

# THIS 'N THAT

Williams County Extension Homemakers Newsletter

Family & Community Education



MAY/JUNE 2011

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## TIDBITS

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Once again an entire month seems to have gotten away from me! The 3-day power outage and office closing for 2 days started the month off to a bad start and it continued into the second week for our family. On May 5th we had to put our 15 year-old border collie down after she was kicked by a cow. It's interesting how an animal can become such an important part of a household- I would have never expected that. On May 6th Warren's mother passed away so we were in Mandan with family for several days. On a happy note- we went to Fargo for NDSU's graduation to celebrate our son's graduation on June 14th. He and his buddies roasted a pig in their back yard... and of course we had refreshments, too. It was a cool, rainy day but that didn't put a damper on their celebration. This weekend we will celebrate a niece's high school graduation so the family will gather once again, for a happy occasion this time.

Spring is here- or so they say. I'll believe it when we see more sunshine. Of course the sun will finally dry things up so that we can get all of the fences and windbreak fixed that the snow and wind took down. The countryside is a beautiful green and the lawns need mowing. It's time to get into the gardens. And in our office, it is time to get ready for the UMV Fair. Judy has been very busy already with the open class and 4-H books so that everyone can get their entries in on time. If you are interested in receiving an open class book give us a call or e-mail to have one mailed out to you.

Happy Spring-

### Coming Events

- 6/20 6:00pm 4-H project interview judging- *call our office today to volunteer to judge or assist a judge!*
- 6/21-6/26 Upper Missouri Valley Fair
- 7/2 Hometown Williston's Independence Day Celebration - Harmon Park
- 7/2-4 Tioga's Annual Freedom Fest
- 7/22-30 ND State Fair
- 7/29 Relay for Life - Cutting Field

## PLAN A PLANT SWAP

Gardening can be an expensive hobby, and one of the best parts of gardening is being able to share what you know and grow with other gardeners or people you meet.

One way to cut back on expenses is to hold a plant exchange. This could be an exchange within a group of friends, a club or a neighborhood.

A swap gives gardeners a chance to divide their perennials in the spring. Division keeps them vigorous and blooming. A plant that isn't divided will die in the center.

Here are some steps and tips to organize a plant exchange:

- The first thing you need are other gardeners to swap with. (Why not make your next Homemakers Club meeting a plant swap?)
- What to swap? Popular plants to swap include those that can always be used in the garden to create borders, fill shade and add color. Favorites include Hostas, Coneflowers, Aster and Lilies. Swap leftover seedlings you grew for your own garden, seeds you have collected, seed pods, divided bulbs, volunteer trees that have sprung up in your yard, spring shooters, shrubs you want to get rid of, rhubarb plants, and cuttings from ivy and vinca.
- Do not allow any weeds or unknown transplants. Every plant or seed must be identified. All plants should be healthy and disease free.
- There is no need for fancy pots. Seeds and pods can be put into clear plastic bags. Yogurt, deli, and cottage cheese containers work well. Be sure they are clearly labeled and have holes in the bottom for drainage.
- Set up as you would for a rummage sale allowing room for circulation. Set out perennials together and annuals together, dividing them into sections of sun-lovers and shade plants. If there are larger shrubs or trees locate them where someone can easily load them to take home.
- When should you swap? Spring bloomers should be divided and swapped in the fall and summer bloomers divided and swapped in spring. Anytime in late May or early June will work for a spring swap in our area. The best time to schedule a swap is between 9-10am on a Saturday morning when the temperatures are cool.
- A lottery system will ensure that every member will have an equal chance at bringing home some of their favorites. Establish a minimum number of plants that a person must bring to participate in the first rounds of your exchange. Have your participants draw a number and line up in order to make their choices. Provide them with craft sticks that they can put their name on to identify the plants that they have chosen.

A plant exchange can bring new neighbors together while beautifying a neighborhood and introducing people to gardening in an economical way.

Share your love of gardening– spread beauty and color among your friends and neighbors.



Share your leftover seedlings that don't fit into your own garden.

**“Gardening can be an expensive hobby. One way to cut back on expenses can be to hold a plant exchange.”**



Help a new gardener get started with healthy plants from your garden.

