

Extension Connection

March 2020

Gilpin County CSU Extension's
Virtual Education

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GILPIN COUNTY COVID-19 UPDATE

BY CLAIRE SKEEN

Gilpin County announced on Tuesday, March 24th that the precautionary closure to reduce the spread of COVID-19 will continue until May 1st. There are still no confirmed cases of COVID-19 in Gilpin County. All CSU Extension offices will still be working remotely until May 15th.

The County held a virtual town hall on Monday, March 23rd to talk about the county's response to COVID-19 and inform citizens. The next virtual town hall will be April 6th at 6pm, and we encourage you to monitor the Gilpin County website www.gilpincounty.org and the Gilpin CSU Extension Facebook at www.facebook.com/GilpinCountyExtension for details and the meeting link.

To watch the March 23rd town hall, visit <https://stories.opengov.com/gilpincountyco/published/xUOjgcjGk>

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TIPS FOR HEALTHY LIVING

BY JENNIFER COOK

Put it to the Test!

Your next great idea could be a walk away!

The American Heart Association recommends 150 minutes per week of exercise, that's only about 20 minutes per day!

The recreation center is closed but we can go for a hike, snowshoe, make a snowman, or stay indoors and dance or try yoga.

Staying Healthy With Regular Exercise

Top 5 Reasons to Exercise Today

1. Improve your immune system. Just like a healthy diet, regular exercise will promote good circulation which allows cells and substances of the immune system to work efficiently in our body.
2. Sharpen your mind. Extra oxygenation to your brain helps us feel stronger and smarter. Aerobic activity changes the brain in ways that protect memory and thinking skills. Beat mid-day brain fog with a walk or run.
3. Improve your sleep. Trouble getting your zzz's? Indirectly, regular exercise will help you sleep.
4. Reduce stress. Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators.
5. Increase energy. Exercise can give you more energy throughout the day. Physical activity stimulates the development of new mitochondria in your cells, meaning more ATP, the chemical that our body uses as energy.

GET OUTSIDE FOR THE HEALTH OF IT!

The experience of hiking (or other activities in nature) can be more than just exercise. Studies show that being outside in nature helps us recover from attention overload, allows us to think more creatively, reduces blood pressure and lowers cortisol levels (our body's stress hormone), among many other health benefits to increase overall wellness. We are so lucky to live in a place surrounded by greenspace, so get out there!



Clear Your Head Video

Get outside for a walk, practice clearing your head by focusing on your senses. Watch this video to find out how.

https://greatergood.berkeley.edu/video/item/how_to_clear_your_head

NO-KNEAD BREAD MASTER RECIPE: BOULE (ARTISAN FREE-FORM LOAF)

FROM THE NEW ARTISAN BREAD IN FIVE MINUTES A DAY BY
JEFF HERTZBERG AND ZOE FRANCOIS

Ingredients

- 3 cups lukewarm water
- 1 tablespoon dry yeast
- 1 tablespoon salt
- 6 1/2 cups flours

Directions

1. Dissolve yeast and salt in the water in a 6 –quart bowl or food grade container. Mix in the flour. Cover the bowl loosely with plastic wrap. Allow it to rise at room temperature for 2 hours.
2. Refrigerate the dough and use it within 14 days.

On baking day:

1. Oil a baking sheet and sprinkle with cornmeal.
2. Use kitchen shears to cut a grapefruit sized piece of dough. Shape the dough quickly by gently stretching the surface of the dough around to the bottom of all four sides, rotating the ball as you go. Don't work the dough longer than 20-40 seconds.
3. Let the dough rise on the oiled baking sheet for 40 minutes.
4. Place a pan for boiling water in the oven on the rack below where you will place the bread. Preheat oven 450 deg. F. Slash loaf with a sharp knife and place it in the oven.
5. Pour boiling water in the pan to create humidity, and place the bread in the rack above. Bake for 30-35 minutes or until richly browned and firm to touch.
6. Store the remaining dough in the refrigerator with a loose lid and use it in 14 days. You will find the length of storage will change the flavor and texture of the bread.



GREENS AND WHITE BEAN SOUP

Ingredients

8 oz greens (such as escarole, spinach, beet greens, kale)
1 tablespoon olive oil
1 onion peeled and chopped
2 cloves garlic peeled and chopped

1/3 cup prosciutto or ham
(optional)
1 can (15 oz) cannellini beans
Salt and pepper
Grated parmesan cheese

Directions

1. Clean and cut greens crosswise into $\frac{1}{4}$ wide strips
2. Set pot over medium heat. When hot, add oil, onions, garlic, prosciutto (if using). Stir often until onions are limp, 3-5 minutes.
3. Add broth and beans, cover and bring to boil over high heat. Stir in greens and cook just until wilted. Add salt and pepper to taste. Ladle into bowls and offer cheese to sprinkle over top.

