

WASHINGTON STATE UNIVERSITY



LEWIS COUNTY EXTENSION

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Editor Sheila Gray

& Kim Weiland



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Crimson Pride

Spring Issue 2018

Welcome Spring! At last...Planting comes to mind with spring. Whether it is a tree, shrub, perennials or annuals, flowers, fruits or vegetables, gardening adds to the season. When selecting plant materials for your landscape or garden you may want to check out



the article that helps explain about Hardiness Zones. Knowing what zone we live in helps us to be successful when growing various plants or trees. Don't forget to celebrate Arbor Day, don't know when it is? We have the dates and how it came about in this issue.

Got stress? Don't we all? Well, maybe not everyone; stress is different for each of us. What is stressful for one person may not be for another, tips for handling stress are always helpful.

It's right around the corner, Mothers' Day. Ever wonder how it came about, check out the history and then make your plans.

We're so excited! It's been a long time coming and lots of planning, we have an Extension Forester on our staff! Welcome Patrick Shults! If you have forestry related needs, he's the one to help. Once those late spring fruits start coming on it's time to pair them up with your favorite dairy cream; crème fraîche, clotted cream or whipped cream, discover the differences and then enjoy.

Does the phrase, "red sky at night, sailors delight; red sky in (the) morning, sailors take warning" sound familiar? Does it really hold true? In miscellaneous wisdom we found the answer! Along with, what are those dots on the salvage border of sewing fabrics? They do have purpose and are helpful when planning projects.

As always, it's our pleasure to be available to help you, our community be successful in your endeavors. Give us a call or drop by!

Celebrate Arbor Day



Celebrating Trees with Arbor Day

Arbor Day is a nationally celebrated observance that encourages tree planting and tree care. Arbor Day was first celebrated in 1872 in the state of Nebraska. The Arbor Day idea was promoted by J. Sterling Morton, editor of the Nebraska City News, who later helped the idea spread to neighboring states and eventually to all of the United States and many other nations.

Today, Arbor Day celebrations are held in communities all over America. Arbor Day in **Washington State** is celebrated the second Wednesday in April. **Which for 2018, will be April 11th.** National Arbor Day is observed on the last Friday in April.



How to Plant a Bare Root Tree Take a look at how many hours of sunlight your site receives. Keeping in mind the rate that the tree grows, whether it sheds its leaves, whether you want to rake leaves later, and its relation to your other plants.

Keep in mind that “bare-root” means just that, the roots are totally exposed to the air and with those fragile, tender root hairs you don’t want the root system to dry out (they are not in a pot).

So, if for some reason you can't plant right away because of weather, it became dark on you or soil conditions weren't quite ready, store the tree in a cool place and keep the roots moist. Wrapping them in damp burlap or newspaper will keep the roots from drying out.

Follow these steps for planting-

Dig a hole, wide enough and deep enough, so the roots can spread without cramping. **DO NOT** clip them to fit, dig a little more instead.

Remove any grass if planting within a lawn setting within a three-foot across, with your tree in the middle.

To aid root growth, turn soil in an area up to 3 feet in diameter. This allows the roots to penetrate more easily while growing through the soil.

Plant the tree at the same depth it stood in the nursery, without crowding the roots, by looking closely at the stem, you can usually see where the soil line used to be.

Partially fill the hole, firming the soil around the lower roots. Tamping the soil will help eliminate air pockets. *Do not add soil amendments.* Shovel in the remaining soil. It should be firmly, but not tightly packed with your heel. Construct a water-holding basin around the tree by mounding the soil slightly about 1 1/2 feet all the way around the perimeter. Give your tree plenty of water. After the water has soaked in, place a 2-inch deep protective mulch 3 feet in diameter around the base of the tree, but not touching the trunk.

Water your tree as needed every week or 10 days during the first year(depending on your weather). *Be patient* with your new addition, they may leaf out more slowly than similar trees in the neighborhood that have been established for a few years.

Join the [National Arbor Day Foundation](#) and receive 10 free trees.

What's "Growing" On?

