



Garfield County

WASHINGTON STATE UNIVERSITY
EXTENSION

757 Main Street, Pomeroy, WA 99347
Phone: 509-843-3701 Fax: 509-843-3441
<http://ext100.wsu.edu/garfield/>

Newsletter

May—June, 2017

Announcements



Washington Cattlemen's Association

Executive Vice President Position

The Washington Cattlemen's Association is seeking a qualified candidate to fill the position of Executive Vice President. The ideal candidate will demonstrate excellent communication skills, be a team player, and have an interest and passion for the cattle industry in Washington State.

For more information visit our website:

<http://www.washingtoncattlemen.org/career-opportunities/>

Interested?

Please send a resume and cover letter via email to:
wacattle@kvalley.com

or mail to:

PO Box 96
Ellensburg, WA 98926

“Wheat All About It” Podcasts for Farmers

Don't just read about Eastern Washington's most important crop, **listen to your wheat!**

“Wheat All About It!” is a podcast for farmers, landlords and rural residents that you listen to on your smart phone or computer to learn the latest about the Pacific Northwest wheat industry and rural life.

Go to the Washington Grain Commission website at :
<http://www.wagrains.org>

or search iTunes for “Wheat All About It” to download . Also on Facebook, search for Wheat All About It.

Whitman County 4-H Summer Sizzler Horse Camp and Qualifying Show, July 21-23, 2017, Palouse Empire Fairgrounds. Early bird registration May 1st—May 31st!



Cost is \$80.00. After June 1st cost is \$100.00
Meals included, Campsites available, 4-H only
Additional entry fees for qualifying show

For more information contact:

Whitman County Extension (509) 397-6290 or email
kelly.stewart@co.whitman.wa.us



Master Gardener Plant Clinics Return!

June 5th through early September. Every Monday from 1:00PM to 3:00PM in the Extension Office located at 757 Main Street, Pomeroy, WA. Free Diagnosis and advice on gardening, plant and insect problems. You may also bring your questions/problems into the Extension Office during office hours. For more information call the Extension Office or visit our website at: <http://extension.wsu.edu/garfield/>

Bi-County Camp June 19-23, 2017

Application package and minimum of \$25.00 deposit are due June 9th. Application packages are available at the Extension Office or email lisbeth.randall@wsu.edu **There are scholarships available from Garfield County 4H Leaders Council. Write a short paragraph on why you want to go to camp and submit it with your application. For more information, please call the Extension Office at 509-843-3701.



Youth Robotics Camp

In the afternoons at the Pomeroy Elementary School. Please Contact the Extension Office for more information and to register. Class size is limited to 12 youth.

Livestock and Farming

PNW Crop Tour Schedule

The 2017 crop tour provides opportunities to view field trials and interact with Washington State University personnel and others about cereal varieties and crop management practices. Cereal breeders, extension agronomists, plant pathologists, and other scientists will be presenting information at various events. The local research tours, listed below, provide a guide for wheat, barley, and legume tours in Washington and nearby locations. Please check with the contact listed prior to the tour to verify the time, location, agenda and ensure a place at the table if food is served.

For a full schedule of tours and more information, including location maps, go to:

<http://smallgrains.wsu.edu/variety>

Date	Tour	Time
6/14	WSU Weed Science Drew Lyon, 509-335-2961	1:00 PM
6/20	Mayview Mark Heitstuman, 509-243-2009 Located at Roger Koller's off Tramway Road	9:00 AM
6/21	Walla Walla Paul Carter, 509-382-4741	1:00 PM
6/22	Dayton Paul Carter, 509-382-4741	8:00 AM
6/22	Anatone Mark Heitstuman, 509-243-2009	3:30 PM
6/27	Univ. of Idaho/Limagrain Debbie Rigby, 208-885-6681	8:30 AM
6/28	Wilke Farm Soil Workshop Aaron Esser, 509-659-3210	9:30 AM
6/29	Fairfield Diana Roberts, 509-477-2167	7:00 AM

Livestock & Farming



WASHINGTON STEER OF MERIT

Adapted from WSU Publication EB1460E
Garfield County, Spokane Jr. Livestock Show and
County Fair steers are evaluated using the Steer of
Merit Guidelines.