## SPICY CHEESEBURGER SLIDERS

**Total Recipe Time:** 25 to 30 minutes

- 1 pound ground beef (96% lean)
- 9 small whole wheat hamburger buns, split, divided
- 1 clove garlic, minced
- 1/2 teaspoon ground chipotle chili powder
- 2 slices pepper Jack cheese, cut in quarters



**Toppings:**

Barbecue sauce, lettuce, tomato slices, pickles (optional)

1. Tear one hamburger bun into pieces. Place in food processor or blender container. Cover; pulse on and off, to form fine crumbs.
2. Combine bread crumbs, beef, garlic and chili powder in medium bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick mini patties.
3. Place patties on grill over medium. Grill, covered, 8 to 9 minutes (over medium heat on preheated gas grill, 9 to 10 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Evenly top with cheese during last minute of grilling.
4. Place burgers on bottoms of remaining eight buns. Top with desired Toppings. Close sandwiches.

**Makes 8 sliders**

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness.

**Cook's Tip:** One-half teaspoon chili powder may be substituted for chipotle chili powder.

**Nutrition information per serving:** 201 calories; 6 g fat (3 g saturated fat; 0 g monounsaturated fat); 40 mg cholesterol; 266 mg sodium; 21 g carbohydrate; 3.1 g fiber; 16 g protein; 4.1 mg niacin; 0.2 mg vitamin B<sub>6</sub>; 1.1 mcg vitamin B<sub>12</sub>; 2.3 mg iron; 28.8 mcg selenium; 3.4 mg zinc; 50.8 mg choline.

This recipe is an excellent source of protein, niacin, selenium and zinc; and a good source of fiber, vitamin B<sub>6</sub>, vitamin B<sub>12</sub> and iron.



May is National  
Beef Month.  
Celebrate by  
grilling a great  
burger!

## IT'S RHUBARB SEASON

### Rhubarb Custard Cake

- 4 c. raw rhubarb, chopped
- 1 c. sugar
- 1 yellow cake mix ( I prefer the French vanilla cake mix)
- 1- 1/2 pint whipping cream (unwhipped)

Mix cake mix according to directions and pour into a 9X13" pan. Sprinkle rhubarb over cake, then sugar. Pour unwhipped cream over top of all this.

Bake at 350 degrees for 1-1/4 to 1-1/2 hours. The rhubarb and cream make an "upside down" cake. Cool at least 10 minutes before serving. (I prefer it completely cooled)

Refrigerate any leftovers.



This is our favorite rhubarb recipe! I can't wait for the first rhubarb so I can make it. It's so easy, too.

## HOW TO GET RID OF DANDELIONS

NDSU Extension Service horticulturist Ron Smith provides some options for getting rid of dandelions.

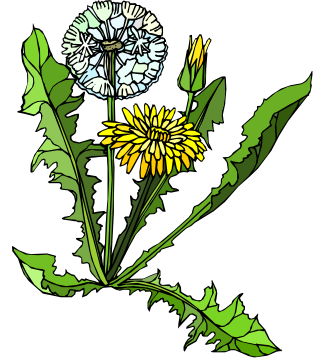
What has bright yellow flowers, is loved by little kids, and hated by adults? Dandelions, of course! They are coming into full bloom this week, and depending on the daily temperatures, will go into seed that is easily air-borne in about 10-14 days.

If unwanted, as most are, especially in lawns, the question arises, what can I do to get rid of them? Here are some options, starting with the least favorite:

1. Dig them out – with all of the root – if possible. If as much as 95-98% of the root can be extracted, chances are that dandelion will not return. Garden center or garden supply stores will have tools that make this task easier and more successful.
2. If digging is unappealing, then pick up an RTU broadleaf herbicide that can be applied directly from the bottle with a sprayer that comes with the purchase. Wet the foliage only; no need to soak the plant. Within 24 hours or less, the effect of the herbicide will be evident, with the flower stem becoming curled and twisted.

This will usually result in the death of the plant. If not, revisit in a couple of weeks to administer another shot of herbicide.

Maintain the lawn properly to help prevent re-invasion from neighboring lots and properties: mow high 2.5" to 3", fertilize during active growth at least twice a season – spring and fall - and water deeply and infrequently to encourage a deep root system.



*Dandelions seem to be even more prolific this spring... everywhere I look I see yellow in lawns!*

## SPRING HOMEMAKERS POTLUCK

The annual Spring Homemakers Clubs potluck dinner and meeting was held on April 18th at the James Memorial Library.

Of course, there were many wonderful dishes to taste, lots of visiting, and a short business meeting. We missed our Tioga members...



President, Cheryl Landro & Secretary, Gloria Twete



Honorees pictured above:

Betty Anderson, 45 years

Carol Hauser, 40 years

Karel Johnson, 50 years