Gardening Calendar

April

- Many varieties of heather are still in bloom this month. When flowers are spent, trim the stems back to green growth to keep the plant bushy. Avoid cutting into brown woody growth, as it may not regenerate.
- Early this month, spray for peach twig borer and green peach aphid. First application when flower buds show pink. Second application after flower petals fall (known as "at shuck"). Apply only as directed per the schedule and the manufacturer's instructions. Review sprays at [WSU Hortsense](#)
- Spray for wooly adelgid (uh-dell-jid) on Douglas fir at the first signs of growth. Hose tree off well with water prior to spraying.
 - Spray home garden cherry trees – [read spray schedule](#)
 - Spray home garden apple trees – [read spray schedule](#)
 - After last frost plant Dahlias- [Read more about them.](#)

- Wait until the end of April to mid-May to plant tender annuals and vegetables

Harden off annuals and vegetables raised indoors before planting them in their summer location. Acclimate them slowly to the brighter light and wind of outdoors. During the day, move them outside and at night return them to a sheltered location, or indoors if frost threatens. Move them first outside into shade for several hours. Extend the time over a few days. Then over several days increase their sun exposure.

This process may take 7-10 days. [Read more about it.](#)

Watering Practices

When you start watering, consider longer applications to and not as frequently to soak roots and encourage deep growth, instead of often and not as deeply. Knowing what your soil type is and how well it holds water is something to consider. Water travels quickly through sandy soils vs clay or soil that has been amended with compost.

Water early in the morning. For plants on drip irrigation, remember that roots of established plants extend out from the trunk or stem 2-3 times the height of the plant.



May

- When the soil temperature reaches 55°F, warm weather plants and seeds can be planted directly into the garden. Mother's Day is a good rule of thumb.
- When cherries start to turn from green to light yellow, begin your spray program using approved spray and timing to [control cherry fruit fly.](#)
- Prune early-blooming shrubs like forsythia and lilacs soon after they finish blooming and before they set new growth, which will carry next year's bloom. Deadhead primroses.
- Fertilize roses in early May.
- Install supports on peonies.
- Start new lawns or over-seed while the weather is cool.
- Fertilize container plants every two-three weeks.

Cracking the “Hardiness Zone” Code

A plant's performance is governed by the total climate: length of growing season, timing and amount of rainfall, winter lows, summer highs, wind, and humidity.

Sunset's climate zone maps take all these factors into account, unlike the familiar hardiness zone maps devised by the *U.S.D.A zones* are based strictly on winter lows.

Latitude

Generally, the farther an area is from the equator, the longer and colder are its winters. Closer to the poles, the number of daylight hours increases in summer and decreases in winter.

Elevation

Gardens high above sea level get longer and colder winters, often with intense sunlight, and lower night temperatures all year.

Ocean influence

Weather that blows in off the oceans and the Great Lakes tends to be mild and laden with moisture in the cool season.

Continental air influence

The North American continent generates its own weather, which, compared with coastal climates, is colder in winter, hotter in summer, and more likely to get precipitation any time of year. The farther inland you live, the stronger this continental influence. Wind also becomes a major factor in open interior climates.

Mountains, hills, and valleys

In the West, the Coast Ranges take some marine influence out of the air that passes eastward over them. The Sierra-Cascades and Southern California's interior mountains further weaken marine influence.

From the Rocky Mountains to the Appalachians, continental and arctic air dominate, with moist air from the Gulf pushing north during the warm season.

During winter, Arctic outbreaks are most intense between the Rockies and the Appalachians. Both ranges act as barriers that limit the influence of the cold beyond them.

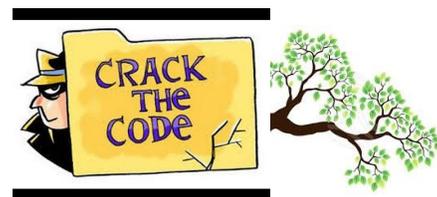
Microclimates

Local terrain can sharply modify the climate within any zone. South-facing slopes get more solar heat than flat land and north-facing slopes. Slope also affects airflow: warm air rises, cold air sinks.

Because hillsides are never as cold in winter as the hilltops above them or the ground below them, they're called thermal belts. Lowland areas into which cold air flows are called cold-air basins.

