

# PUBLICATIONS

# CATALOG



COOPERATIVE  
EXTENSION SERVICE

**Putting education  
to work in your life  
and community**

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





## WHAT IS COOPERATIVE EXTENSION?

The University of Alaska Fairbanks Cooperative Extension carries out the outreach mission of Alaska's land-grant university by bringing vital, practical, research-based information to agricultural producers, small business owners, consumers, families, and young people.

## WHAT DO WE DO?

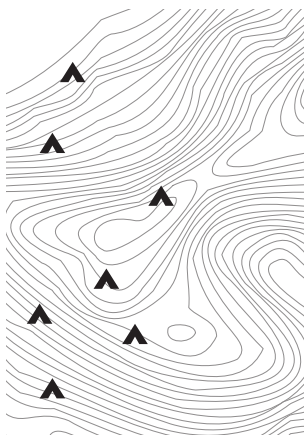
Extension provides nonformal education and learning activities to people throughout the state of Alaska. Extension serves farmers, entrepreneurs, families – residents of rural communities as well as people living in urban areas. It emphasizes taking knowledge gained through research and education and bringing it directly to the people to create positive changes.

Visit [www.uaf.edu/ces](http://www.uaf.edu/ces) to browse these publications and learn more about how UAF Cooperative Extension might help you. Connect with national Extension resources through [www.extension.org](http://www.extension.org).

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## UAF COOPERATIVE EXTENSION REACHES ACROSS THE STATE OF ALASKA.

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### LAST YEAR

**247,321** VIEWS ON  
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## COOPERATIVE EXTENSION SERVICE

University of Alaska Fairbanks

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## AGRICULTURE AND HORTICULTURE

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### ► Agriculture Business Management

Beekeeping in Alaska .....	ABM-00230
Agriculture Loans for Alaska Farmers <b>Web Only</b> .....	ABM-00240
Understanding Mapping Coordinate Systems <b>Web Only</b> .....	MAK-00041

### ► Community Resource Development

Harvest Fair Handbook <b>Web Only</b> .....	CRD-00020
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### ► Composting for Home Gardens

Composting with Worms .....	HGA-01020
The Compost Heap: Basic Composting in Alaska .....	HGA-01022
Composting in Alaska .....	HGA-01027

### ► Field Crop Production

Understanding Genetically Modified Organisms .....	FGV-00500
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### ► Field Crop Production and Soil Management

Managing Alaska Soils .....	FGV-00043
Soil Sampling .....	FGV-00044
Factors to Consider in Selecting a Soil Testing Laboratory .....	FGV-00045
Factors Affecting Cold Hardiness Development .....	FGV-00143
Collecting Feed Samples for Testing .....	FGV-00243
Plant Tissue Testing .....	FGV-00244
Field Crop Fertilizer Recommendations for Alaska: Potatoes .....	FGV-00246A
Microwave Test for Forage Moisture .....	FGV-00248
Procedures for the Wet Paper Towel Germination Test .....	FGV-00249
Green Potatoes: Causes and Concerns .....	FGV-00337
Field Crop Fertilizer Recommendations for Alaska: Fertilizer Nutrient Sources and Lime .....	FGV-00348
Field Crop Fertilizer Recommendations for Alaska Vegetables .....	FGV-00643
Plastic Mulch, Row Covers and Low Tunnels for Vegetable Production in Alaska .....	FGV-00647

### ► Greenhouse Management

Controlling the Greenhouse Environment .....	HGA-00336
Greenhouses for Home Gardeners in Alaska .....	HGA-00337
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Pollination & Fruit Development in Tomatoes .....	HGA-00435

