



CAW- Newsletter
June 2015

Recap and New-Business Updates

The Colorado Agri-Women had their Annual Meeting April 11, 2015 in Fort Morgan, CO at the Maverick Steakhouse. The meeting addressed goals for the upcoming year, the first annual scholarship winner was announced, and a new secretary was elected. Fellowship and conversation about the future of Agriculture made a fun and productive day.

Goals for the upcoming year were set to create opportunity for current and prospective members, as well as the entire Agricultural Industry here in Colorado. One of our top goals for 2015 is going to be involvement. Having more available volunteer opportunities, and more involvement throughout our communities will help to create a name for our organization. It will also encourage membership from those women with a passion for agriculture who may not have heard about the group yet. With the involvement goal, an Ag. in the Classroom donation was approved and initiated to provide the Foundation for Ag. with volunteers to help the program excel.

The CAW have set up an annual scholarship program, and were able to give this award to a wonderful senior from Wray, CO.

Jenna Pralle was elected as the new secretary during the meeting and all other officers will continue to hold their positions. Jenna is a senior at Colorado State University, double-majoring in Crop and Soil Sciences, and Ag. Business. She will graduate in December 2015 and plans on working until fall of 2016 when she will attend graduate school in a soil science program. Jenna is very passionate about agriculture and excited to be a part of the executive committee in an extraordinary organization.

“Tell me and I forget. Teach me and I remember. Involve me, and I learn.”

-Benjamin Franklin

Organization Spotlight

Sigma Alpha is a Professional Agricultural Sorority that has membership across the Nation. Established at the Ohio State University in 1978,



Σ A now has more than 80 chapters, and 11,000 initiated members. Nationally Σ A affiliates with AAW, Ag. in the Classroom, AFA, CCAO, 4-H, Heifer International, FFA, the Professional Fraternity Association and many more great organizations. The women of Σ A strive for achievement in scholarship, leadership, and service, and enjoy the fellowship of sisterhood. They share a passion for agriculture and are actively engaged in their college community to share the truths of the industry.

The Colorado local chapter is located at the Colorado State University in Fort Collins, CO and was founded in 1991. The current membership is 42 women with majors across the university spectrum, all with a passion for agriculture. These women are actively engaged on campus and in the community throughout the Front Range, as well as their hometowns. Community service and philanthropy are of the highest priority amongst these young ladies. Other priorities of the women include fellowship and academics. Members must be actively involved in not only the chapter

and the community but striving for excellence in academia. It is key for success of an organization to have driven members who will work together to reach common goals.

Annually the chapter hosts a barbecue in the fall with FarmHouse to raise funds for a Heifer International project. Also each spring the ladies host a backyard rodeo complete with a mechanical bull and petting zoo with Alpha Gamma Rho to raise funds for the Colorado Foundation for Ag. (Ag. in the Classroom program) and the AgrAbility program.

As a professional sorority, the women are constantly looking to improve themselves and the face of women in agriculture. The relationships these women build through the industry in college will be a great foundation for them as they move into the world as a professional. If you have any comments, or interests in ΣΑ; please feel free to go to www.sigmaalphacsu.org

AAW Fly-In

American Agri-Women hosted their annual Fly-In June 8-10 in Washington D.C. The Fly-In and Symposium was attended by approximately 30 women from all across America. Monday morning we met at the USDA for a forum on property rights. Those who spoke were U.S. Representative Ken Ivory from Utah, Randal O'Toole from the Cato Institute, Will Coggin who spoke on who is actually funding the anti-land use movement and Harriet Hagaman a well-known property rights attorney from Cheyenne Wyoming. Other activities included a visit to the EPA and back to the USDA for a program on the programs USDA offers for farmers and ranchers. Tuesday evening AAW hosted a reception for all Senators and Representatives as well as their staff. Visits to various Congressional offices rounded a busy but informative 3 days.

This was my first trip to Fly-In. I truly enjoyed it and hope I can make it an annual activity. AAW is a nonpartisan group that promotes all Ag issues to those who serve us on Capitol Hill.

-Janell Reid

What month is this?

Our years can seem to fly by without any notice, passing holidays and birthdays that seem like yesterday. And those with little ones know how fast they grow. Making the most of our time with families reminds us how blessed we are. Here are a few fun facts and recipes for the current and upcoming months to remind us of our blessings and opportunities through Agriculture and our lives.

June is Dairy Month!

Dairy is a nutrient powerhouse! Full of vitamins and minerals for strong bones, healthy muscles, blood pressure control, and helping to maintain a healthy weight, don't forget the dairy in your diet!

Try this yummy fruit dip for a dairy treat; 2 ingredients, 2 minutes

3 6 oz. containers of your favorite Greek yogurt

1 8 oz. softened brick of cream cheese

First beat the cream cheese until smooth, recommended to use your mixer for this! Now beat the yogurt into the fluffy cream cheese and combine until it is all mixed up! Then wash and cut your favorite fresh fruits, dip and ENJOY!

