

**UAF Cooperative Extension Service**

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[www.uaf.edu/ces/districts/matsu](http://www.uaf.edu/ces/districts/matsu)



# ***COURSE CATALOG***

*Mat-Su/Copper River District Office*



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## Welcome to the Mat-Su/Copper River District Cooperative Extension Service!

Our district covers the Mat-Su Borough and the Copper River Valley, extending to McCarthy and down to Valdez. According to statistics from the Alaska Dept of Labor, Mat-Su Borough, Copper Valley visitor center and the City of Valdez we serve a population of approximately 91,123 and the total area is around 59,720 sq miles. To put that into perspective, the state of Georgia (the 24<sup>th</sup> largest state) is 59,441 sq miles.

This catalog contains descriptions of workshops and classes that our district faculty are currently able to present throughout the year. If there is a topic you are interested in that is not listed let us know, as we are always open to suggestions for additional topics. There are no specific dates or times listed in this publication.

If you are interested in participating in one of these courses please visit our website for the calendar of events which lists the courses offered each month. Website: [www.uaf.edu/ces/districts/matsu/](http://www.uaf.edu/ces/districts/matsu/)

If you have a group to which you would like us to present one or more of these courses, please call and we can arrange a date and time that works best with your schedule.

*Most of the services, courses and workshops that we offer are free of charge. However, there are some that require a small fee to cover the cost of materials. Please make sure to ask about prices when you call for dates and times.*

### Stir Fry Techniques

Having problems getting your stir fry to turn out just right? Learn the secrets to perfect stir fry every time. (2 hrs)

### Healthy Budget Friendly Food

Feeding ourselves healthy foods can be a challenge. Learn how to read labels to determine how healthy a food is and how to stock your pantry for a variety of meals in this class for adults. (2 hrs)

### Living Well Alaska

If you have a chronic disease or live with someone who does, this class is for you! It is designed to encourage self management techniques for people with chronic disease. Group meets once a week for six weeks.



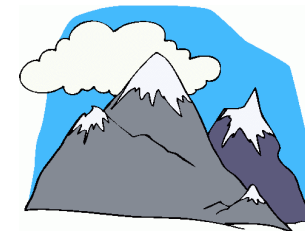
### Other Services

#### Soil Sample Nutrient Recommendations

The lab at the UAF Experiment farm provides soil sample testing for \$40. Once you get the results back our agents provide an interpretation of those results and nutrient recommendations for your garden, lawn or field.

#### Integrated Pest Management (IPM)

Evaluation of plant, insect and disease disorders, including field-based tree and plant health issues, identification of insect, plant and disease specimens, researching information about pest biology & lifecycles, and the utilization of data for the recommendation of IPM control options. AKIPMP Technicians are state certified pest consultants that may advise the public on pesticide information and recommendations. IPM Technicians provide daily assistance, about the least-toxic and most effective, control options.



**Strong Women Program™**

A strength training program specifically designed for midlife and older women, the Strong Women™ program will help increase strength, bone density, balance and energy. Cost is \$5 for an eight week session. We now have programs in **Palmer, Talkeetna, Wasilla & Willow** or you can call to arrange a new program for your group or area.

**Baking With Whole Grains**

Incorporating more whole grains in your diet is a wise and healthy choice. In this hands-on class practice using whole grains in baking. (4 hrs)

**Food Preservation Series:**

This series of seven classes will discuss the different methods of preserving your bounty. Whether you fish, hunt, garden or pick wild berries these hands-on demonstration classes will teach you the skills and increase your confidence to be able to preserve your food on your own. These classes can be taken as a total package or individually. (21 hrs)

- Making Jams & Jellies*
- Pickles & Sauerkraut*
- Canning Fruits & Tomatoes*
- Making Fresh Sausage*
- Canning Fish in Jars*
- Canning Meat & Vegetables in Jars*
- Principles of Freezing & Dehydrating Food*

**Making Fresh Mozzarella**

In this hands-on class learn how you too can make this tasty treat to go with your fresh Alaska Grown™ produce. (3 hrs)

**Alaska's Wild Edible Greens**

Join us in a walking workshop to learn how to identify and prepare wild edible greens found right in our own backyards. Please dress for the weather and bug spray is recommended. (2 hrs)

**Free Pressure Canner Dial Gauge Testing**

Dial gauges for pressure canners need to be tested annually. Take a few minutes and bring your dial gauge in to make sure it is accurate.

**Maximizing Mileage**

With \$5 per gallon of gasoline looming on the horizon, everybody is feeling the squeeze at the pump. Learn maintenance and driving tips that will save most drivers \$5 or more per fill up. Also find out when to trade in your gas guzzler; if a hybrid is right for you; and if a motorcycle/scooter is a wise choice. (2 hrs)

**Alaska Wild Berry Identification & Use**

Join us in learning about Alaska's wild berries: where to find them; how to identify them; picking & storing tips; and how to use these tasty and nutritious local fruits. Berry season may be a little late this year, so be prepared! (2 hrs)

**Cooking Under Pressure**

In our fast-paced lives, getting food on the table quickly can be a challenge. Learn how a pressure cooker will reduce cooking times, tenderize tough meats and preserve nutrients. (2 hrs)

To schedule a class in your area call 907-745-3360 or 1-888-822-8830 from the Copper River/Valdez area.