► **Horticulture and Home Gardening**

Growing Carrots in Alaska .....	HGA-00025
Mycorrhizae in the Alaska Landscape <b>Web Only</b> .....	HGA-00026
Growing Potatoes in the Alaska Garden .....	HGA-00027
Hoop Houses in Alaska: Twenty Questions and Answers to Get You Started .....	HGA-00028
Recommended Variety List for Interior Alaska .....	HGA-00030
Recommended Variety List for Southcentral Alaska .....	HGA-00031
Seed Starting and Transplanting .....	HGA-00032
Growing Tree Fruits in Alaska .....	HGA-00038
Growing Beets in the Alaska Garden .....	HGA-00041
Growing Rhubarb in the Alaska Garden .....	HGA-00042
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Raising Vegetables in Mini Gardens .....	HGA-00136
Edible Flowers for the Garden & Table .....	HGA-00137
Roses: Growing and Overwintering Tender Varieties .....	HGA-00138
Growing Everbearing Strawberries as Annuals in Alaska .....	HGA-00235
Gardening in Southeast Alaska .....	HGA-00237
Vegetable Storage in Root Cellars .....	HGA-00331
Growing and Overwintering Fuchsia, Geranium, Dahlia and Tuberous Begonia .....	HGA-00333
Soil and Fertilizer Management for Healthy Gardens .....	HGA-00338
An Alaska Gardener's Fall & Winter To-Do List .....	HGA-00429

► **Invasive Plants**

Don't Plant a Problem: Invasive Garden Species .....	FGV-00146
Invasive Plant Issues: Control of Bird Vetch .....	PMC-00341
Best Management Practices: Controlling the Spread of Invasive Plants During Road Maintenance <b>Web Only</b> .....	PMC-00342
Invasive Plant Issues: Control of Orange Hawkweed .....	PMC-00343
Invasive Plant Issues: Control of Invasive Chokecherry Trees .....	PMC-00345

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## AGRICULTURE AND HORTICULTURE

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Small-Scale Irrigation Options .....	FGV-00646
Drip Irrigation for Alaska Gardens .....	FGV-00648
Managing Irrigation for High-Value Crops .....	FGV-00649

### ► Lawns in Alaska

Establishing and Maintaining a Lawn in Southcentral and Interior Alaska .....	HGA-00045
Establishing and Maintaining Lawn in Southeast Alaska .....	HGA-00046
Moss Control in Lawns .....	HGA-00133
Lawn Maintenance and Pesticides .....	HGA-00236
Planting Grass on Gravel Runways in Alaska .....	HGA-00340

### ► Livestock Production and Marketing

Dealing with Grief from the Loss of Your Pet .....	LPM-00149
Animal Manure as Fertilizer .....	LPM-00340
Broiler Production .....	LPM-00341
Home Laying Flock .....	LPM-00343
Safe Egg Handling for Small Egg-Laying Flocks and Operations .....	LPM-00344
How to Grow Your Own Holiday Turkey .....	LPM-00441
Raising Rabbits in Alaska .....	LPM-00745
Managing Small Pastures for Horses in Alaska <b>Web Only</b> .....	LPM-00746
Goats in Alaska .....	LPM-00747
Selecting, Brooding & Rearing Small Numbers of Chicks .....	LPM-00840
Judging Halter Horses: From the Top Down .....	LPM-00842

### ► Pest Management and Control

So You Have Mice – Now What? .....	PMC-00200
Root Maggots in Alaska Home Gardens .....	PMC-00330
Late Blight in Alaska .....	PMC-00338
Control Strategies for Late Blight in the Alaska Potato Crop <b>Web Only</b> .....	PMC-00339
Bacterial Ring Rot in Alaska Potato Crops <b>Web Only</b> .....	PMC-00340
Spruce Beetles .....	PMC-10067
Slugs .....	PMC-10070
Cockroaches .....	PMC-10071
Houseplant Pests and Control .....	PMC-10073
Beneficial Arthropods of Alaska: Natural Enemies .....	PMC-10075

► **Trees and Shrubs**

Tree Health and Fertilization .....	FWM-00119
Celebrate Arbor Day: A Guide for Schools .....	FWM-10065
Transplanting Trees Successfully .....	HGA-00335
Tree Maintenance and Pesticides .....	HGA-00436
Plant A Tree: An Alaska Guide to Tree Selection, Planting & Care .....	HGA-00437



**The Supplemental Nutrition Education Assistance Education** program is a nationwide **nutrition education** and **obesity prevention** program funded by the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS). Alaska's SNAP-Ed provides nutrition education for low income Alaskans.

