



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

January-February 2018

Announcements

January 16, 2018

Cereal Grain Seminar

Walla Walla Regional Airport, 8:30 AM to 3:30 PM.
4-6 WSDA credits will be available. Call 509-524-2685 for questions. Fee of \$25.00 includes lunch.

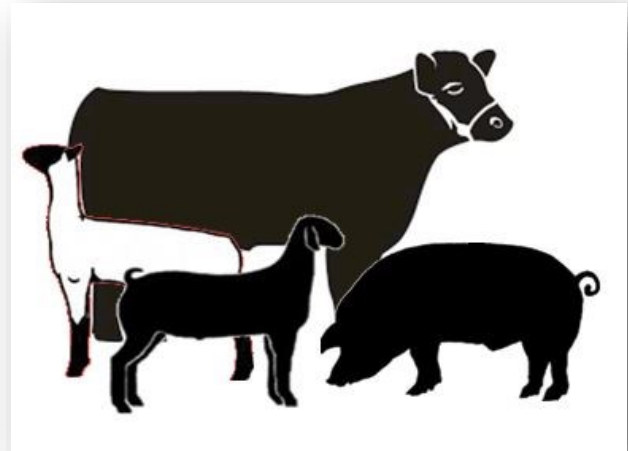
Monday, February 18, 2018

Garfield County Farmers Day

8:30 am to 3:00 pm at the Pataha Flour Mill. WSDA Pesticide Re-certification Credits have been applied for. Lunch provided by the Pomeroy Conservation District.

Topics will include:

- ◇ Management of Weed Infested Pastures
- ◇ Guidelines for Cleaning Out Sprayers
- ◇ Variable Rate Applications of Fertilizers and Soil Nutrient Management
- ◇ Garfield County Voluntary Stewardship Program
- ◇ FSA and Conservation Updates
- ◇ And more!



Youth Field Day, Saturday, March 17, Lewiston Livestock Market, 8:30 AM to 3:00 PM.

Topics will include Feeding and Nutrition, Health Care, Low Stress Handling, Livestock Judging and Fitting and Showing.

Youth Swine Field Day, Saturday, March 24th, at the Asotin County Fair Grounds, from 8:30 AM to 3:00 PM.

Topics will include Healthcare, Selection and Genetics, Swine Quiz Bowl, Feeding and Nutrition, Low Stress Handling and Beginning and Advanced Fitting and Showing

Washington State Fair Events Center
110 Ninth Ave., SW
Puyallup, WA 98371
TICKETS & INFORMATION
866.554.8559
www.sewexpo.com

Sewing & Stitchery

e·x·p·o



Shop

The Expo features more than 400 unique vendors across two massive sales floors. Get hands-on with fabric, notions and the newest machines from top manufacturers.



Learn

Top industry teachers & innovative newcomers present fun new techniques, fabulous time savers, and personal instruction on projects you can finish at the show!



Experience

Free style shows daily
Hands-on demos
Expo-only deals and new product launches
Fun sewing-themed entertainment Friday & Saturday nights.

Classes Begin
February 28*

March 1-4, 2018

PUYALLUP FAIR & EVENT CENTER • PUYALLUP, WA

Wednesday*
Classes Only

Thursday - Saturday
8:00 am to 6:00 pm

Sunday
8:00 am to 4:00 pm

Livestock & Farming



BEEF TENDERNESS

In Search of the Perfect Steak
extension.wsu.edu/impact/

ISSUE

American beef is of high quality, but tenderness is a concern. In national studies “grass-fed” beef is considered tough 66% of the time. Additionally, consumers believe “normal” beef is less than desirable tenderness 23% of the time. Tenderness is ranked as one of the top concerns, if not the top concern, of the American Beef Industry.

RESPONSE

Using DNA marker technology, Frank Hendrix tested and then researched bull bloodlines to find several bulls with the highest tenderness ranking of T=10. These bulls are uncommon and it took three years to find the first one.

Hendrix developed a team of cooperating producers and bred 350 of their cows to T=10 bulls. He retained heifers testing T=8, T=9, or T=10 for six years to produce calves with higher “T” tenderness values, but it was necessary to produce several generations before T=8, 9, and 10s were consistently produced for testing. A group of high tenderness ranking steers were born and managed with their herd mates according to the best management practices of the American Beef Industry. This group of cattle was raised on irrigated pasture until they each weighed 900 pounds. They were transferred to a commercial feedlot, finished to harvest weights (1,300 pounds), and harvested at a commercial facility under USDA supervision.

Matching 12th rib steak samples were taken from all animals, identically cooked, and tested for tenderness using the Warner Bratzler shear force machine.