Purpose of the Program

- To create awareness of current market demands.
- To recognize exhibitors and breeders for producing high-value carcasses.
- To provide information about carcasses produced in youth shows.
- To identify selection, breeding, nutrition, and management practices that result in desirable carcasses.
- To promote and improve the educational value and public image of youth shows.

Requirements for Washington Steer of Merit

- **Hot Carcass Weight.** Must weigh 600 to 950 pounds. Based on current market conditions, the carcass weight requirements may be adjusted to be consistent with current industry standards.
- **Ribeye Area.** The sliding-scale ribeye area (square inches) requirement is based on carcass weight and is derived from the USDA Yield Grade equation. The minimum ribeye area requirement is equal to or greater than (hot carcass weight x 0.012) + 3.8 for carcasses up to 775 pounds and those carcasses weighing 775 and above will still have the 13.1 square inch requirement.

Hot Carcass Weight (lb)	Minimum Ribeye Area Requirement (sq. In.)
600	11.0
650	11.6
700	12.2
750	12.8
775	13.1
800	13.1

- **Quality Grade.** Low Choice or higher/
- **Yield Grade.** Yield grade requirements depend on the quality grade and are shown below. Yield grades are reported to the tenth of a yield grade (the 1/100th decimal digit is dropped; for example, a yield grade of 2.99 is reported as 2.9).

USDA Quality Grade	Maximum USDA Yield Grade
Low Choice	2.9
Average/High Choice	3.4
Prime	3.9

- **Carcass** must be free from defects that may significantly reduce carcass value. For example, carcasses with excessive (greater than 5%) muscle fat or bone removed due to bruises or localized infections should be eliminated.
- **Average Daily Gain.** Minimum of 2.70 pounds per day. Steers must be fed a minimum of 100 days before the show (this requirement does not conflict with ownership requirements and tagging can occur at the same time as weigh-in).

Requirements for the Washington Beef Carcass of Merit

Identical to Washington Steer of Merit except the Average Daily Gain is not included. Use Beef Carcass of Merit if and initial live weight cannot be obtained at least 100 days prior to the show.

Changes in Merit Requirements

Individual programs may need to adjust the requirements outlined in this bulletin. If requirements are changed, add the local county or area name to the name of the merit program.

Procedure and Definition of Terms Recorded or Used in Washington Steer and Beef Carcass of Merit Programs

1. **Initial and Final Live Weight.** Use similar pre-weighing conditions for both initial and final live weights. The initial weight must be taken at least 100 days before the final weight at the show.
2. **Average Daily Gain.** (Final live weight—initial live weight) ÷ days on test.
3. **Hot Carcass Weight.** Carcass weight immediately after slaughter prior to chill. If chilled weights are recorded, convert to hot carcass weight by dividing by .098 (most carcasses shrink about 2% during the chilling process).
4. **Dressing Percentage.** (Hot carcass weight ÷ final live weight) x 100
5. **Adjusted Fat Thickness.** Carcasses are ribbed or divided into front and hindquarters between the 12th and 13th ribs. Fat thickness is measured at the 12th rib at a point three-fourths of the lateral length of the longissimus (ribeye) muscle (measured from the chine bone [backbone] end of the muscle) and perpendicular to the outside surface of the fat. This measurement may be adjusted, as necessary, to reflect any unusual distribution of fat on other parts of the carcass.
6. **Ribeye Area.** The cross-sectioned area of the longissimus (ribeye) muscle at the 12th rib (use a plastic grid to measure). All adjacent secondary muscles are excluded in the measurement.

7. Kidney, Pelvic, and Heart Fat. Fat accumulated in the body cavity of the carcass. Its weight is estimated and reported as a percentage of the hot carcass weight.

8. Yield Grade. Value determined by a formula using adjusted fat thickness; ribeye area; percentage of salable red meat..

9. Maturity. Refers to physiological age. It is determined by evaluating the size, shape, and ossification of the bones and cartilage and the color and texture of the lean meat. The maturity scores are A, B, C, D and E.

10. Marbling. A primary determinant of quality grade. It is evaluated by estimating the fat within the ribeye muscle (intramuscular fat) at the 12th rib. Examples of marbling scores include practically devoid, traces, slight, small, modest, moderate, and slight abundant.

