

Saving Home Heating Energy

Heating and cooling your home uses more energy than any other system in your home. Typically, 45% of your utility bill goes for heating and cooling. What's more, heating and cooling systems in the United States emit 150 million tons of carbon dioxide into the atmosphere each year, adding to global climate change. They also generate about 12% of the nation's sulfur dioxide and 4% of the nitrogen oxides, the chief ingredients in acid rain.

- Turn off kitchen, bath, and other exhaust fans within 20 minutes after you are done cooking or bathing; when replacing exhaust fans, consider installing high-efficiency, low-noise models.
- During the heating season, keep the draperies and shades on your south-facing windows open during the day to allow the sunlight to enter your home, and closed at night to reduce the chill you may feel from cold windows.

Tips to Cut Your Energy Use:

- Set your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.
- Clean or replace filters on furnaces once a month or as needed.
- Clean warm-air registers, baseboard heaters, and radiators as needed; make sure they're not blocked by furniture, carpeting, or drapes.
- Bleed trapped air from hot-water radiators once or twice a season; if in doubt about how to perform this task, call a professional.
- Place heat-resistant radiator reflectors between exterior walls and the radiators.

Ducts

Your home's duct system, a branching network of tubes in the walls, floors, and ceilings, carries the air from your home's furnace and central air conditioner to each room. Many duct systems are poorly insulated or not insulated properly. Ducts that leak heated air into unheated spaces can add hundreds of dollars a year to your heating and cooling bills. Sealing your ducts to prevent leaks is even more important if the ducts are located in an unconditioned area such as an attic or vented crawl space. If the supply ducts are leaking, heated or cooled air can be forced out of unsealed joints and lost. In addition, unconditioned air can be drawn into return ducts through unsealed joints. Such energy losses cost you money.

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UMCE WALDO COUNTY

EXTENSION EDUCATORS:

Jane Haskell: *Business, Youth & Community Development*, x1013
Rick Kersbergen: *Agriculture & Natural Resources*, x1014

EATWELL NUTRITION ASSOCIATES:

Beth Chamberlain x1020, and Pat Fraser x1019
Sandy Dubay, *Regional Nutrition Education Professional*

4-H PROGRAM AIDE:

Joyce Weaver, x1012

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• also...

Liz Stanley: *Horticultural Aide*, Knox-Lincoln-Waldo county
Caragh Fitzgerald, *Ext. Educator*, Kennebec & Waldo county

WALDO COUNTY EXTENSION ASSOCIATION

PRESIDENT & : Barbara Gould

SECRETARY: Chia Murdock

- Michelle Gharst • Jacqui Lee • Andrew Marshall
- Robert Nelson • Anne Rothrock

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University of Maine Cooperative Extension Waldo County
 992 Waterville Rd, Waldo ME 04915
 1-800-287-1426 • www.extension.umaine.edu/WaldoCounty

CALENDAR

Focus on Fiber - Kitchen Table Gathering

Saturday 10 am - 2 pm
October 11 Monmouth
 Topic is fiber and the animals that produce it – sheep, goats, camelids, rabbits. On site is a processing mill and Angora goats. Bring a bag lunch and join in the discussion.
 Directions: Call 632-3115 or go to www.friendsfollyfarm.com

Great Maine Apple Day 2008

Saturday 10am - 3pm
October 18 Unity, Maine
 Educational Workshops on growing, processing, and cooking apples: fruit tree pruning, cooking with apples, Maine's rich apple history, wine and cider making, organic tree care, and more! Admission is \$4. Visit www.mofga.org/Programs/Events/GreatMaineAppleDay/tabid/294

Waldo County Extension Association Meeting

Monday 6:30pm
October 20 Waldo
 University of Maine Cooperative Extension, 992 Waterville Rd, Waldo. Public welcome

Maine Sheep & Goat Health Seminar

Saturday 8:30am - 4:30pm
October 25 Monmouth
 Participants will gain knowledge and skills in small ruminant disease causes, diagnosis, effective prevention and treatment. Understand the importance of having a bio-security plan and having a customized health plan for their animals.

Farmer-to-Farmer Conference

Friday - Sunday
October 31 - November 2 Bar Harbor
 Cooperative Extension and MOFGA's annual conference. Farmers talk about what does or doesn't work; get new ideas from university faculty, fellow farmers and others. Visit www.mofga.org and click on Farmer-to-Farmer Conference under **Upcoming MOFGA Events** for complete details.

