline.com/family/c426ba

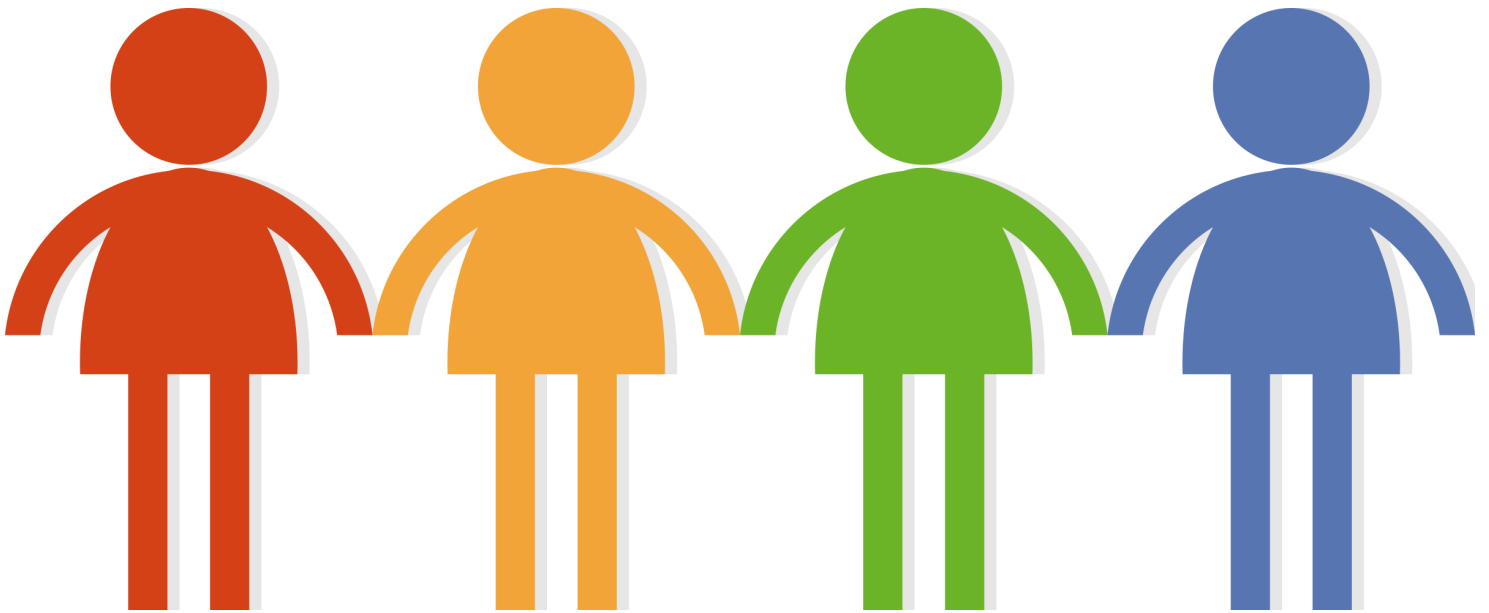
For more information on developmental milestones: <https://www.cdc.gov/ncbddd/actearly/milestones/>

Family Style Meals



Family style meal service means serving foods in bowls or dishes on the table. This type of meal service encourages and supports social, emotional, gross and fine motor skill development. It also aids in hand-eye coordination by allowing the children to serve themselves and others. By sitting with the children, teachers/caregivers are provided the opportunity to demonstrate positive modeling skills like table manners, waiting your turn, sharing and saying “please” and “thank you.” They can also encourage good nutrition and communication skills by talking about the food; taste, size, color, texture, temperature, quantity, etc. Spills are to be expected, so be prepared with soapy water and paper towels. Allow the child to assist in cleaning up using positive feedback. And, **NEVER**, use food as a reward or punishment. *Meal time should be a fun experience.* Through positive interaction, children build a sense of confidence and self-esteem.

Community Event Flyers





COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
UNIVERSITY OF ARIZONA
NUTRITION NETWORK

The University of Arizona Nutrition Network Presents

Free Gardening Classes

**Having Fun—Growing Healthy—Eating Smart
Tastes Good Too!**

February 16, 2017

Lesson 2:

**Soils, Water and the Season. What can
we grow when? And how?**

March 16, 2017

Lesson 3:

**Let's get our hands dirty. Tilling, ferti-
lizing, planting and more.**

April 20, 2017

Lesson 4:

**Reaping the reward. How to harvest,
sample and enjoy.**

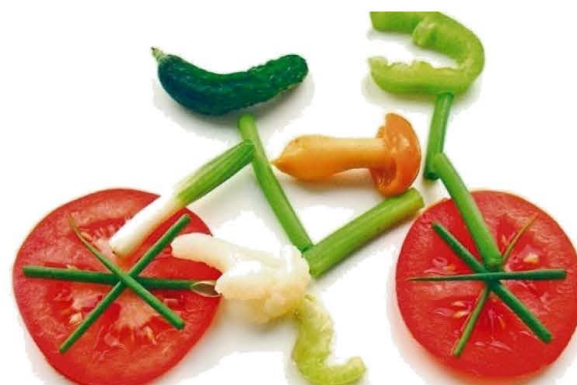
Two Hours of Hands on Workshops Every Third Thursday!

