Announcements

Crazy Daze and Country Ways!
Garfield County Fair and Rodeo
September 15, 16, 17, 2017

All open Livestock must pre-register at the WSU/Garfield County Extension Office, 757 Main Street, Pomeroy, WA 99347, at least one week before fair.

All Poultry must pre-register with Superintendent Paula Kessler, 509-751-6751.

4-H Horse Games Show Thursday September 14, 6:00 PM

Fair Parade, Friday, September 15th, 5:30 PM Downtown

Spinner’s Beer Garden and music all weekend.

Horseshoe Tournament Saturday, 1:00 PM in the Beer Garden.

WSU/Garfield County Extension will serve Ferdinard’s Ice Cream and Cake in the Beef Arena on Saturday at 3:00 PM.

Market Sale, Saturday, 4:00 PM, Come support our youth!

4-H and Open Horse Show and Trail Show, Sunday 8:30 AM

2017 Garfield County Fair Rodeo
Sunday 1:00 PM

To Enter Call 509-843-1723, September 7, 2017 from 1:00 PM to 9:00 PM.

Mutton Busting 3-7 years - $15.00
Steer Busting 8-15 years - $20.00
Goat Tail Tie 6-8 years - $5.00
Goat Tail Untie 5 & Under - $5.00
Calf Scramble 8-12 years - $15.00
Team Roping $35/per person or $70/team
Wild Cow Milking $30/team or $10/each
Bull Riding 16 & Up $40.00
PeeWee Barrels 8 & Under $25.00
Jr. Barrels 9-15 years $25.00
Sr. Barrels 16 & Up $35.00

**Participants must buy entrance into the fair**

**Participant must buy entrance into the fair**
Livestock & Farming

RESIDUE YIELD CALCULATOR NOW AVAILABLE ONLINE

Crop residue is a valuable by-product in crop production. Leaving adequate amounts of residue on agriculture fields can effectively control soil erosion and improve soil health. Crop residue can also be used as a feedstock for biofuel, paper, or mushroom production and as feed and bedding for livestock.

Estimating how much crop residue your crop can produce is important for understanding how the residue can be used to add economic or ecological benefits to your farm’s operation. Unlike estimating grain yield, which is typically measured directly through yield monitoring, residue production is generally estimated indirectly based on grain yield. To help farmers estimate crop residue biomass yield, Washington State University has developed a Residue Production Calculator.

Crop residue estimates are based on peer-reviewed equations that describe relationships between residue and grain yield for dryland cereal and legume crops grown in the inland Pacific Northwest (iPNW). Although iPNW-calibrated equations are unavailable for rye, triticale, and canola, the Residue Production Calculator estimates residue production based on typical harvest indices for these crops.

Access the Residue Yield Calculator. (https://residueproduction.cahnrs.wsu.edu/).

For questions or comments, contact Haiyang Tao by email at haiying.tao@wsu.edu at the Department of Crop and Soil Sciences, Washington State University.

SEEDING RATE CONVERTER IS NOW ONLINE

Seeding rate is among the many factors that affect grain yield that can be controlled. The ability to control seeding rate allows farmers flexibility in their management practices. For example, when fall seeding is delayed the tillering period is shortened. To compensate for this reduction in fall tillers, farmers can increase seeding rates.

To some extent, wheat is inherently capable of compensating for factors that influence yield. However, optimum seeding rates are required to optimize the plant population, which in turn is important for maximizing grain yield and quality and controlling weeds. Seeding rates are typically expressed as seeds per acre or pounds per acre. Determining seeding rates using pounds per acre is problematic because seed size and weight can differ considerably among plant varieties. Seeding different varieties at the same pounds per acre can result in significantly different plant populations. Therefore, to maximize yield seeding rate recommendations in pounds per acre should be converted to seeds per acre.

Sometimes recommendations for good wheat stands are based on seedlings per foot of row. To use this recommendation, a farmer must decide the optimal number of seeds per foot of row at time of planting. This number can be estimated by identifying the
target seedling number per foot of row and adjusting that number for seed germination and mortality rates. This adjusted target number of seedlings equals the number of seeds that should be planted per foot of row. The final seeding rate can then be calculated as pounds per acre.

Calculating seeding rates and converting among the different units of measure—seeds per acre, pounds per acre, or seedlings per foot of row—can be tedious and time consuming. Washington State University has developed a user-friendly, online seeding rate converter (https://seedingrate.cahnrs.wsu.edu/) that is now available for your convenience.