11. Quality Grade. An estimation of the quality or palatability-indicating characteristics of meat. Quality grades are determined by a composite evaluation of carcass maturity and marbling, texture, firmness, and color of the ribeye muscle. It is recommended that a federal grading service employee or experienced grader determine quality grades. If graded by anyone other than a federal grader, make a notation to that effect.

Pesticide Applicator Licensing

The Garfield County Extension Office offers Pesticide license testing for the Private Applicators license. We also have order forms to order the WSU Study Guide publication, or go online to: <http://pubs.wsu.edu> > Agriculture > Pesticide Training Materials, publication number EM020.

WSU offers pre-license pesticide training and recertification training. For more information visit:

<http://pep.wsu.edu>.

Additional exam requirement assistance, publications needed and current fees are located at:

<http://agr.wa.gov/PestFert/LicensingEd>, or by contacting WSDA toll free at 1-877-301-4555, or by contacting WSU at 509-335-2830 or 509-335-9222.

Family Living

WHAT YOU NEED TO KNOW ABOUT BOTULISM AND CANNED FOODS

Consumer Food Safety WSU Extension



Botulism toxin is produced by bacteria called *Clostridium botulinum*. The bacteria and toxin can often be found in home canned foods that have not been properly prepared, unrefrigerated homemade foods such as salsa, garlic and herbs in oil, and traditionally prepared salted or fermented seafood. Very small amounts, even a small taste, can cause severe illness and death. Illness from botulism toxin can happen within a few hours or up to 10 days after eating food containing the botulism toxin.

Symptoms of illness can include double or blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and increasing muscle weakness usually affecting the upper part of the body, but then moves down to the legs. The toxin can paralyze breathing muscles which can cause death. If you have any of these symptoms, especially after eating home canned food, go to a hospital immediately.



PREOTECT YOURSELF!

- **Only follow researched recipes that have been published since 1998. Use the appropriate canner for the recipe and follow all specified home canning processing times and recipes exactly.**
- **To protect yourself from botulism, never hot pour your food into the jar without also using the appropriate canner to process the food and produce a seal on the lid.**
- **Throw away any jars that are damaged, cracked, leaking, swollen, squirts liquid or foam when opened, looks or smells bad.**
- **Safely dispose of home-canned food and the container that may be contaminated.** Put on gloves before handling containers of food that you think may be contaminated. Place the food or jar in a sealable bag and wrap another plastic bag around the sealable bag. Tape the bags shut tightly and place bags in a trash receptacle for non-recyclable trash outside the home and out of reach of humans and pets. Don't discard the food in a sink garbage disposal, toilet, or compost pile. Wash your hands with soap and warm running water for at least 2 minutes after handling food or containers that may be contaminated.
- **Wipe up spills of potentially contaminated food using a bleach solution.** Use 1/4 cup bleach for each 2 cups of water. Completely cover the spill with the bleach solution, place a layer of paper towels on top of the bleach, and let sit for at least 15 minutes. Wipe up any remaining liquid with new paper towels. Clean the area with liquid soap and water to remove the bleach and discard any items that may have come into contact with the contaminated food or containers. Wash your hands with soap and running water for at least 2 minutes.

If you are experiencing any symptoms associated with botulism seek medical treatment immediately.

FOR MORE INFORMATION:

Center for Disease Control:

<http://1.usa.gov/1WDCxnz>

Family Living

Preserving Berries

Adapted from
WSU Publication FS233E



Fresh Berries can be preserved for long-term storage by canning, freezing and dehydrating. Before deciding which method to use for preserving fresh berries, it is best to determine how you plan to use them. Berries can be canned whole, as fruit spread, as syrup, or as pie filling. Berries can be pre-treated with sugar or syrup before freezing. For dehydrating, berries can be dried whole, as slices, or as fruit leather. This publication will teach the essential steps for preserving fresh berries through the processes of canning, freezing and dehydrating.

Berries of the Pacific Northwest

A variety of berries can be found in the Pacific Northwest. Some popular berries include: blackberries, blueberries, boysenberries, chokecherries, currants, dewberries, elderberries, gooseberries, grapes, huckleberries, loganberries, marionberries, mulberries, salmonberries, strawberries, raspberries and youngberries. Depending on the type, berries can be ready for harvest in the late spring, with some seasons stretching until late fall. If you are seeking more information about the availability of specific berries in your area, contact your local Extension Office.