Makes 4 servings

Family fun comes first

If the entire family is spending extended time at home, you may be wondering how you can make the best of your time together. Plan activities that everyone can participate in that are fun and educational. Try some family recipes featured in the free downloadable Healthy Living Activity Guide to bring the household together!

<https://4-h.org/about/inspire-kids-to-do/>

RECREATING RESPONSIBLY

BY CLAIRE SKEEN

Social distancing has become the new norm for the time being. And while it's one of the most effective tools we have to reduce the spread of COVID-19, staying home in isolation can make anyone start to feel a bit antsy after a few days. Spending time in nature benefits us mentally and physically, and we can still utilize our open spaces responsibly.

If you're in good health, take the proper precautions, and practice effective social distancing, you can take a break from your house and get outside to enjoy the Colorado outdoors we all know and love.

CO Parks and Wildlife offers some tips to enjoy the outdoors safely during this time:

- If you are sick, stay home. If you are in a high-risk group for COVID-19, consider being more active at home instead of going out to a park.
- Keep social distancing, even on trails, by staying at least 6 feet away from other people. In addition, call out and let someone know if you're going to pass them. Also consider going outside of peak times when the the outdoors are the busiest, or go to less-trafficked open spaces.
- Avoid high-risk or remote backcountry activities. Colorado has dedicated and highly trained first responders, and you can help prevent additional burdens on them and our hospitals by being responsible with your outdoor activities and keep resources from being stretched thin.
- Stay local. Now's a great time to enjoy your backyard parks and help reduce any spread of COVID-19 to the small mountain towns and high-country areas with more limited medical resources.
- "Be kind. Say hi!" Share some smiles and help lift each other up in this stressful time.

Right in our Gilpin County backyard is Golden Gate Canyon State Park.

This 12,000 acre park boasts over 35 miles of hiking trails and allows for hiking, biking and horseback riding. All trails in the park start at the moderate level which include elevation gain, and there are no “easy” trails. Trails include beautiful views of the Continental Divide, homesteads of early pioneers, Aspen meadows, and maybe even a moose! For rules and regulations, and information on entrance fees, visit <https://cpw.state.co.us/placestogo/parks/GoldenGateCanyon/Pages/default.aspx>

If you're looking to stretch your legs a little and get out of your house, here's some recommendations for hikes at Golden Gate Canyon State Park.

- **Easy-Moderate: Raccoon Trail, 3.5 miles roundtrip from Reverend's Ridge Campground**
There's a reason the Raccoon Trail is the most popular hike in the park. You have two places to start this hike: in Reverend's Ridge Campground or Panorama Point. Starting at Panorama Point lowers the mileage by about a mile, but you can't go wrong with either starting point. At Panorama Point, you'll see over 100 miles of the Continental Divide on a clear day. For the rest of your hike, you'll enjoy Aspen groves, more views of the Divide, the rock face of Thorodin Mountain, and maybe even a moose.
- **Moderate: Horseshoe Trail, 1.8 miles out and back, 3.6 miles round trip.**
This trail picks up at the Horseshoe Trailhead off of Crawford Gulch, a half mile down the road from the Visitors Center, and ends at Frazer Meadow. A favorite during the fall for its plentiful yellow Aspens, other highlights of this trail include a historic homestead and a wide open meadow. The beginning of this trail is a solid uphill climb that will get your legs moving, and then is rocky downhill back to the trailhead. For more of a challenge, loop this with Black Bear trail for more elevation gain and mountain views for 4.6 miles roundtrip.
- **Difficult: Mountain Lion Trail, 6.7 miles round trip**
Starting from the Nott Creek trailhead at the very eastern edge of the park, this trail encompasses most of the Jefferson County side of the park and has a different feel and landscape compared to the west side of the park. This trail will take you through the Forgotten Valley area which includes a historic homestead and pond. This trail is rated difficult for both the mileage and elevation gain. If you're looking to add some extra mountain views, consider taking the out-and-back to Windy Peak.





KID'S CORNER

FIZZY FOAM FUN EXPERIMENT

(ALSO KNOWN AS "ELEPHANT TOOTHPASTE")
FROM OHIO STATE 4H

BY KIRSTEN SPRINGER

This experiment uses a catalyst to speed up a chemical reaction. You will be using the scientific method.