Microclimates also exist within every garden. All else being equal, garden beds on the south side of an east-west wall, for example, will be much warmer than garden beds on the north side of the same wall.

<https://www.sunset.com/garden/climate-zones/climate-zones-intro-us-map>



What is plant hardiness, and what does it mean to you as a gardener?

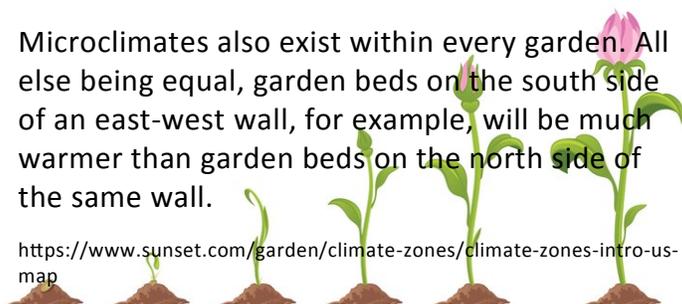
A basic definition of hardiness is a plant's ability to withstand cold winter temperatures. The U.S.D.A. plant hardiness zone map breaks geographical regions into zones based on the average low winter temperatures. These zones give gardeners a starting point when determining what plants will fare well in their gardens.

For example, a gardener living in Colorado, which is zone 5, can be reasonably sure that a plant labeled as hardy for zone 5 or colder will survive a Colorado winter. However, the zone map doesn't take into account variances due to altitude, humidity or wind, which can also have a bearing on a plant's ability to survive.

Zone maps and plant hardiness charts have their limitations, but they provide some good, basic information. Look at plant labels and select plants that are hardy in your zone area.

It does not mean pest or disease resistant.

<https://www.gardeningchannel.com/what-does-plant-hardiness-mean/>





What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

<h1>Is it a cold or flu?</h1>		
Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

HOW TO DEAL WITH STRESS AND ANXIETY

MIND

- Accept that you cannot control everything: Put your stress in perspective, is it really as bad as you think?
- Do your best: Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- Maintain a positive attitude: Make an effort to replace negative thoughts with positive ones
- Learn what triggers your anxiety: Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

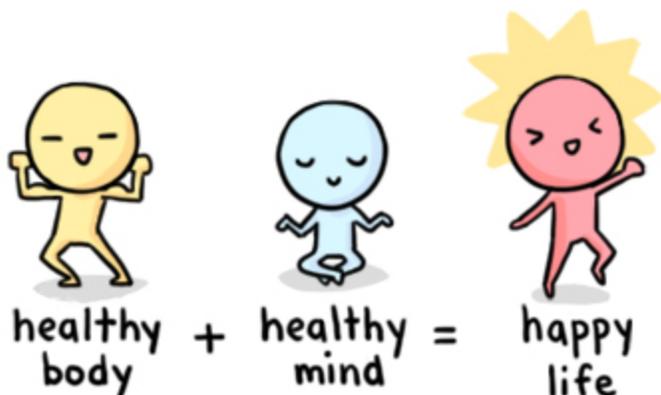
BODY

- Limit alcohol and caffeine: Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.
- Eat well-balanced meals.: Do not skip any meals and always keep healthy, energy-boosting snacks on hand.
- Get enough sleep: When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!
- Exercise daily: Exercising can help you feel good and maintain your health

ACTION

- Take deep breaths: Inhale and exhale slowly throughout the day when you are feeling stressed. Slowly count to 10, Repeat, and count to 20 if necessary.
- Give back to your community: Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- Take a time out: Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.
- Talk to someone: Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

For more information to help you manage stress and anxiety visit: www.adaa.org



Fitness Tips

For the greatest benefits of exercise, try to include at least 2½ hours of moderate-intensity physical activity (e.g. brisk walking) each week, 1¼ hours of a vigorous-intensity activity (such as jogging or swimming laps), or a combination of the two.