<https://www.uaf.edu/ces/healthy-individuals/snap-ed/index.php>



**The National AgrAbility Project is a USDA-funded program** that provides **education, assistance** and **support** to farmers and ranchers with disabilities.

The goal is to find ways to allow workers with disabilities to remain productive.

<https://www.uaf.edu/ces/agriculture/agrability/index.php>



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## HEALTH, HOME AND FAMILY DEVELOPMENT

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### ► Clothing Construction and Maintenance

The Cloth Parka .....	CCM-00072
How to Make a Trapper Cap \$10 .....	CCM-00073
Alaska Mittens: A Collection of Patterns for All Ages \$6 .....	CCM-00077
Dressing Children for Cold Weather .....	CCM-00083

### ► Community Resource Development

Guide to Operating a Successful Home-Based Food Business .....	FNH-00600
Checklist for Starting a Small Food Processing Business <b>Web Only</b> .....	FNH-00601
Checklist for Acidified Foods Produced for Commercial Sale <b>Web Only</b> ..	FNH-00602

### ► Energy Education and Management

Considering Remote Energy for Your Cabin or Camp .....	EEM-00100
Calculating Appliance Energy Costs in Alaska .....	EEM-00251
Space Heater Safety: Using Kerosene and Propane <b>Web Only</b> .....	EEM-00253
Home Electricity Audit .....	EEM-00254
Permeability of Common Building Material to Water Vapor .....	EEM-00259
Insulation Value of Log Versus Frame Wall .....	EEM-00852
Caulks and Sealants Factsheet .....	EEM-01252
A Solar Design Manual for Alaska, Sixth Edition ( <i>Print \$15</i> ) .....	EEM-01255
Using Sustainable Energy to Extend the Growing Season .....	EEM-01260
Insulating an Existing House .....	EEM-04452
Keeping Your House Operating During a Cold Alaska Winter .....	EEM-04955

### ► Food Preservation

Assembling a Can Sealer .....	FNH-00022
Visual Inspection of Can Seams in Home Food Preservation .....	FNH-00023
A Harvest of Green Tomatoes .....	FNH-00024
Canning Soups and Sauces .....	FNH-00065
Wild Strawberries .....	FNH-00105
Fireweed .....	FNH-00106
Red Huckleberries .....	FNH-00107
Cloudberries .....	FNH-00108
Crabapples .....	FNH-00109
Lowbush Cranberries or Lingonberries .....	FNH-00110
Alaska Blueberries .....	FNH-00111
Highbush Cranberries .....	FNH-00112
Chokecherries .....	FNH-00113
Wild Roses .....	FNH-00114

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## HEALTH, HOME AND FAMILY DEVELOPMENT

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Currants .....	FNH-00115
American Red Raspberry .....	FNH-00116
Crowberries .....	FNH-00117
Nagoonberries .....	FNH-00118
Salmonberries .....	FNH-00119
Using Alaska's Wild Berries & Other Wild Edibles \$15 .....	FNH-00120
Gooseberries .....	FNH-00121
Serviceberries .....	FNH-00122
Watermelon Berries .....	FNH-00123
Canning Walrus in Pint Jars .....	FNH-00124
Canning Fish in Cans .....	FNH-00125
Canning Fish in Quart Jars .....	FNH-00126
Canning the Fish Catch .....	FNH-00128
Canning Smoked Fish in Cans .....	FNH-00129
Salmon Roe Caviar .....	FNH-00130
Bullwhip Kelp .....	FNH-00131
Backyard Birch Tapping & Syrup Basics .....	FNH-00150
Sauerkraut .....	FNH-00170
Canning Tomatoes and Tomato Products .....	FNH-00171
Home Freezing of Fish .....	FNH-00222
Home Canning Smoked Fish and Home Smoking Fish for Canning .....	FNH-00223
Add Variety to Home-Canned Fish .....	FNH-00224
Canning Caribou, Deer & Moose .....	FNH-00226
Canning Meat in Cans .....	FNH-00227
Fruit Leather .....	FNH-00228
Mailing Alaska Fish .....	FNH-00230
Zucchini from A to Z .....	FNH-00260
Attractive & Safe Food Preservation Exhibits .....	FNH-00261
Making Jerky .....	FNH-00262
Home Freezing of Vegetables .....	FNH-00264
Botulism: A Deadly Food Poisoning .....	FNH-00268
Smoking Fish at Home .....	FNH-00325
Converting Dial Steam Pressure Gauge Pressure Canners to Weighted Gauge Canners .....	FNH-00603
Preserving Food at Home .....	FNH-00700
Canning Overview .....	FNH-00705
Canning Acidic Foods: Fruits .....	FNH-00710
Canning Low-Acid Foods: Legumes .....	FNH-00720