INTRODUCTION:

Chemical reactions are sometimes fast and sometimes slow. But we can make them go faster by using a **catalyst** – a material that speeds up reactions but doesn't react itself. In this experiment you will produce lots of oxygen bubbles using **yeast** (used in bread making) as the catalyst.

WHAT YOU NEED:

24-ounce bottle, rinsed out
½ cup hydrogen peroxide (3% or 6%),
Dishwashing liquid
Food coloring if you have it

1 packet active dry yeast
About ¼ cup water, very warm but not boiling
Small bowl
Funnel
Large rectangular baking pan

WHAT TO DO:

Time needed: 10 minutes

Pour the water into the bowl and stir in the yeast. Set it aside. Put the bottle in the baking pan. Using the funnel, pour hydrogen peroxide into the bottle. Add a few drops of food coloring if you have it and a couple squirts of dish soap. Use the funnel again to pour the yeast/water mixture into the bottle. Take out the funnel quickly and stand back!

Wash your hands when you are done and record your observations:

WHAT HAPPENED?

Hydrogen peroxide breaks down slowly over time into water and oxygen. But the yeast – a catalyst – makes the hydrogen peroxide break down very quickly. The oxygen that is released combines with the dish soap to make lots of bubbles. The hydrogen peroxide commonly available is 3% solution. A 6% if you have it makes more foam. Don't use anything over 6%. This is also an example of an **exothermic** reaction – a reaction that gives off heat. If you touch the bottle or the foam after the reaction starts you will find it gets warmer than when you started.

TERMS

Active dry yeast was developed by the Fleischmann's company during World War II so that the U.S. Army could make bread without keeping yeast refrigerated. Partially dehydrated and formed into granules, it contains dormant yeast cells that keep at room temperature for several months. To use active dry yeast, rehydrate it first in warm water (about 105°F) along with a pinch of sugar to feed the yeast. The resulting foam is confirmation that the yeast is still alive.

WHAT HAPPENS IN BREAD MAKING?

As bread dough is mixed and kneaded, millions of air bubbles are trapped and dispersed throughout the dough. Meanwhile, the yeast in the dough metabolizes the starches and sugars in the flour, turning them into alcohol and carbon dioxide gas. This gas inflates the network of air bubbles, causing the bread to rise. During rising, the yeast divides and multiplies, producing more carbon dioxide. As long as there is ample air and food (carbohydrates) in the dough, the yeast will multiply until its activity is stopped by the oven's heat. The yeast is a **catalyst** for the starches and sugars.



Backyard Scavenger Hunt

Re-written by Kirsten Springer, CMEE

By Cara Doyle, Mosquito Range Heritage Initiative

Alma, Colorado March 2020

It is important to get out and enjoy fresh air! Even though we may not be able to go out far, your own backyard is a natural wonderland! Here is a scavenger hunt to help you take a closer look at your own backyard and discover all the crazy, wonderful things that are unfolding out there! Take pictures of your discoveries and share with all your family, friends, teachers and program leaders!

CAN YOU FIND:

5 PINECONES

Look inside, dissect them.

What do pinecones have inside that are important for trees?

HEART-SHAPED ROCK

Can you find one?

Balance small, medium and large rocks to make a stack.

Arrange pebbles into a pattern or a picture.

SOMETHING GREEN

Has anything started to grow?

What turns green first in spring?

What stays green all winter?

3 TWIGS

Don't pull live ones from trees—they feed deer and rabbits.

Find twigs that are dead or on the ground.

Compare the twig you have to the one you left on the tree, how are they alike? How are they different?

Look closeley at both twigs, does either have new buds?

What does the inside of your twig look like?

Draw a picture in the snow, mud or dirt with your twig.

SCAT

What kind of animals live in your yard?

Rabbit scat is the most common, but if you are in the mountains you might find elk, deer or moose scat.

Without touching it, can you figure out what the animal that left it has been eating?

A BIRD

Some birds come back in the spring, some stay all winter.

What kind of birds do you see? (Download the Audubon birds app for help with ID)

Where is the bird in your yard? Is it with a group of birds or is it alone?

Is there a nest nearby?

SEEDS

Are there any on dry stalks left from last autumn?

Look at the tall grasses, it might be easiest to see their seeds.

Are there any plants in your yard that have seeds on them?

A BUG

Bugs (insects) are another sign of life in the spring.

What kind of habitat (food, water, shelter, space) would a bug enjoy in your yard?



FREE
SPACE



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