- **5 X 30:** Jog, walk, bike, or dance three to five times a week for 30 minutes.
- **Set small daily goals** and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- **Find forms of exercise** that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.
- **Distract yourself** with a personal device to listen to audiobooks, podcasts, or music. Many people find it's more fun to exercise while listening to something they enjoy.
- **Recruit** an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague.
- **Be patient** when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.

What about MOM?

MOTHER'S DAY: HISTORICAL PRECURSORS

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday." Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service. Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

MOTHER'S DAY: EARLY INCARNATIONS

The roots of the modern American Mother's Day date back to the 19th century. In the years before the Civil War (1861-65), Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children. These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2. Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even called Hering "the father of Mothers' Day."

MOTHER'S DAY: FOUNDING BY ANNA JARVIS

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood. By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.

Anna Jarvis had originally conceived of Mother's Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church services. But once Mother's Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity.

WSU LEWIS COUNTY EXTENSION MASTER GARDENER PROGRAM

MASTER GARDENER TRAINING

YEAR ROUND ENROLLMENT IS NOW AVAILABLE

Sign Up NOW **WSU Lewis County Master Gardener Training Program**

**Applications are available at the
WSU Lewis County Extension
Office**

WSU Lewis County Extension
351 NW North St.
Chehalis, WA 98532
Office hours: 9:00 a.m. to 3:00 p.m.
Monday - Thurs.

For more information on the WSU,
Lewis County, Master Gardeners
program, contact:

Art Fuller
Phone: (360) 740-1216

<http://lewis-mg-mrc.org>
art.fuller@lewiscountywa.gov

What is the time commitment required for training and volunteer activities?

- Attend orientation prior to beginning of training with the Master Gardener Coordinator.
- Training is held over a 12-month period with once a month, full-day sessions on the 3rd Tuesday of every month and **can be started any month throughout the year.** The training session is in a classroom environment, Incorporates hands-on practice of the assigned study material and will include field trips. Trainees will spend their own time reviewing the on-line training material prior to class.
- Trainees will spend (7) three hour shifts for a total of 21 hours throughout the year at the Plant and Insect Clinic with a veteran Master Gardener.
- Each month from April through October, trainees will work in a demonstration garden with veteran Master Gardeners for a total of 20 hours.



There's a New Extension Forestry Educator in Town...

And his name is Patrick Shults!

New SW Washington Extension Forestry Educator Hired!

Patrick was born and raised in Michigan, where he spent much of his time hiking, fishing, and camping in the Great Lakes forests. These experiences outdoors inspired him to pursue environmental studies at Michigan State University, where he received both a B.S. and M.S. in Forestry. Along the way, he became a Certified Forest Stewardship Plan Writer, allowing him to assist non-industrial forest owners in managing their properties. He also has a passion for agroforestry and non-timber forest products, which he focused on during his graduate research. As the new Forestry Extension Coordinator for WSU in southwest Washington, he hopes to utilize this diverse background and expertise to the benefit of landowners by helping them achieve their personal land management goals. Patrick's first Coached Planning Short course series begins April 23rd, [for more info click here](#).

Contact info: patrick.shults@wsu.edu or via voicemail at 360-740-1213.



SNAP is the Supplemental Nutrition Assistance Program (formerly known as Food Stamps). It is part of the U.S. domestic hunger safety net and provides economic benefits to eligible, low-income individuals and families for food purchases. **SNAP-Ed** is the nutrition promotion and obesity prevention component of **SNAP**.

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) works with local agencies to help people choose healthy foods and active lifestyles.

WSU Lewis County Extension is pleased to have **Julie Pirtle** on our team as our **SNAP-Ed** Nutrition Educator. We are excited to have her here to meet the needs of our community. Julie will be providing nutrition, gardening, and cooking classes for children and families at several partner sites throughout the community.