For questions or comments, contact Haiyang Tao, haiyang.tao@wsu.edu at the Department of Crop and Soil Sciences, Washington State University.

Do I need a dietary supplement?
If any of the below apply to you, ask your physician or registered dietician about taking a supplement:
- Your busy lifestyle keeps you from eating the recommended number of servings from the food groups.
- You are on a very low-calorie weight loss diet (1200 calories daily).
- You are elderly and not eating as much as you should.
- You are a strict vegetarian.
- You can’t drink milk or eat cheese and yogurt.
- You are a women of childbearing age who doesn’t eat enough fruits, vegetables, beans and grains.
- You are pregnant or lactating.

How are dietary supplements regulated?
Loosely. Under the 1994 Dietary Supplement Health and Education Act (DSHEA):
- Marketers are responsible for making sure that their product is safe, and any claims about their products are true.
- All ingredients must be listed on the label.
- Dietary supplements are not regulated for safety or effectiveness before going to market, and do not need Food and Drug Administration (FDA) approval prior to sale.

Bottom Line:
- Get nutrients from foods first. Foods contain many helpful compounds that are not present in supplements. Besides, who wants to swallow a pill when you can eat delicious, nutritious foods?

Because dietary supplements are not tested for safety and effectiveness before going to market, some may not contain the ingredients stated on the label.

Healthy Living

DIETARY SUPPLEMENT FACT SHEET
Adapted from Tammy Kliethermes, University of Missouri Extension

What is a dietary supplement?
- Any product intended to supplement the diet, which contains at least one of these ingredients: vitamins, minerals, herbs or other biotanicals, amino acids, metabolites or combinations of these ingredients.
- Usually taken in pill, capsule, tablet or liquid form.
- Labeled as “dietary supplement.” Not for use as a meal replacement.
NUTRITIONAL BENEFITS OF HONEY


Honey is one of nature’s purest foods and is far more than just a natural sweetener. It’s a “functional food,” which means it’s a natural food with health benefits. Raw honey nutrition is impressive. Raw honey contains 22 amino acids, 27 minerals and 5,000 enzymes. Minerals include iron, zinc, potassium, calcium, phosphorous, magnesium and selenium. Vitamins found in honey include vitamin B6, thiamin, riboflavin, pantothenic acid and niacin. In addition, the nutraceuticals contained in the honey help neutralize damaging free radical activity. To gain all the benefits of honey, use raw, local honey when available.

Commercial Honey

* Heavily processed, may be chemically refined
* Filtering and processing eliminates many of the beneficial phytonutrients, including pollen and propolis
* Excessively heated, destroying natural enzymes, vitamins, and minerals
* Sparkling clear honey is processed, so avoid golden, syrup like honey
* May contain additives

Raw Honey

* Crude form immediately taken out of cells of honey combs
* Commonly contains bee pollen and propolis, which enhance health benefits
* Can’t be heated above 95°F
* Is not filtered or pasteurized
* Free from additives

Home and Garden

LADY BEETLES: SHOULD WE BUY THEM FOR OUR GARDENS?
Adapted from WSU Extension Publication FS268E

A Brief History of Harvesting

Every serious gardener regards the lady beetle as a companion-in-arms in the fight against aphids and other garden pests. Best known in the United States is the convergent lady beetle.
(Hippodamia convergens Guerin-Meneville; Figure 1), a voracious consumer. As early as 1924, these insects were collected by the thousands from the Sierra Nevada mountain region and released in California’s Imperial Valley for aphid control on commercial crops. The results were so impressive that lady beetle harvesting and shipping has become a lucrative biocontrol business. Adult beetles are collected from their natural habitat, placed under prolonged hibernation, and shipped to farmers and home gardeners alike. Both adult and larval lady beetles (Figure 2) not only control aphids (Figure 3), but they also prey on scale insects, mites, beetle larvae, and immature bugs.

**Problems with Purchased Lady Beetles**

Popular literature often recommends the purchase and release of lady beetles such as *Hippodamia convergens*. Recently, however, researchers have raised concerns over the unintended ecological consequences of importing insects for biological control.

**Degradation of Natural Habitat**

Removal of population from a natural ecosystem will have environmental consequences. While these consequences have not yet been studied for lady beetles, the environmental wisdom of this practice is questionable.

**Competition with Local Insect Species**

Populations of native beneficial insects are affected when new competitors are introduced to the system. While the convergent lady beetle is native to North America, it may not be commonly found in your area. *H. convergens* is such a good aphid predator that it may compete with and reduce populations of other local aphid predators, including lady beetles. The Multicolored Asian lady beetle (Figure 3), *Harmonia axyridis*, is often cited as one of the intentionally released lady beetle species to North America and may compete with and displace native lady beetle species.