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## HEALTH, HOME AND FAMILY DEVELOPMENT

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Canning Low-Acid Foods: Meat and Poultry in Jars .....	FNH-00721
Canning Low-Acid Foods: Vegetables .....	FNH-00722
Jams and Jellies .....	FNH-00730
Remaking Soft Jams and Jellies .....	FNH-00731
Fruit Spreads: Butter, Honey, Sauce, Syrup .....	FNH-00732
Pickles and Relishes .....	FNH-00735
Freezing .....	FNH-00740
Drying Fruits & Vegetables .....	FNH-00745

### ► Food, Nutrition and Health

Flavored Vinegars .....	FNH-00010
Collecting, Preserving & Using Morel Mushrooms .....	FNH-00020
Make Your Own Mix .....	FNH-00060
Sourdough .....	FNH-00061
Making Yogurt at Home .....	FNH-00062
Making Fresh Mozzarella .....	FNH-00063
Rhubarb Recipes .....	FNH-00064
What To Do if Your Freezer Fails .....	FNH-00080
How to Cook Alaska Fish .....	FNH-00127
Rabbit: Alaska's Game is Good Food <b>Web Only</b> .....	FNH-00324
Cooking Dried Beans, Peas and Lentils .....	FNH-00360
Barley Recipes .....	FNH-00413
Make It Local: Multiple-Batch Sizes for Home, School, Parties and Catering Events <b>Web Only</b> .....	FNH-00414
Tantalizing Turnips .....	FNH-00463
Serving Turkey Safely .....	FNH-00469
Time for a Kale-abration! .....	FNH-00540
Alaska Kids' Healthy Harvest Cookbook .....	FNH-00557
Choosing Healthy Snacks for Children .....	FNH-00558
Cooking Around the Campfire with Kids .....	FNH-00559
Beets .....	FNH-00561A
Broccoli .....	FNH-00561B
Cabbage .....	FNH-00561C
Carrots .....	FNH-00561D
Corn .....	FNH-00561E
Lettuce .....	FNH-00561F
Potatoes .....	FNH-00561G
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## HEALTH, HOME AND FAMILY DEVELOPMENT

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Summer Squash .....	FNH-00561I
Sugar Snap Peas .....	FNH-00561J
Winter Squash .....	FNH-00561K
Herbs .....	FNH-00561L
Chard .....	FNH-00561M
Pumpkin Seeds .....	FNH-00561N
Kohlrabi .....	FNH-00561O
Paint, Paste, Play Dough, Puppets and Paper Mache .....	PCD-00082

### ► Ground Water Quality

Contaminants in Alaska's Water Resources .....	GWQ-00552
Alaska's Changing Landscape and Well Water Arsenic Presence, Testing and Mitigation .....	HCM-04951
PFAS Contaminants in Alaska's Water: A Healthy Homes Concern .....	HCM-04952

### ► Home Air Quality

Carbon Monoxide: A Silent Killer .....	RAD-00756
Understanding, Testing for and Mitigating Radon .....	RAD-00760