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**Chicken University**

Learn the fundamentals of selecting birds, building coops, feeding, hygiene, getting hens to lay and believe it or not, chicken psychology. (2hrs)

**Alaska Gardening 101**

Learn the fundamentals of gardening in Alaska. This course will discuss starting plants, hardening off, composting, soil preparation, greenhouse fundamental, plant selection and more! (2 hrs)

**Introduction To GPS**

This two hour workshop will introduce participants to the fundamentals of GPS and explain what the instruction manual left out. The goal of this course is to familiarize participants with the basic GPS concepts applicable to all receivers. Topics include basic operation, reading sky plots, creating waypoints, navigation, understanding coordinate systems and problems unique to Alaska. This is also a good class for those wanting to know how to select the right receiver for their needs. (2 hrs)

**Pesticide Safety Education Program**

This course provides training for people in Alaska who apply restricted use pesticides, for people who apply any pesticides on property other than their own or their employers, for people who apply pesticides on public school (K-12) grounds and facilities. (16 hrs)

**Alaskan Lawn Fundamentals**

Learn the fundamentals of site preparation, soil sampling, seed selection, thatch management, weed/disease prevention, and management strategies. (2 hrs)

**Composting in Alaska**

Learn the fundamentals of composting using locally available materials and resources. (2 hrs)

**Master Gardener Course**

This is a program that utilizes trained volunteers to assist home gardeners by providing information and technical data to answer their questions. The training course involves forty hours of instruction and provides a broad background of horticulture subjects to the experienced gardener taking the course. Participants are required to complete 40 hours of volunteer service after the course is completed in order to receive their certificate. Class subjects include plant botany and physiology, soils, plant taxonomy, outdoor and greenhouse gardening, lawns, house plants, pest and pest control, and ornamentals. (40 hrs)

**First Detector Training For Exotic Plant Pest**

We need a few good folks to become pest first detectors for Alaska! This training will make you a certified first detector for the Western Plant Diagnostic Network. This is part of a national network of people who help protect agriculture by being eyes and hands in the field to look out for and collect pests. Plant pests include: weeds, insects and diseases. (16 hrs)

**Fertilizer Fundamentals**

Learn the basics behind soil sampling, interpreting a soil sample report sheet and how to make your own site specific fertilizer recommendation and more. If you've ever wondered what those numbers on a fertilizer bag mean and which formulation is best for you, then this is the class you've been seeking. (1.5 hrs)

**4-H Market Livestock Project**

Is your child interested in raising an animal to sell? Join us to learn about the 4-H market livestock project, requirements, activities, auction and how to get involved. (1.5 hrs)

**Going Green!**

Come learn more about recycling, sustainability and what you can do to help our planet. (2 hrs)

**4-H Record Books**

Open to all 4-H members and anyone interested in joining 4-H. Learn tips on how to start, maintain and finish a quality record book (1 hr)

**Presentation Tips**

Do you struggle with presenting information for your school project, 4-H group or club? Then you need this class! Join us to learn tips for giving a great presentation or demonstration every time. Need a minimum of 3 people to hold the class. (1.5 hrs)

**Health Rocks!**

The *Health Rocks!*<sup>®</sup> program. This is a prevention and decision-making program, which also provides key health messages. The program also includes components that bring youth and adults together as partners in developing community strategies that prepare young people to make healthy lifestyle choices. (1-10 hrs)

**Babysitting Class Series**

This program will go through the "business" of babysitting, child development, basic care & activities, safety & emergencies, and snack & babysitting bag preparation in a fun, hands on approach. Everyone Welcome! (6 hrs)

**Fair Exhibit Preparation**

Learn the ins and outs of entering competitive exhibits in the fair. General information as well as specific details for various categories will be discussed. Enhance your competitive edge. Minimum of 5 people required to hold this course, preregistration is required. (2 hrs)

**National 4-H Youth Science Activities**

Join us for science experiments and activities in conjunction with the National 4-H Science initiative to increase youth participation in science activities. (2 hrs)

**Homemade Holiday Gift Ideas**

Get your creative side flowing in this class. Share ideas of gifts to make (bring examples to show and tell) and make a couple to take home. (2 hrs)

**Club Management**

Learn how to set up and run a 4-H club or other youth program. Suggestions for programming, risk management, fundraising, service, projects and more are covered. (1-2 hrs)

**Leadership for Youth and Adults**

Discuss how to run a business meeting, officer elections and responsibilities, parliamentary procedures, with other tips and suggestions for meeting management and organization. (1.5 hrs)