If you have questions for Julie contact her at the WSU Extension office at 360-740-2793 or at Julie.Pirtle@lewiscountywa.gov

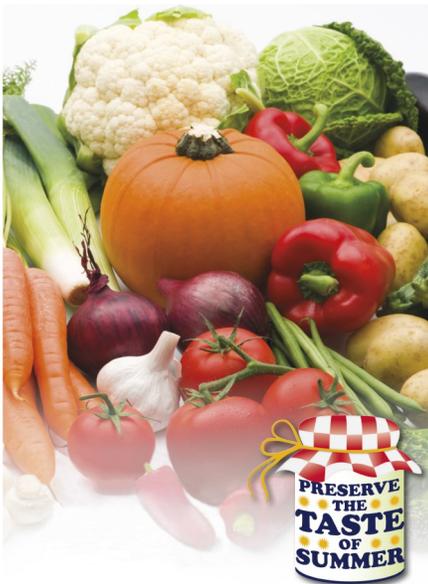


Hosted by WSU Lewis County 4-H Food Resource Leaders



PRESERVE THE TASTE OF SUMMER

is a comprehensive food preservation program that includes eight lessons. It is a great opportunity for anyone age 18 years or older who is interested in learning how to safely preserve foods.



WASHINGTON STATE UNIVERSITY
LEWIS COUNTY EXTENSION

Have you registered for, or completed the

"Preserve the taste of summer" Class Offered by WSU?

<http://preservesummer.cahnrs.wsu.edu>

If so, we have some hands on Classes scheduled for the coming year. Join us on any or all of the dates below. Cost of Classes will vary and be determined as class details are finalized. We hope to see you there.

[2018 Class Schedule](#)

For more information or to register contact Julie Pirtle, 740-1212 or

julie.pirtle@lewiscountywa.gov

What is 4-H?

4-H empowers young people with the skills to lead for a lifetime. It's a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity.

4-H reaches almost six million young people through our community of 100 public universities. Programs are delivered by 3,500 **4-H** professionals and 500,000 volunteers. Young people experience **4-H** through school and community clubs, in-school and after-school programs and **4-H** camps.

Based on their interests and guided by adult mentors, youth develop their own pathway in **4-H**. They select from a broad menu of local **4-H** programs. There are hands-on, learn-by-doing, opportunities for everyone.

Call or stop by today!

For more information contact:
Pam Watson 4-H Youth Development Agent
360-740-1220
WSU Extension
351 NW North Street, Chehalis WA 98532



CREME FRAICHE, SOUR CREAM, YOGURT, BUTTERMILK AND ALL THOSE CREAMS – WHAT ARE THE DIFFERENCES AND HOW TO USE THEM

Crème fraîche, sour cream, yogurt, and buttermilk are all produced by taking milk or cream and adding bacteria that causes fermentation, a process that thickens the milk.

CRÈME FAÎCHE

Crème fraîche is a specialty of Normandy. It has a slightly tangy, slightly nutty taste and a consistency of thickened cream. Traditionally, crème fraîche was made from unpasteurized cream that naturally contained the right bacteria to thicken it. Nowadays it is normally made through artificial fermentation. Crème fraîche has two advantages over sour cream: because of its relatively high fat content, it can be whipped like whipping cream and it will not curdle if boiled.



SOUR CREAM

Sour cream, or soured cream, has a creamy, tangy taste and is looser than crème fraîche. It works well with both savory and sweet dishes. Traditionally it was made by letting unpasteurized fresh cream sour naturally, but nowadays bacteria or a lactic acid culture is added to single/light cream. The bacteria grows until the desired taste and consistency is reached. The cream is then re-pasteurized to stop the bacteria growing further. It has less fat than crème fraîche and so will curdle even at simmering temperature. But it can be stirred into a dish that is cooked and off the heat.



YOGURT

To make any yogurt the starting process is the same. Milk is heated and then cooled before bacterial culture in the form of a small amount of yogurt is added. The mixture is then kept warm to help the bacteria grow, produce lactic acid and gel the milk. To make low fat yoghurt use low fat milk, or for creamier yogurt use milk with a higher fat content. Even a creamier yogurt will curdle if heated as the fat content is never sufficient to prevent this



GREEK YOGURT

To turn yogurt into Greek yogurt, which is thicker and with more fat, regular yogurt is strained to remove the liquid whey. You can do this yourself by lining a sieve placed on a bowl with a muslin or loosely woven cloth, pouring the yoghurt in then waiting several hours for the whey to drip through and separate to leave you with Greek yogurt.