### ► Home Construction and Maintenance

Alaska Residential Building Manual, 7th Edition \$25 .....	HCM-00051
Tips to Live Independently at Home as You Age: Entrance Stairs, Ramps, Doors and Lighting .....	HCM-00100
Dry Cabins .....	HCM-00103
Outhouses in Alaska .....	HCM-00300
Allowable Loads for Round Timber Poles <b>Web Only</b> .....	HCM-00752
Permafrost: A Building Problem in Alaska .....	HCM-00754
Building Challenges in Alaska .....	HCM-00952
Foundation Retrofit and Rehabilitation .....	HCM-01555
Window Shopping .....	HCM-04459
Suggestions for Installing Domestic Water Storage Tanks .....	HCM-04950

### ► Pest Management and Control

Bedbugs .....	PMC-00201
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► **Safety and Alaska Living**

Emergency Water Supply .....	SAL-00006
Emergency Supply Checklists for Alaskans .....	SAL-00007
What to Do Before, During and After a Natural Disaster in Alaska .....	SAL-00009
Emergency Preparedness for Alaskans: Wind Events <b>Web Only</b> .....	SAL-00200
Emergency Preparedness for Alaskans: Wildfires <b>Web Only</b> .....	SAL-00202
Generator Selection, Sizing and Operation .....	SAL-00400



**The Expanded Food and Nutrition Education Program (EFNEP)** offers **free nutrition classes** to help families and youth with limited resources cook healthy meals at home, be more active, save money on food costs, and handle food safely.

<https://www.uaf.edu/ces/healthy-individuals/efnep/index.php>



**Be a citizen scientist!**

Through the Alaska Integrated Pest Management Program you can submit questions, reports and photos of insects you encounter, as well as view maps of the data showing what insects are being reported in your area.

[alaskapestreporter.org](http://alaskapestreporter.org)



► **Energy Education and Management**

Glossary of Forestry Terms Web Only . . . . . FWM-00121

How To Cut Down a Tree: Safe and Effective Tree Felling,  
Limbing and Bucking . . . . . FWM-00200

► **Ground Water Quality**

Protect Water Resources: Understand Pesticide Movement . . . . . GWQ-00547

► **Tourism**

Tourism Basics for Rural Alaska Web Only . . . . . CRD-00014

Birding Tourism for Western Alaska Web Only . . . . . CRD-00016



## Alaska Tribes Extension Program

### Alaska Tribes Extension Program

promotes **food sovereign** and **secure Tribes** in Alaska by supporting community food security, resiliency, and economic diversity, while upholding traditional knowledge and traditional ways of securing food. We offer hands-on and virtual workshops throughout Alaska in partnership with tribes and traditional ecological knowledge holders.

<https://www.uaf.edu/ces/districts/tribes/learn.php>

# JOIN 4-H AND EXPLORE EXCITING WAYS TO GROW, TOGETHER.

## ALASKA 4-H

**OPPORTUNITY FOR ALL**



It doesn't matter where you live, what you want to be when you grow up or your level of experience. 4-H is a club of kids and their families who take part in fun projects from woodworking to rocketry, and everything in between.

### **What is 4-H?**

4-H is a community for all kids with programs that suit a variety of backgrounds, interests, budgets and schedules. Whether at home, in clubs, or at camps, 4-H's positive youth development programs welcome all children who want to have fun, learn and grow.

- No uniforms
- Child-selected projects work within a family's budget
- Meet once per week to once per month

### **Cost and Time Commitment**

Getting involved with 4-H is easy and costs are kept to a minimum. 4-H doesn't require a uniform. Children select their 4-H educational project(s) so they can choose what works well within their family's budget.

4-H Clubs typically meet once per month and are available for kids and teens ages 5-18. Project meetings can vary from once per month to once per week.

**[www.uaf.edu/ces/4-h](http://www.uaf.edu/ces/4-h)**

# UAF COOPERATIVE EXTENSION, REACHING COMMUNITIES ACROSS ALASKA

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**3 Northwest/Nome**  
907-434-2906

**4 Bethel**  
907-543-2088

**5 Dillingham**  
907-842-4508

**6 Kodiak**  
907-486-1534

**7 Kenai/Soldotna**  
907-262-5824

**8 Mat-Su/Copper  
River**  
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SAL-10010  
02-2024