Harvesting

Since berries lose their firmness quickly in heat, it is best to pick in the coolness of the early morning. Once picked place, berries in the shade or refrigerator. Berries should not be washed until just before using or preserving.

Quantity

The exact quantity of berries you need depends on the size and variety of the berry. Following is a rough estimate:

- 2 lbs. of fresh berries will yield 1 quart of frozen or canned berries.
- 1 quart of fresh berries will yield approximately 1 cup of juice for jelly or 2 cups of mashed berries for jams and other fruit spreads.
- A 36 lb. crate of whole berries will yield approximately 18-24 quarts.
- About 12 pounds of berries are needed to fill 7 quarts for canning.
- About 8 pounds are needed to fill 9 pints for canning.

Canning Whole Berries

Berries are high acid so they can be canned using a boiling water bath canner. All varieties of berries, except strawberries, can be canned whole. When canning whole, the following berries produce the highest quality canned products: blackberries, blueberries, boysenberries, currants, dewberries, elderberries, huckleberries, loganberries, marionberries, mulberries, raspberries, and youngberries.

Preparing Whole Berries for Canning

To prepare whole berries for canning, follow the steps below:

1. Choose ripe, sweet berries with uniform color.
2. Wash 1 to 2 quarts of berries at a time.
3. Remove cap and stem, if necessary. (For gooseberries, snip off heads and tails with scissors.)
4. Berries may be canned in their natural juices, in water, or in syrup.

When canning without added sugar, berries can be canned in their natural juices or in water. When canning using added juice, either extract juice from berries or add unsweetened fruit juice. Juice can be extracted from a portion of the fruit to be canned, or from fresh apples, pineapple, or white grapes.

To extract juice from berries:

1. Crush the ripe, unbruised fruit.
2. Heat to simmer over low heat.
3. Strain through a cheesecloth or jelly bag.



A stream juicer may also be used to extract juice. Follow manufacturer instructions when using a steam juicer, or contact your local Extension office for more information.

If using unsweetened fruit juice, canning fruit in its own juice produces the best results. Commercial, unsweetened apple juice, pineapple juice, or white grape juice may also be added to canned berries, if not enough natural juices are extracted.

Berries will hold their shape and color better if canned in either natural juices or syrup. To make syrup, boil the amount of sugar and water recommended in the following table. This table shows the proportions of water and sugar needed to create enough syrup for 9 pints of whole berries.

Type of Syrup	Water	Sugar
Very Light	6 1/2 cups	3/4 cups
Light	5 3/4 Cups	1 1/2 cups
Medium	5 1/4 Cups	2 /14 cups
Heavy	5 cups	3 1/4 cups



Some of the equipment and accessories that are helpful for home canning.



Boiling water bath canner loaded with jars.

Canned whole berries can either be hot packed or raw packed. You can usually fit more berries in the jars by using the hot pack method. Raw packed berries may have a tendency to float.

For research-based instructions on canning, and recommended processing times, contact your Extension Office or the [USDA Complete Guide to Home Canning](#).

What if you jars don't seal?

If your jars don't seal, you have three choices:

- ◇ Put in the refrigerator and use immediately.
 - ◇ Put in the freezer/
 - ◇ Re-process within 24 hours. Remove the lid and check the jar sealing surface for tiny nicks. If necessary, change the jar, add a new treated lid, and reprocess using the original processing time.
- **If jar(s) unseal after 24 hours, product must be thrown away.**

Other Canned Products using Berries

Fresh berries can also be made into jams, jellies, spreads, and syrups, and then canned or frozen. Fresh and frozen berries can also be made into pie fillings using a modified food starch called Clear-Jel as a thickening agent, and canned in a boiling water bath canner. For research-based recipes for jams, jellies, spreads, syrups and pie fillings, contact your local Extension Office or refer to the [National Center for Home food Preservation](#).

Freezing Fresh Pacific Northwest Berries

If you have not determined how you are going to use your preserved berries, freezing is a good option. Berries can be frozen untreated, coated with sugar, or in syrup. Berries frozen untreated can be used to make jams, jellies, pies, syrups and other baked goods. Frozen berries should be stored below 0°F and used within 1 year for best quality.