BUTTERMILK

Buttermilk used to be the liquid left over when cream was churned to butter. Nowadays it's made by introducing bacteria to low fat milk, causing it to thicken and producing a tangy flavor. Buttermilk is used in recipes where bicarbonate of soda is used, for example, soda-bread, pancakes and scones. The acid from the buttermilk combines with the alkaline in the bicarbonate of soda to create pockets of air which cause the baking goods to rise. If you can't find buttermilk, you can achieve a similar result by adding 1 tablespoon of lemon juice to 290ml/½pt of warmed milk.



DOUBLE/HEAVY CREAM

Double or heavy cream has a fat content of 48%. It's good for pouring, heating and whipping. When whipping double cream, watch it closely once it starts to thicken, as over whipped cream becomes grainy. If it reaches the stiff peak stage, a little milk can be added to soften it; but don't whip any further or the buttermilk will start to clump together and the whey will separate out.

WHIPPING CREAM

Whipping cream has a fat content of 36%. It can also be poured, heated or whipped. It's not quite as stable as whipped double cream. It is the best cream for ice cream as it gives a lighter, less fatty texture and is less likely to become overworked and too buttery. Double cream can give ice cream a grainy texture if it is overworked.

SINGLE/LIGHT CREAM

Single or light cream is perfect for pouring. It can't be boiled without curdling and cannot be whipped as it's fat content is only 18%.

HALF-AND-HALF

Half-and-half cream is a combination of whole milk and cream. With a fat content of around 10.5%, it's really too light to be considered a real cream.

CLOTTED CREAM

Clotted cream is made by heating cream to concentrate it, and then allowing it to stand. The butterfat rises to the top as a thick, creamy crust, and it is this you spread on your scone with a topping of strawberry jam. It's also pretty good with fruit.

**FAT CONTENT**

Clotted cream – 55%
 Double/heavy cream – 36% – 48%
 Whipping cream – 34% – 40%
 Crème fraîche – 31%
 Sour cream – 18%
 Single/light cream – 18%
 Half and half – 11%
 Greek yogurt – 10%
 Buttermilk – 2%
 Yogurt – 0.5 – 4%

**Sources –**

<http://www.thekitchn.com/whats-the-difference-between-sour-cream-and-crme-frache-203467>

<http://www.thekitchn.com/whats-the-difference-between-regular-and-greek-yogurt-ingredient-intelligence-204137>

<http://www.ochef.com/100.htm>

www.sainsburys.co.uk

www.waitrose.com

[The Professional Chef – Ninth Edition – Wiley](#)

[Leiths Techniques Bible – Susan Spaul and Lucinda Bruce-Gardyne](#)

<https://www.hollycooks.co.uk/creme-fraiche-sour-cream-yoghurt-buttermilk-and-all-those-creams-what-are-the-differences-and-how-to-use-them/>

What's Cookin'?

DIY Crème Fraîche

2 cups heavy cream
2 Tablespoons buttermilk

Stir the buttermilk into heavy cream in a non-reactive container (like glass or stainless steel) that has a lid. Personally, we like a leftover quart canning jar!

Leave the container partially covered, and let it sit at room temperature until it's as thick as you like it--about 8 - 24 hours.

Stir the contents and refrigerate for up to two weeks.

How does this work? Bacteria in the milk convert sugars (lactose) into lactic acid. The acid lowers the pH of the liquid and prevents the formation of any illness-causing microbes. At the same time, the liquid thickens and develops the pleasant tart flavor we love. Cooks love chemistry!

Has anyone experimented with substitutions like yogurt instead of buttermilk or using a lower-fat milk?

<https://www.thekitchn.com/recipe-diy-crme-frache-47334>



Homemade Clotted Cream

Ingredients

2 pints heavy cream (not ultra pasteurized)
a heavy casserole dish

Instructions

1. set your oven to 180F
2. Pour the cream into the casserole dish. It should come up about 1-3 inches on the side.
3. Set the dish, uncovered, in the oven and leave undisturbed for 12 hours. Be sure to leave the oven on the whole time. I do this overnight.
4. Remove the dish from the oven and set to cool. Then cover and refrigerate.
5. The next morning scoop the thickened cream into a jar or jars, and cover and put back in the refrigerator. You can use the leftover cream for baking..
6. Spread the clotted cream on freshly baked scones.