**Figure 1.** The Convergent lady beetle (*Hippodamia convergens* Guerin-Meneville) is one of the most common lady beetles in North America with a body size of about 1/2 inch long. The converging white lines on the prothorax behind the head are characteristic to this lady beetle species.

**Figure 2.** Larval (immature) lady beetles are also predatory on soft-bodied insects like aphids. Be sure to recognize and conserve immature lady beetles.

**Figure 3.** Multiple forms of the adult multicolored Asian lady beetle common to Washington State.
Unintentional Introduction of Parasites
When lady beetles are collected en masse and released elsewhere, there is the potential to inadvertently transport another species. In the case of *H. convergens*, individuals may be carrying parasitic species including endoparasitoids, microsporidia, protozoa (euregarines) and fungi. Not only will this undermine the success of the imported lady beetles, but these natural enemies can then attack local lady beetles and other beneficial insects.

Little Effectiveness in the Garden
The success of “catch and release” practices is questionable. Even the first recorded release resulted in beetles immediately flying away, presumably because some necessary resource was missing. Other researchers have reported similar difficulties with releases in Kansas. The most successful releases tend to be in nursery settings with high numbers of aphid-infested plants. Once the aphids have been eaten, however, the lady beetles disperse permanently. Releasing lady beetles into contained spaces like greenhouses improves retention, but release to open gardens or landscapes is unlikely to be successful.

Action List for Attracting and Retaining Local Lady Beetles for Pest Control

Wildflowers common in perennial grassland attract and retain lady beetles and other natural predators.

Select Plants for your Gardens and Landscapes that Provide Desirable Habitat
Perennial grassland species including grasses and wildflowers attract lady beetles and other natural predators, including lacewings and parasitic wasps. Mown lawns, however, do not provide the same benefit.

Provide Additional Food Sources
Lady beetles also eat fungus, fruit, and occasionally vegetation. Larval stages benefit from pollen, while adults look for sugar sources such as nectar or honeydew in addition to their prey insects. These energy-rich supplemental foods improve lady beetle reproduction and survival over winter.

Reduce Insecticide Use
While insecticides kill pests, they can also eliminate natural predators. Injury can occur either through direct contact or by reducing their prey.
A note from Master Gardener Sue Fitzgerald

It is time to get ready for the fair! As there is only a short time till the fair arrives, you should start looking at your veggies and flowers to get an idea on what will be ready to enter. The Extension Office has premium books which list the entry times, so be sure to pick one up. Entry tags are also available at the Extension Office. Filling them out prior to the fair makes entering go much faster. Read over the number of each flower or veggie necessary to make up an entry. This way you have an idea of what to look for in the garden. As you gather your entries look for perfection as you are entering your flowers and veggies into a beauty contest. The judge will look for the following;

For Flowers:
1. Uniformity: try to have all the same size, shape and color
2. Flowers should not have foliage with bug holes or other problems
3. Veggies should be clean of any dirt, wash or wipe them clean
4. Veggies and Fruit need to be something that you want to eat, Not under or over ripe
5. Pick flowers that have just come into full bloom. When gathering flowers, pick a couple extra so if something looks bad when you are entering, you have a back up. This also goes for veggies.
6. The containers for house plants or outdoor containers need to be clean. You can put the container that the plants are in inside a decorative container, but it needs to be hidden by the plants.

For Vegetables:
Groom before entering.
Beans: Take off the stem, pods should not be limp, but seeds should not be so large as to be over ripe.
Beets: Trim the tops to 2 inches, trim the roots to make them look nice, and pick ones that have little or no scab or cracks.
Broccoli: Should have nice full heads with no aphids.
Cabbage: Should be peeled to the nice leaves with no bug holes.
Carrots: Trim the tops to 2 inches, trim the roots enough to make them look nice.
Corn: Husk the ears, look for straight rows that fill to the tip.
Cucumbers: Wipe clean, pick ones that have no yellow and are firm.
Garlic: Cure several weeks prior to fair, wipe clean, trim talks and roots.
Onion: Cure several weeks prior to fair, wipe clean, trim tops and roots.
Peppers: Trim Stems to 1/2 inch or less, have all the same ripeness.
Potatoes: Wash them and be sure to pick nice uniform sized with little to no scab or green areas.
Squash: Wash and cut the stems to a nice length for variety.
Tomatoes: Be sure not to choose any cracked, split, or over ripe fruit as it will not be judged.
Fruit: No over ripe, and free of blemishes or bruises. Leave small stems on apples and pears.

