

PUBLICATIONS CATALOG



COOPERATIVE
EXTENSION SERVICE

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

www.uaf.edu/ces





WHAT IS COOPERATIVE EXTENSION?

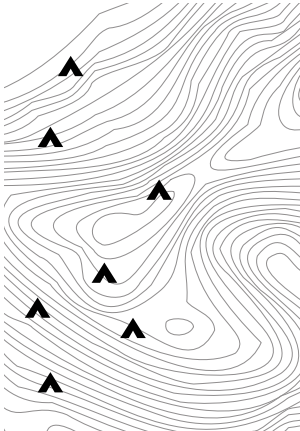
The University of Alaska Fairbanks Cooperative Extension carries out the outreach mission of Alaska's land-grant university by bringing vital, practical, research-based information to agricultural producers, small business owners, consumers, families, and young people.

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 to browse these publications and learn more about how UAF Cooperative Extension might help you. Connect with national Extension resources through www.extension.org.

UAF COOPERATIVE EXTENSION REACHES ACROSS THE STATE OF ALASKA.



LAST YEAR

247,321 VIEWS ON
YOUTUBE

77,483 PRINTED PUBLICATIONS
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265,497 PUBLICATIONS
DOWNLOADED ONLINE

2,119 YOUTH
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www.youtube.com/UAFExtension



www.facebook.com/AlaskaExtension

AGRICULTURE AND HORTICULTURE

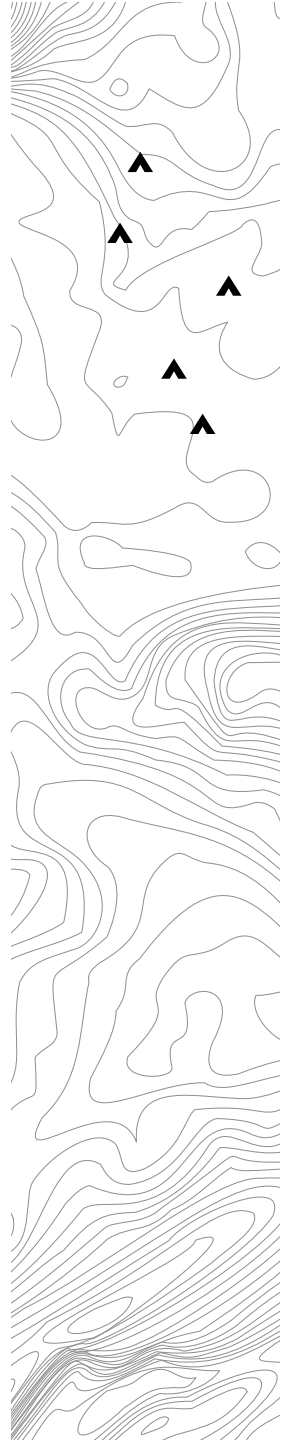
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COOPERATIVE EXTENSION SERVICE

University of Alaska Fairbanks

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AGRICULTURE AND HORTICULTURE

► **Agriculture Business Management**

Beekeeping in Alaska	ABM-00230
Agriculture Loans for Alaska Farmers Web Only	ABM-00240
Understanding Mapping Coordinate Systems Web Only	MAK-00041

► **Community Resource Development**

Harvest Fair Handbook Web Only	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
Growing Cucumbers in Greenhouses	HGA-00434
Pollination & Fruit Development in Tomatoes	HGA-00435

► **Horticulture and Home Gardening**

Growing Carrots in Alaska	HGA-00025
Mycorrhizae in the Alaska Landscape Web Only	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
Growing Garlic in Alaska	HGA-00047
Growing Great Brassicas in Alaska	HGA-00048
Growing Giant Alaska Cabbages	HGA-00049
Pantry Pests	HGA-00062
Raised-Bed Gardening in Alaska	HGA-00132
16 Easy Steps to Gardening in Alaska	HGA-00134
Airlayer to Renew Indoor Plants	HGA-00135
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 Web Only	PMC-00342
Invasive Plant Issues: Control of Orange Hawkweed	PMC-00343
Invasive Plant Issues: Control of Invasive Chokeycherry Trees	PMC-00345

► **Irrigation**

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 Web Only	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 Web Only	PMC-00339
Bacterial Ring Rot in Alaska Potato Crops Web Only	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>

► **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 **Web Only** FNH-00601
Checklist for Acidified Foods Produced for Commercial Sale **Web Only** .. 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 **Web Only** 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 (*Print \$15*) 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
Cloudberry 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

HEALTH, HOME AND FAMILY DEVELOPMENT

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

HEALTH, HOME AND FAMILY DEVELOPMENT

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 Web Only	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 Web Only	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
Tomatoes	FNH-00561H

HEALTH, HOME AND FAMILY DEVELOPMENT

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 Web Only	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 **Web Only** SAL-00200
Emergency Preparedness for Alaskans: Wildfires **Web Only** 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

▶ **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

UAF COOPERATIVE EXTENSION, REACHING COMMUNITIES ACROSS ALASKA



1 Tanana/Fairbanks
and Tribes
907-474-1530

2 Delta Junction
907-895-4215

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
907-745-3360

9 Anchorage
907-786-6300

10 Juneau
907-523-3280

11 Sitka
907-747-9440



Visit an Extension location near you for information, resources and training on a variety of topics.

For more information, contact your local office or call **1 (877) 520-5211**
1 (907) 474-5211
ces@alaska.edu



www.uaf.edu/ces