For more detailed information on how to freeze berries, untreated, in sugar or in syrup, contact your local Extension Office.



Dehydrating Fresh Pacific Northwest Berries

Drying is one of the oldest methods of food preservation. Dried foods are lightweight, take up little storage space, and do not need to be refrigerated. Dried berries are tasty and nutritious. They may be sweeter than fresh berries because the dehydrating process removes the water and concentrates the flavor.

Most berries can be dried without pre-treatment. Berries like blueberries should be pre-treated by dipping in boiling water to crack their skins before dehydrating. Fruits are dry when they are leather and pliable with no pockets of moisture. Dried berries are excellent eaten as a snack or added to cereal, baked products, or pancakes. Dried berries are best eaten dried because they lose their firm texture when rehydrated. Blackberries and raspberries are not recommended for dehydrating because of their high seed content and slow drying time. However, they do make excellent dried fruit leather.

For more detailed, research-based instruction on drying berries, contact you local Extension Office.

Making and Dehydrating Fruit Leathers

Fruit leathers can be made using fresh berries, canned berries or frozen berries. Berries can be pureed by themselves, or in combination with other fruits, to make fruit leathers. Contact your local Extension Office for fruit leather recipes. Since fruit seeds become hard after they dry, it is best to remove the seeds from the puree, using a mesh strainer or food mill, prior to dehydrating. Fruit leathers are finished when they are leathery with no moisture pockets. When fruit leather is done, remove from drying trays and roll or cut into bite sized pieces.

Storage of Dehydrated Berries and Fruit Leathers

Store dehydrated berries and fruit leathers in moisture-proof containers. Containers that are appropriate for freezing work well for storing dried foods, too. Food-grade plastic freezer bags, glass jars with lids and plastic containers with lids are examples of acceptable storage containers.

CHRONIC STRESS LEADS TO HEALTH PROBLEMS

Adapted from Christeena Haybes, MS, RD, LD, University of Missouri Extension



Our lives can be very stressful and if we become accustomed to living with these feelings then we may not even realize how much it is affecting us. Our bodies are designed to respond to stressful situations in order to protect us from danger. However, when this response is constantly turned on from continued stress, it can lead to health problems.



So what exactly goes on in the body under stress? Whenever you feel threatened, your hypothalamus, located at the base of your brain, triggers an alarm system in your body known as the “fight-or-flight reaction.”

This causes a sudden increase of hormones, including adrenaline and cortisol. Adrenaline speeds up your heart rate, raises your blood pressure and increases energy supplies. Cortisol, the main stress hormone, raises your blood sugar and causes your brain to use more glucose and prepares your body to repair tissues. These things are intended to help you during threatening situations.

Unfortunately, there are some negative effects related to cortisol as well. This hormone can suppress your immune system and prevent your digestive and reproductive systems from working appropriately. The release of hormones also affects your mood, motivation and gear. Typically, once you no longer feel threatened, these responses will stop and your body will return to normal. However, when you are under a constant feeling of stress, this flight-or-flight response never shuts down, which can lead to a variety of problems including sleep disturbances, memory impairment, skin problems, depression, digestive troubles, obesity and even heart disease.

Because the daily stress in our lives can take its toll on our bodies, it is important to learn how to deal with stress in healthy ways.

Here are a few tips:

- Make sure you have a good foundation by eating a healthy balanced diet, exercising and getting adequate sleep.
- Build healthy supportive relationships with family and friends.
- Use relaxation techniques and make time for yourself.
- And try to have a sense of humor about things!



Home and Garden

The Valley Beekeepers Association

The Valley Beekeepers Association was established in 2016. Four Master Gardeners from Asotin and Garfield Counties were instrumental in establishing the association: Larry Carey, Delores Jungert-Davisson, John Freeman, and Larry Nelson. They held their first beekeeping course in the spring of 2016. There are presently 17 new members taking the class and the Association has grown to 76 members from the Lewis-Clark Valley and surrounding area. If you would like information on the Beekeepers Association, please call John at: 509-790-1964.



Swarming Bees

The sight of swarming bees can certainly unnerve some people. However, it is a very natural and wonderful part of the life cycle of honey bees. They are focused on finding a new nest, not on attacking. That said, it is important to keep you distance from swarming bees, because if the bees feel threatened, then it is possible they will sting.