Here's another unique summertime snack to add some dairy to your diet!

Watermelon Havarti Bites

Watermelon

- cut into bite sized cubes

Havarti cheese

- sliced into strips about the same width as your melon cubes

Mint leaves

Toothpicks

Salt

Place one slice of Havarti on top of the watermelon cube, fold back and forth so it will fit. Now add your mint leaf and stick in place with toothpick! Enjoy! You can also try different cheeses, or lettuce if you're not a fan of mint!

July is National Hot Dog and National Picnic Month!

While we celebrate the Red, White, and Blue we want to take time and thank the men and women who make sacrifices each and every day so that we can continue to live in the land of the Free and home of the Brave. We enjoy that time with our friends and family at the lake, in the sunshine, watching fireworks, and hopefully cutting wheat at some point in the month! Here are



some patriotic and picnic ideas to try out in July's summer heat, some to share, and some you could eat all on your own!

Red, White and Banana Pizza

The dough!

2 ¾ cups all-purpose flour
1 tsp. cream of tartar
1 tsp. baking soda
¼ tsp. salt
½ cup vegetable shortening
½ cup margarine, softened
1 ½ cups of white sugar
2 eggs
1 tsp. vanilla extract

Preheat oven to 350 degrees F (175 degrees C). Whisk the flour, cream of tartar, baking soda, and salt in a bowl. In a large mixing bowl, mash the vegetable shortening and margarine together until thoroughly combined, and beat in 1 1/2 cup of sugar, eggs, and 1 teaspoon of vanilla extract. Mix in the flour mixture to make a workable dough, and spread the dough out in a rectangle shape onto an ungreased 12x17 inch baking sheet. Bake in the preheated oven until very lightly browned, 8 to 10 minutes. Allow to cool completely.

The sauce!

2 (8 oz.) pkgs. Cream cheese, softened
1 cup white sugar
2 tsp. vanilla extract

While the cookie base is cooling, mash the cream cheese with 1 cup of sugar and 2 teaspoons of vanilla extract in a bowl until smooth. Place sliced bananas in a bowl, and gently toss with lemon juice to prevent browning.

The most important part of your pizza, the toppings!

3 large bananas
1 Tablespoon lemon juice
16 oz. Fresh strawberries, sliced
6 oz. Fresh blueberries

To decorate the pizza, spread the cream cheese filling all over the cookie base in an even, smooth layer. Place the blueberries in a square in neat, closely-spaced rows, in the left upper corner for blue stars. Arrange alternating stripes of white bananas and red strawberry slices across the pizza. Refrigerate leftovers.

Those Dog Days Are Coming!

Let's be frank! Ketchup just doesn't cut the mustard sometimes, spice up, picnic or backyard gathering with a hot dog bar! Full of great condiments and toppings that will be sure to have your taste buds giving your dog the best in chow blue ribbon.

Be sure to grab these necessities, but feel free to get creative on your own!

Spicy Mayo	Mint leaves
Steak sauce	Shredded carrots
Guacamole	Onions
Dijon Mustard	Tomatoes
Sriracha sauce	Peaches
Salsa	Jalapenos
Fresh pico de gallo	Pickled beets
Cilantro	Cabbage slaw
Pickles	Swiss cheese
Bacon	Sour Krout
Fried Egg	Pepper Relish

Don't be afraid to get creative with your buns!

How many hot dogs are sold on carts in NYC on America's birthday? Who knows, cart sales aren't very well recorded; however, residents of New York City purchase more hot dogs at retail stores than any other city in the country! Americans all together purchase 350 million pounds of hot dogs each year!

Facts for AGvocacy

Sharing recipes as well as friendly stories and fun facts with others that are not as well versed in the agricultural industry can help us to share the truth of what we do, and what we are so passionate about. Don't let the difference in experiences and surroundings stop you from creating a connection with someone else!

- * A single cow can produce about 32,195 cups of milk each year!
- * All 50 of the United States have dairy farms.
- * Every tanker load of milk is tested for antibiotics. Any milk testing positive for

antibiotics or other residues is destroyed and do not reach the consumer market.

- * Milk typically is delivered to the store or your fridge in about 48 hours.

Remember Agriculture is about more than food!

- * Farmer's careful stewardship of the land has stimulated a nearly 50% decline in erosion of cropland by wind and water since 1982.
- * Chewing gum and crayons are products of the agricultural industry.

UPCOMING EVENTS

AAW Trip across America; Colorado stop sometime in July

Fall Meeting; location and date TBA

August Conference Call; Aug. 11th @ 8p.m.

*Lord, bless this land you've given me
And may I always know,
As I tend each crop and critter,
You are the One who helps them grow.*

*Grant me the strength and wisdom
Please protect me from harm
And thank you, Lord
For your gracious gift...
The blessing of my farm.*

Comments, Questions, or Additions can be sent to Jenna Pralle at secretary@coloradoagriwomen.org