MOFGA Chainsaw & Forest Safety Course

Friday & Saturday,
November 14 -15 MOFGA, Unity
 Learn the basics of saw mechanics, operation, maintenance, and safety, practice the latest in safe felling techniques. Visit www.mofga.org/Default.aspx?tabid=299 or contact Andrew Marshall, Educational Programs Director, at 568-4142

Women and the Woods - Woodlot Management

October 23: 4:30 to 7:00 PM, St. Albans
November 5: 4:30 to 7:00 PM, Lexington
November 12: 5 to 7:30 PM, Starks
November 19: 4:30 to 7 PM, Mercer
 Each session will be facilitated by a professional forester and will include: setting objectives, management planning, & working with professionals concerning your woodlot, as well as sharing our woodlot stories. FMI & locations contact District Forester, Patty.Cormier@maine.gov or 474-3499

**We will be closed Monday,
 October 13th for Columbus Day**

Parents Are Teachers Too program

If you are expecting or recently had your first baby, call **1-800-287-1426** for more information or to enroll in the **PATT** program to help your child get the best possible start in life.

Eat Well program

Could you use help in stretching food stamps, cooking and shopping for one or two, providing snacks for children? Contact UMaine Cooperative Extension Eat Well Program for a Nutrition Aide to help you.

In complying with the letter and spirit of applicable laws and in pursuing its own goals of diversity, the University of Maine System shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veterans status in employment, education, and all other areas of the University. The University provides reasonable accommodations to qualified individuals with disabilities upon request. Questions and complaints about discrimination in any area of the University should be directed to the Office of Equal Opportunity, The University of Maine, Room 101, 5754 North Stevens Hall, Orono, ME 04469-5754, telephone 581-1226 (voice and TDD).

Any person with a disability who needs accommodations for this program should contact Jane Haskell at 1-800-287-1426 to discuss their needs at least 14 days in advance.

ARS Scientists and Cooperators Surveying for Rare Ladybugs

By Don Comis

Agricultural Research Service (ARS) scientists and cooperators are seeking the public's help in surveying for once-common ladybug species that are now hard to find.

Researchers with ARS, Cornell University at Ithaca, N.Y., and South Dakota State University (SDSU) in Brookings want people to photograph every ladybug possible, and to send the photos to Cornell so researchers can inventory the insects. In particular, the scientists are looking for rare species, such as the nine-spotted, two-spotted and transverse lady beetles.

These beetles were common 20 years ago, but have become harder to find in the past few decades. There are more than 400 ladybug species native to North America, but some have become extremely rare, displaced perhaps by development, pesticides, non-native species and other factors.

Entomologist Louis Hesler at the ARS North Central Agricultural Research Laboratory in Brookings is particularly interested in the nine-spotted, two-spotted and transverse ladybugs because the farm community in South Dakota where he works has depended on these predatory beetles for years to eat insect pests that eat farm crops.

Urban gardeners are interested in ladybugs because they protect garden crops as well. Ladybugs also protect North American forests.

In a survey this past summer, Hesler and colleague Mike Catangui, an entomologist at SDSU in Brookings, found 1,000 ladybugs, but only about 10

each of the three rare species. Hesler and Catangui are co-principal investigators in the SDSU part of the "Lost Ladybug Project."

The project has two facets: the research component, which Hesler, Catangui, and other scientists in New York State are participating in, and the citizen science component.

As part of the citizen science part of the project, researchers are encouraging participation from students who are interested in entomology, agriculture or science.

Those wishing to participate can visit www.lostladybug.org for tips on finding and photographing ladybugs and submitting photos. The website includes ways to track and map the Lost Ladybug data.

ARS is a scientific research agency within the U.S. Department of Agriculture.

Have you spotted a transverse ladybug, one of the lost lady beetles ARS is seeking?

Photo courtesy of Whitney Cranshaw, Colorado State University, Bugwood.org.



What plant has yellow flowers that smell like chocolate, tasty tubers that donkeys are wild about and can grow into 10' herbaceous hedges?

Answer: Helianthus tuberosus (also known as Jerusalem Artichoke, Sunroot, and Sunchoke).

Seeking an interesting Master Gardener volunteer project to learn more about plants led me to a neighbor, Curtis Short, Master Gardener 2005. Curtis and his wife Pat were helping Will Bonsall of Scatterseed Project, who is the Seed Savers Exchange curator for Sunchokes. They organized Will's database of seeds and filled orders. Curtis replanted many of the 90 Sunchoke varieties Will maintains in his collection and needed help in evaluating the potential food appeal of each variety.