Honey Bee Swarm Catchers

Need help with a swarm of honey bees? Call:

Jeremy Giard: 208-553-3073 or Larry Nelson: 509-790-1964.



Master Gardeners



A Note From WSU Garfield County Master Gardener Sue Fitzgerald



The Master Gardeners will be in the Extension office starting June 5th from 1:00 PM to 3:00 PM. If you have any questions before that time, call the Extension Office or bring in a sample and we will help as soon as possible. We need a sample that is as fresh as possible. The sample should be a good size that includes the roots, leaves, stems and/or flowers, depending on what the problem is, or what you want to know. If you are bringing in bugs for identification, put a few in a container and freeze them before leaving them at the office. We are here to help you with all your gardening problems if questions.



If you use a Pre-emergent weed killer, be sure to read the label to make sure that it can be used around the plants in that area. Some flowering plants can be harmed with the use of these products. Weed and feed for lawns should not be used in flower beds. Use of these products very close to flower beds could damage plants. If you are using weed killer spray, make sure it doesn't drift. Bug spray should be used in the early morning or late evening when desirable insects are not present. In all cases read the label and follow the directions.



If you are going to wash your deck or house with chemicals, water your surrounding lawn and plants before and after cleaning. Many products are great for the cleaning but can be harmful to the surrounding plants.



Check you roses or other spring blooming shrubs for dead wood, and prune back to green wood. Check for fungal problems as this wet weather can create problems. Slugs should be hatching so check that they are not eating your prize plants. Slug bait may be applied but be aware as it may be toxic to your pets.



Since our spring has been very wet, moss may have come up in your lawn or flower beds. If this is a problem, aerate you lawn to get some air in the soil. Use an iron product to help fertility.



As we are now getting some warmer weather and we want to plant our warm season veggies, make sure the soil is warm enough. If your soil seems cool, lay plastic over the area you want to plant for a week or two. It will help warm the soil. Clear plastic will also help germinate weed seeds. Red plastic around tomatoes may help with earlier and bigger yield. Other warm season crops may also be helped.



Here's hoping the weather lets us get out in the garden!

Garfield County Master Gardeners

4-H/FFA News

SPRING PREVIEW APRIL 8, 2017





2017 Garfield County Spring Preview Results

Champion Steer	TyAnn Tellefson, Warden, WA
Reserve Champion	Kendall Dixon, Pomeroy, WA
Champion Female	Zach Wilson, Stanwood, WA
Senior Champion Showman	Zach Wilson, Stanwood, WA
Senior Reserve Showman	Tara Tellefson, Warden, WA
Intermediate Champion Showman	Madison Dixon, Pomeroy, WA
Intermediate Reserve Showman	Delaney Imler, Colfax, WA
Junior Champion Showman	Kale Cordill, Cheney, WA
Junior Reserve Champion Showman	Raylie Fleishmann, Clarkston, WA





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Mark Heitstuman, County Extension Director
Sheree Ledgerwood, 4H Coordinator
Lisbeth Randall, Office Manager
Email: lisbeth.randall@wsu.edu

Baby Spinach with Fresh Berries, Pecans & Feta Cheese in Raspberry Vinaigrette

By Jennifer Seagal, from her column on Serious Eats

For the Dressing

2 1/2 Tbls Raspberry vinegar
6 Tbls vegetable oil
1/4 cup honey
1/2 tsp. Dijon mustard
2 Tbls. Finely minced shallots
1/2 tsp salt
1/8 tsp black pepper

For the Salad

1 (6-7 ounce) bag baby spinach
2 cups stemmed, sliced strawberries
1 cup blueberries
1/2 cup pecans , toasted
4 ounces feta cheese

Instructions

Combine raspberry vinegar, vegetable oil, honey, Dijon mustard, shallots, salt and pepper in a small sealable container and shake vigorously to blend (be sure honey doesn't stick to bottom).

In a large bowl, combine baby spinach, strawberries, blueberries and pecans. Add the dressing little by little and toss until greens are well-coated. Taste and adjust seasoning with salt and pepper. Sprinkle crumbled feta cheese over top and serve.

*substitute feta with goat cheese or blue cheese if preferred.

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Helping You Put Knowledge To Work