<https://theviewfromgreatisland.com/how-to-make-clotted-cream/>

"Just the Best" Carrot Cake

"Just the Best" Carrot Cake receives rave reviews for it's unbelievable moistness and flavor! Truly the BEST CARROT CAKE you'll ever try! So easy to make and as an added bonus, there's no oil or butter! I know this cake will quickly become a family favorite! This is a very moist cake.

Serves: 16 slices

Ingredients

Cake:

Step One

- 1¼ cups unsweetened applesauce
- 2 cups granulated sugar (can cut by 1/2 c)
- 3 eggs, room temperature

Step Two

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1½ tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon



Instructions

Preheat oven to 350 degrees.

Combine #1 ingredients. Add #2 ingredients. Stir in #3 ingredients.

Pour into a lightly greased 9 x 13 , two 9-inch pans or three 8-inch pans. (*The cake is very moist so cutting parchment for the bottom of your pans will ensure they don't stick. I prefer to use the non-stick baking spray that has the flour in it for easy cake removal.*)

Bake for 35-40 minutes for the 9x13 and 9-inch pans and 25-30 minutes for the 8-inch pans. You're looking for an inserted toothpick to come out clean.

Let cakes cool for 10 minutes in the pan and then remove to a cooling rack and let cool completely.

For the frosting:

Beat the butter and cream cheese until fluffy. Add in the vanilla and powdered sugar and beat until and smooth.

Invert the cake onto a cake plate or stand.

Apply a generous dollop of frosting and spread...

Gently place the second cake on top and continue frosting. Repeat with the third layer cake if you made three.

Refrigerate for an hour before serving for best results.

Step Three

- 2 cups grated carrots
- 1 cup shredded sweetened coconut
- 1 cup chopped nuts (optional, your choice)
- 1 tsp vanilla
- 1 cup Dole crushed pineapple, drained

Cream Cheese Frosting: (it is worth the effort!)

- 1 cup butter (softened)
- 16 oz. cream cheese (softened)
- 2 tsp vanilla
- 2 lbs. powdered sugar
- Top with toasted pecans or coconut if desired

*use half recipe if only frosting top and between layers.

Let cake cool before frosting.



Eggs Goldenrod

Hard-boiled eggs are paired with creamy white gravy and buttered toast in this old-school Southern dish. It's just the thing for Easter breakfast.

Ingredients

- 4 tablespoons unsalted butter, plus more for toast
- 1/4 cup unbleached all-purpose flour
- 3 cups whole milk
- Kosher salt and freshly ground pepper
- 6 peeled hard-boiled eggs
- 6 slices white sandwich bread
- Chopped chives and smoked paprika, for serving



Directions

1. Melt butter in medium saucepan over medium–high heat. Add flour and whisk until nutty and golden, 1 to 2 minutes. Whisk in milk, bring to a gentle boil. Whisking constantly until mixture thickens to the consistency of gravy, 4-5 minutes. Remove from heat, season with salt and pepper and cover to keep warm
2. Cut eggs in half, remove yolks and press through medium sieve or mince them. Chop whites and add them to the béchamel. Toast and butter bread. Divide béchamel mixture evenly between toasts. Sprinkle evenly with yolks. Top with chives, paprika and pepper. Serve immediately.

<https://www.marthastewart.com/1514636/eggs-goldenrod>

Black and White frozen Dessert



This fabulous dessert is ready and waiting in the freezer, so it's perfect for treating Mom on Mothers Day!