Location: 301 North Bailey Street, Florence, AZ 85132
(Between Bailey & Pinal Streets, North of 8th Street)
Time: 8:00am—10:00am
Questions: Jim Jepsen, (520) 836-5221, x230
820 East Cottonwood Lane, #C, Casa Grande, AZ 85122



The Florence Community Garden is known as 'the learning garden', by those who work there.

Learning to grow nutritious fruits and vegetables is the goal of the University of Arizona, Cooperative Extension, Pinal County. We invite you to join us every Thursday for an educational experience as we work to build up and grow this beautiful garden.



For more resources, visit
eatwellbewell.org

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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. USDA is an equal opportunity provider.

The University of Arizona Nutrition Network Presents Free Family Friendly Activity Day

Get Out & Play Day

Location:

Casa Grande

and

Eloy



**When: Saturday, March 4, 2017 (CG)
Saturday, April 1, 2017 (Eloy)**

Time: 11:00 AM - 1:00 PM

In conjunction with the Parks and Recreation Departments in Casa Grande and Eloy, the UANN Pinal team will be holding two **Get Out & Play Day** events! Come join us for a **free** community event with games and activities for all ages!

For details, please contact the University of Arizona – Pinal County Co-operative Extension office at:

520-836-5221

Come prepared to play games and laugh. Wear comfortable clothing and shoes. Let's put down the remotes and electronics and Get Out & Play!!

For more resources, visit
eatwellbewell.org



COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
UNIVERSITY OF ARIZONA
NUTRITION NETWORK

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We are so extremely grateful to the SOCIAL SERVICE PROVIDERS who have previously participated. We are eagerly anticipating seeing you again this year. If you haven't participated before PLEASE consider joining us this year.

Compassion Queen Creek 2017

March 4th 8 am - 2 pm

LOCATION - J O Combs Middle School, 37611 N Pecan Crk, San Tan Valley,

Please go to www.compassionqueencreek.org, click on the VOLUNTEERS tab then click on the VENDOR tab and complete your registration. Registration cost: \$30 – that is the average cost to serve one guest receiving either dental or medical care. Your registration fee is definitely used for a great purpose and very much appreciated. If you are experiencing a hardship that prevents you being able to pay this fee – please let me know, we still would love to have you come and participate.

If you need any information at all or have any questions please call Pam at 480-309-1577.



Florence Unified School District
Community Education



EGG *Spring 2017* **Extravaganza**

Fun for the whole family!

Saturday, April 15th
9:00 am – 11:30 am

Community Education Campus

29895 Desert Willow Blvd.
San Tan Valley, AZ 85143



***Free Admission**

**Donations of New or Excellent Condition; Board Games, Card Games or Building Toys * one per family* will be appreciated. These items will become a part of the Community Education Programs. Thank you!*



Sun Life's **FREE** Health & Resource Fair

February 18th
10:00 am - 2:00 pm
205 N. Stuart Blvd., Eloy

Get Checked

- Blood Pressure Check
- Cholesterol Check
- Dental Screening
- Glucose Screening
- Diabetes Education



- Medication Review
(*Bring medications*)
- Wellness Check
- Information about Social Security benefits
- ... and more!

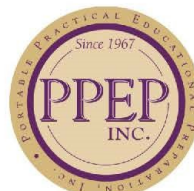
Get Enrolled


- AHCCCS medical (*Documents required for enrollment*)
- KidsCare (*Documents required for enrollment*)
- Health Insurance Marketplace (*Special Enrollment Period*)

FOR QUESTIONS
520-350-7559

Be Healthy.

SPONSORED BY:





Sun Life GRATIS

Feria de Salud y Recursos

18 de Febrero
10:00 am - 2:00 pm
205 N. Stuart Blvd., Eloy

Gratis

- Prueba de Presión Arterial
- Prueba de Colesterol
- Exámenes Dental
- Prueba de Glucosa
- Evaluación Médicas



- Información Sobre Diabetes
- Revisión de Medicamentos
(Traiga sus medicamentos)
- Información sobre Seguro Social
... y mas!