This is just to help you even if you flowers, fruits and veggies are not perfect, enter them anyway as the fair needs entries in all departments, and offer special award prize money as well as premium money!
For your gardens in September, order your bulbs. Lift and re-plant any clumps that have become over crowded. Plant some cool season crops, they should mature if we have a long warm fall. Fertilize the lawn for the last time. Keep watering until we get fall rains. This is a good time to plant a new lawn or trees that may now be on sale. Divide perennials and replant any that have died in the center or out grown their spot.

For October, watch for frost and cover tender plants. Start your fall clean up. Plant bulbs as soon as they arrive!

Master Gardener classes will be held starting January 2018 in Clarkston! All are welcome. For more information, please call the WSU/Garfield County Extension Office, 843-3701. If you are interested in raising Honey Bees, there is a fairly new club devoted to bees in the LC valley. They will have a booth at the Garfield County Fair this year, so stop by with your questions, or to visit and learn about bees!

Happy Gardening and See you at the Garfield County Fair!

4-H/FFA News
Welcome Kyle Kimble, Pomeroy’s New FFA Advisor

Kyle Kimble, the son of Ernie and Pam Kimble, graduated from Pomeroy High School in 1994. While in high school he was very active in FFA, and had Larry Wilson as an agriculture teacher and FFA advisor. After graduation, Kyle took a year off from college to serve the Washington State FFA Association as the State FFA Vice President. It was during that year traveling the state and visiting high schools that Kyle decided to pursue a career in agriculture education. Kyle attended Washington State University and graduated from there in 1999, after completing his student teaching at Asotin High School with Glen Landrus.

Kyle has been an agriculture teacher at Mt. Baker High School, (1999-2000), Grant Union High School, (2000-2002), and Liberty High School in Spangle, WA, (2002-2015). After the 2015 school year, Kyle left teaching to move back to Pomeroy and help with the day to day operation on the family farm. During that time, Kyle always felt drawn back to the classroom and the competition that coaching and FFA had to offer. To fill that competitive void, Kyle coached high school football, youth baseball, and the Parliamentary Procedure and Ag. Issues teams for the Pomeroy FFA. The Pomeroy High School FFA Ag. Issues team was fortunate enough to get 2nd place in 2016, and win a state championship in May of 2017. The team will now be traveling to Indianapolis, IN in late October to compete in the National FFA Convention.

Kyle Kimble’s goals for Pomeroy are to foster a respected, competitive, well-rounded agriculture program that creates better men and women. Kyle is looking forward to the challenges that taking over a program with deep-rooted traditions of success will bring. Kyle is anxious to begin working closely with all the students, parents and community members who all have connections to the FFA program.

Kyle is married to Carrie, a 1995 Pomeroy Graduate, who currently works in the Pomeroy Elementary as a paraprofessional. They have 3 sons, Tyson (14), Trevin, (12), and Treyton, (6).
2017 WSU 4-H Robotics Camp held June 27-29 at the Pomeroy Elementary School

The WSU 4-H Adventure Day Camp, Introduction to Robotics, was held in Columbia, Garfield, Whitman and Asotin Counties. This camp is designed to give kids the opportunity to learn about Lego Mindstorm robotic systems, engage in challenges, and explore F.I.R.S.T. (For Inspiration and Recognition of Science and Technology) and much more. Thanks to the Pomeroy School District for allowing 4-H to use their facilities!
Corn and Tomato Salad with Fresh Mozzarella
Recipe by NY Food Journal

**Ingredients**
- 2 ears of fresh corn, husks removed
- 1 large tomato
- 1 large handful green beans, long beans or sugar snap peas
- 3 ounces fresh mozzarella
- Extra virgin olive oil
- Red wine or white wine vinegar
- Fresh basil or parsley (optional)

**Instructions**
1. Steam the corn in a large pot with a thin layer of water. When the corn is cooled, remove it, let it cool and cut the kernels off the cob. If using green beans or long beans, cut them into bite sized pieces and steam them until just tender. If using sugar snap peas, briefly steam them whole if desired. Chop the tomatoes and mozzarella into bite size cubes.

2. Combine the corn, beans and snap peas, tomatoes and mozzarella in a large mixing bowl. Toss in some torn or chopped fresh basil or parsley. Add a splash of vinegar and a drizzle of extra virgin olive oil. Season to taste with salt and pepper and mix thoroughly. Serve.