What You'll Need:

- 1 package Oreo cookies, crushed
- 1/2 cup butter, melted
- 2 cups heavy whipping cream
- 1/4 cup powdered sugar
- 2 teaspoons vanilla
- 2 (8 ounce) packages cream cheese, softened

How to Make It

- In large bowl, combine crushed cookies with melted butter until coated. Press 2/3 of this mixture into the bottom of a 13" x 9" glass baking dish and set aside.
- In medium bowl, combine cream with powdered sugar and vanilla until stiff peaks form.
- Place cream cheese in large bowl. Using the same beaters you used to beat the cream, beat the cream cheese until it is light and fluffy. Gradually beat in the sweetened condensed milk until smooth.
- Fold the whipped cream into the cream cheese mixture until combined.
- Spoon the filling over the cookies in the pan.
- Cover and freeze for 1 hour. Then drizzle the hot fudge sauce over the filling and gently spread to make a thin and even layer.

Miscellaneous Wisdom



What do the Colored Circles on a Printed Fabric Edge Mean?

These colored circles/squares are also used for color matching. Fabric manufacturers compare the colors to the original run to make sure that the colors match within industry standards. You may have used the colored circles to do some



color matching of your own. Often times quilters and seamstresses will use these colors to find the perfect coordinates for the primary print! That's a great practical use for these colored circles.

It is also important to know how they are used during the manufacturing process to make sure that your fabric has been printed correctly!

Take a look at the fabric edges (salvages) to the left to see a variety of different "print circles" and what they might look like!

<https://www.greenhousefabrics.com/blog/what-do-colored-circles-printed-fabric-represent>

Is there scientific validity to the saying 'Red sky at night, sailors' delight; red sky in the morning sailors take warning'?

Indeed, there is scientific validity to the adage, ***"red sky at night sailors delight; red sky in the morning sailors take warning."*** This saying has very old roots.

Two factors contribute to the cogency of this saying. The first is that weather systems generally travel from west to east in the mid latitudes. Because the sun rises in the east and sets in the west, a rising sun in advance of an approaching weather system would illuminate the approaching mid- and high-level clouds to create a red sky in the morning.

Alternatively, if the sun is setting as a weather system exits and high pressure is building, then the departing clouds would be illuminated. This would create a red sky at night with fair weather to follow. So this saying is valid in mid latitudes if the timing of weather systems is just right. That is, clearing in the east at sunrise with approaching clouds and clearing prior to sunset in the west as clouds exit to the east.

If weather systems and their associated clouds are moving from south to north (as can occasionally occur), however, then the saying does not hold.

The reddish color results from scattering of sunlight by suspended particles and aerosols in the atmosphere. The sun's rays pass through a greater length of atmosphere at sunrise and sunset than at any other time of day. In addition, aerosol, dirt, and dust concentrations are maximized in the lowest layers of the atmosphere when the atmosphere is dominated by sinking air (high pressure). Therefore when under high pressure we can see vivid red sunsets and sunrises. Joe Sienkiewicz, chief of the Ocean Applications Branch and a science and operations officer with the NOAA/ NWS Ocean Prediction Center. <https://www.scientificamerican.com/article/is-there-scientific-valid/> Photo credit: Jared Wenzelburger@chronline.com



2018 Coming Events

Date	What	Where	
April			
5	Composting Basics	Salkum Timberland Library	6 pm
12	Know Your Soils	Salkum Timberland Library	6 pm
14	Veggies in Containers	Salkum Demo Garden	10 am
20	Heritage Cooking	Borst Kitchen #2	10 am
23	Coached Planning for Forest Owners , Mondays		6-9pm
25	Repair What You Wear	Borst Kitchen #1	6 pm
28	Beneficial Flowers	Salkum Demo Garden	10 am
May			
3	Worm Composting	Salkum Library	6 pm
5	Divide & Plant Dahlias	Borst Demo Garden	10 am
8	How to Recycle	Chehalis Timberland Library	6 pm
10	Advanced Composting	Salkum Timberland Library	6 pm
19-20	MG Plant Sale	SWW Fairgrounds	9 am
25	Water Bath Canning	Borst Kitchen #2	10 am
	(hands-on, pre registration required)		
June			
2	Corralling Your Plants	Salkum Timberland Library	10am
25-29	Pesticide Container Recycle	Lewis Co Solid Waste	7:30 am-5:30 pm
29	Cooking for Outdoor Activities	Borst Kitchen #1	10 am

For more information and details about upcoming events, visit our webpage at lewis.wsu.edu or [Facebook](#)



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