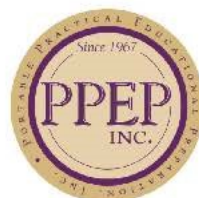


Reciba ayuda con su aplicación para

- AHCCCS médica (*Documentos necesarios para la inscripción*)
- KidsCare (*Documentos necesarios para la inscripción*)
- Mercado de Salud (*Período de inscripción especial*)

Preguntas llame a **Manténgase Sano.**
520-350-7559

PATROCINADO POR:



Community Events

Feb 18th -Sunlife Eloy- Community Health Fair 10-2pm

Feb 25th- AZ City Daze

March 4th- Compassion Queen Creek- 8am-2pm

March 4th– Get Out and Play Day (Casa Grande)

March 22-26th- Pinal County Fair (hours vary)

April 1st– Get Out and Play Day (Eloy)

April 15th-Florence Egg Extravaganza- 9:00-11:30

April 22nd-Oracle Oaks Festival

Find Us on Social Media:

Facebook:

- * [Pinal County Garden and Landscape Program](#)
- * [Maricopa Master Gardeners](#)
- * [Pinal County 4-H](#)
- * [Pinal County Teen Outreach Program](#)
- * [Child Care Health Consultation for Pinal County, AZ](#)

Twitter: [@RickGibson4](#)

Blog: [ricksgardenspot.blogspot.com](#)

University of Arizona Pinal County Cooperative Extension

4-H provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership. 4-H Contact: Kimberly Gressley at (520) 836-5221, x.213 or gressley@cals.arizona.edu

Agronomic Field Crops uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment. Contact: Rick Gibson at (520) 836-5221, x.227 or gibsonrd@cals.arizona.edu

ASPIRE : UACE will provide the Self-Determination portion of the ASPIRE Project statewide. The Self-Determination curriculum that will be used is being developed by a team of individuals from Pinal, Santa Cruz, Pima, and Cochise Counties. Some of the components of the Self-Determination curriculum include: Choice-making skills, problem solving skills, goal-setting and attainment skills, and self-knowledge and awareness skills. The curriculum will be delivered in group settings over the course of the year. Contact: Sally Peoples at (520) 836-5221, x.224 or speoples@cals.arizona.edu

Brain Builders is a 16-hour training for child care providers and parents focusing on early brain and child development for children, ages 0-3. Brain Builders Contact: Sally Peoples at (520) 836-5221, x.224 or speoples@cals.arizona.edu

Child Care Health Consultations (CCHC) develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting. CCHC Contact: Janet Jepsen at (520) 836-4651 or janetj@cals.arizona.edu

Choose Health Action Teen (CHAT) is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events. CHAT Contact: Esmeralda Castillo at (520) 836-5221 or ecastill@cals.arizona.edu

Developmental Program reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities. Developmental Contact: Esther Turner at (520) 836-5221, x.211 or eturner@cals.arizona.edu

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being. EFNEP Contact: Esmeralda Castillo at (520) 836-5221 or ecastill@cals.arizona.edu

First Smiles is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five and pregnant women; and fluoride varnishing for children with emergent teeth up to age five. Contact Joyce Flieger at (520) 836-4651 or jflieger@email.arizona.edu

Master Gardener Program trains volunteers to provide up-to-date, locally tested practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes. Master Gardener Contact: Rick Gibson at (520) 836-5221, x.227 or gibsonrd@cals.arizona.edu

Project WET (Water Education for Teachers) is a program designed to teach educators how to better integrate water education, water conservation, and best management practices for water use into their curriculums. Project WET Contact: Chuck Dugan at (520) 836-5221, x.210 or cld1@email.arizona.edu

Sensory Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect their developmental growth. Sensory Contact: Esther Turner at (520) 836-5221, x.211 or eturner@cals.arizona.edu

Soil Fertility Research and Education is a program that focuses on the development of research and education on soil testing, nutrient management, and fertilizer and animal waste best management practices. Contact: Rick Gibson at (520) 836-5221, x.227 or gibsonrd@cals.arizona.edu

Strengthening Families Program is a parenting and family strengthening program for families with children ages 3-5, that focuses on strengthening parental bonds with their children and learning more effective parenting skills. SFP Contact: Esther Turner at (520) 836-5221, x.211 or eturner@cals.arizona.edu

University of Arizona Nutrition Network (UANN) is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona. UANN Contact: Jennifer Staples at (520) 836-5221, x.207 or jstaples@cals.arizona.edu

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture and Life Sciences, The University of Arizona.

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Main Office

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Phone: (520) 836-5221
Fax: (520) 836-1750

Satellite Office

615 W Cottonwood Lane, Suite 8,
Casa Grande AZ 85122
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Fax: (520) 836-4233