One afternoon in June, 2006, Curtis prepared raw and cooked samples of 7 varieties of Sunchokes which our two families taste tested. This was my first experience eating Jerusalem Artichokes. The raw samples tended to be crunchy, similar to water chestnut. The cooked texture was like potatoes. Each one had a subtly different flavor and varying levels of appeal.

Later, we found more taste testers at the Master Gardener Tuesday Breakfast Group. While waiting for breakfast, nine gardeners tasted 6 varieties of raw and cooked Sunchokes. The group quietly munched their way through the numbered samples, writing down brief comments. For a few, it was probably the first and last time they would eat a Sunchoke.

The Master Gardeners chose, in both raw and cooked categories, in order of preference: Clearwater, Mammoth French White and Cowell's Red. A new variety to Will's collection, Mark Fulford was scored best liked, cooked; and least liked, raw.

One can find Sunchoke or Jerusalem Artichoke recipes by searching on-line or in gourmet cookbooks. Tubers can be harvested about two weeks after their flowers fade. According to Will Bonsall their flavor is best in late October/November after heavy frosts and before the ground freezes. The tubers also can be dug and eaten in

Spring. In general, Sunchokes are cooked like potatoes or combined with other vegetables (peas and scallions, carrots, cabbage, potatoes, winter squash). They can be shredded on top of a salad, stir-fried, or used in chowders.

They make an excellent pickled relish. It is wise to introduce Sunchokes into one's diet in small amounts because Sunchokes contain inulin which is not easily digested by some. Sunchokes (a species of sunflower) are easy to grow and one of only a few North American indigenous food plants. They were cultivated by Native Americans for their edible tubers. Their clusters of 1 1/2" to 3" yellow flowers are attractive and have a slight smell of chocolate. The plant's tall, gangling growth makes it best placed in the background of a landscape. However, since they grow from 6' to 10',

Sunchokes can be useful and attractive as a fast-growing herbaceous hedge. Bloom times vary according to variety and some years they do not have blooms. Long, hot seasons tend to produce more blooms than cooler seasons. The Jerusalem Artichoke or Sunchoke is an important plant in a permaculture landscape. Dave Jacke lists it as a super food and medicinal plant. It is useful as a pancreatic tonic and helps in balancing blood sugar.

Sunchokes provide shelter for beneficial insects including parasitoid wasps and serve as a nectary plant in late summer and early fall. Its main drawback can be seen as virtue: being somewhat expansive (not rampant) and persistent.



Farmers May Apply for Grants Up to \$10,000

Deadline: October 15

Washington, DC - Animal Welfare Approved is pleased to announce a new initiative that will offer grants of up to \$10,000 for the sole purpose of improving animal welfare on farms. Current Animal Welfare Approved farmers and those who have applied to join the program are eligible to apply for these grants.

The Animal Welfare Approved program and food label promote the well-being of animals and the sustainability of humane family farms, uniting conscientious consumers with farmers who raise their animals with compassion. Animal Welfare Approved, with more than 600 participating farms, is "setting the standard for how farm animals should be taken care of," according to Robert F. Kennedy, Jr. This accreditation was recently endorsed by the World Society for the Protection of Animals as having the most stringent animal welfare standards of any third-party certifier.

"It is a tough time for farmers trying to weather the current economic challenges. As consumers demand more sustainable, high-welfare food choices, Animal Welfare Approved is one way farmers can differentiate themselves in the marketplace and add value to their product. Through this program we are facilitating innovations that improve welfare," says Gunther.

A farmer may submit a proposal for one or two different projects, for a total maximum grant of \$10,000. Grants will be awarded based upon the projects' potential to deliver the greatest benefit to farm animals. In order to receive a grant, applicants must meet the eligibility requirements, submit an application and a budget by October 15, 2008, and propose a project that meets the purpose of this program. All applications will be evaluated by a review panel.

Examples of eligible projects include conversion of buildings; fencing and paddock division; silviculture; improvement of water services; mobile housing; farm planning, farm health visits from recognized practitioners; alternative identification methods; alternative genetics; innovative chick transportation; alternatives to antibiotic use; and improvements in the slaughter process. Eligible costs include design fees, contractor costs, materials, slaughter equipment, new mobile housing, and incubators.

Guidelines and an application form are available at www.AnimalWelfareApproved.org or by contacting Julie Munk at (703) 836-4300.

October Gardening Reminders



Prepare fruit trees for the winter

- Mow around fruit trees to eliminate "grass hotels" that rodents move toward in winter
- Install mouse-guard fencing around fruit trees to keep mice from eating bark
- Consider low-voltage electric fencing to keep deer out of the home orchard

Store tender perennials for the winter

- Dig gladiolus corms after a few hard frosts; air-dry for a few dark days and store in a cool, dark place
- Dig dahlia roots after a killing frost; pack in peat moss and store just above freezing

Test soil to prepare for next year's garden

- Obtain a soil test kit and follow guidelines
- If your lawn test shows a need for lime, there's still time to spread lime this fall
- If your vegetable garden test shows a need for organic matter, rake fall leaves onto the garden and tell them in next spring

Harvest fall vegetables

- Leave kale and Brussels sprouts in the garden, harvesting as needed for many weeks
- Harvest and clean lettuce before hard frost; it keeps several days in the refrigerator
- Mulch parsnips thickly to prevent early soil freezing, and harvest for many weeks

Sheep and Goat Health Seminar

Saturday, October 25, 2008, rain or shine
8:30 AM to 4:30 PM

Maine Agriculture Experiment Station (Highmoor Farm) Monmouth, ME

Animal health is an important aspect of any sheep or goat operation. Come and learn how to effectively improve your animals' health and performance. The day-long seminar is designed for producers of sheep or goats but may be suitable for older youth if they are accompanied by a parent or 4-H leader.

For more information about the seminar visit UMaine Extension's home page at

www.umext.maine.edu

Gain knowledge and skills in small ruminant health at this day-long seminar. Speakers include

- Susan Schoenian, University of Maryland Sheep & Goat Specialist
- Dr. Anne Lichtenwalner, Maine Extension Veterinarian
- Richard J. Brzozowski, University of Maine Cooperative Extension Educator

Cost: \$40.00 per person, or \$35.00 per person if current member of Maine Sheep Breeders Association, Boer Goat Breeders of Maine, or a current member of a regional dairy goat association in Maine.

Cost covers reference materials, tasty refreshments, and a delicious lunch featuring Maine foods. Please note: you can register by phone on weekdays if paying with a credit card from 8:00 AM to 4:30 PM by phoning (207) 780-4205 or 1-800-287-1471 (toll-free in Maine only).

Space limited to 75 participants. Registration deadline: October 20, 2008.

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Although minor duct repairs are easy to make, ducts in unconditioned spaces should be sealed and insulated by qualified professionals using appropriate sealing materials.

- Check your ducts for air leaks. First, look for sections that should be joined but have separated and then look for obvious holes.
- If you use tape to seal your ducts, avoid cloth-backed, rubber adhesive duct tape, which tends to fail quickly. Researchers recommend other products to seal ducts: mastic, butyl tape, foil tape, or other heat-approved tapes. Look for tape with the Underwriters Laboratories logo.
- Remember that insulating ducts in the basement will make the basement colder. If both the ducts and the basement walls are uninsulated, consider insulating both.
- If your basement has been converted to a living area, hire a professional to install both supply and return registers in the basement rooms.
- Be sure a well-sealed vapor barrier exists on the outside of the insulation on cooling ducts to prevent moisture buildup.
- When doing ductwork, be sure to get professional help. Changes and repairs to a duct system should always be performed by a qualified professional.
- Ducts that don't work properly can create serious, life-threatening carbon monoxide (CO) problems in the home. Install a CO monitor to alert you to harmful CO levels if you have a fuel-burning furnace, stove or other appliance, or an attached garage.

- For new construction, consider placing ducts in conditioned space -- space that is heated and cooled -- instead of running ducts through unconditioned areas like the crawlspace or attic, which is less efficient.

This column was excerpted and adapted from "Energy Saver\$: Tips on Saving Energy & Money at Home" from the U.S. Department of Energy, distributed by University of Maine Cooperative Extension as bulletin #7201. Visit UMaine Extension at www.extension.umaine.edu and click on "Publications" for the complete publications listing.

For more than 90 years, University of Maine Cooperative Extension has supported UMaine's land-grant public education role by conducting community-driven, research-based programs in every Maine county.

University of Maine Cooperative Extension has a new website dedicated to **ENERGY!**

www.extension.umaine.edu/energy

Find out more about:

- Home Energy Conservation
- Home Heating Alternatives
- Other Energy Alternatives
- Transportation Alternatives
- Business Energy
- Farm Energy
- Energy-Saving Tips
- Additional Resources