The results showed a significant difference in tenderness between normal American beef (T=3, 4) and the selected tender (T=8, 9, and 10) beef. The project showed tenderness to be an inherited trait and that the ranking method was 99% accurate. The technology is specific, accurate, cost effective, and makes a significant difference in beef quality. DNA marker use enhanced beef quality and guaranteed tenderness independent of beef breed, method of finish, or fat levels in the carcass.

IMPACTS

The project showed guaranteed tender beef is an inherited trait that is significantly different and superior in quality, from normal American beef. Tenderness can be ranked accurately (99%) using DNA marker technology with a small sample from each animal. Producers can and should select breeding stock for superior beef tenderness.

Economic analysis indicates a guaranteed tender animal retains more than a \$300 market benefit over the average beef animal. Less feeding time is needed to finish the animal, less fat is needed to produce a quality product, and tenderness concerns are eliminated by using the DNA marker technology. The use of DNA markers as an aid to augment beef tenderness and beef quality is rapidly expanding. When fully adopted, Washington beef cow/calf producers will benefit approximately \$75 million annually as a direct result of these basic studies and findings. Guaranteed tender animals entering the feedlot to be finished will need 80 to 90 fewer days in confinement and on high-energy feed to produce a high-quality product. This will result in an estimated savings of \$320 per animal, or approximately \$900 million in Washington. Additionally, a significant amount of fat per animal will not be necessary to produce the same high-quality product. This is of significant amount of fat per animal will not be necessary to produce the same high-quality product. This

Is of significant financial importance (billions of dollars nationwide), but Hendrix has not been able to estimate the exact figure. The USDA grades will not be as important to quality. A lean beef steak will be as tender and as high of quality as a USDA prime-graded beef steak.

Funding for this fifteen-year study came from the Yakima County Cattlemen’s Association, indirect cooperating producers, and out of pocket.

WSU CANOLA WORKSHOP REGISTRATION OPEN



Registration is open for the WSU-WOCS Oilseed Workshops slated for late January in Hartline, Richland, and Colfax. Please visit our website: <http://css.wsu.edu/oilseeds> to register for the workshop(s) you wish to attend and check for agendas.

Washington, Montana, Idaho and Oregon all had record canola acreage in 2017, with a total of 221,000 acres. There's more than one reason those numbers are up, including PNW processors where producers can haul the crop, an excellent opportunity to control problem grassy weeds, and prices that continue to be competitive or superior to wheat. Our one-day workshops will be packed with information such as stand establishment strategies, variety selection and development, minimizing harvest loss, and pest management. Based on feedback from our 2017 workshops, we've got expanded diagnostics with live canola plants with residual and drift herbicide injury, nutrient deficiency, seed size x planting date, and a harvest loss demo. Economics will be a part of nearly every session—it's the bottom line that matters! Information will be geared towards growing conditions and rotations specific to the surrounding region of each workshop, including irrigated at the Richland workshop. Presenters will include breeder at Kansas State University, at the first two workshops, and Dan Orchard, canola agronomist with the Canola Council of Canada, at all three locations.

Email Karen Sowers at ksowers@wsu.edu or call 509.396.5936.



Family Living

Protecting Your Identity WSU Publication FS281E



Limit Access to Personal Information

Identity theft is one of the fastest growing white collar crimes. The Bureau of Justice Statistics estimates that 17.6 million persons age 16 or older were victims of identity theft in 2014 based on those surveyed, and fewer than 10% of the victims reported the incident to the police (McCarthy 2015).

Regardless of the form it takes, identity thieves need to have at least some of your personally identifiable information (PII). Some common forms of PII include your social security number, credit card and bank accounts, driver's license, utility and insurance account information, and your user names (logins), passwords, and PINs for all online accounts.

Results from the Bureau of Justice survey indicate that the majority of identity theft victims don't know how the offender obtained their information, and 9 in 10 identity theft victims didn't know anything about the offender (McCarthy 2015). Identity thieves can get your personal information in a variety of ways. There are the tried and true methods like taking the mail from your mailbox, picking through your trash, or stealing your handbag or wallet. With available technology, there are many more options for thieves like card skimmers or readers, phishing by phone, text or internet, or other imposter scams.

You'll want to avoid opportunities for thieves to access your personal information. Carry only the identification needed. When you can, consider leaving your social security card, extra credit cards, or checkbook locked in a safe place at home rather than taking them with you. Don't write your account numbers, passwords, or PINs on your cards or slips of paper in your wallet, or sticky notes on your phone, monitor, or tablet. Always password-protect your cell phones.

Currently, Medicare cards have the individual's social security number printed on the front. Although the federal government will begin replacing the social security numbers with other patient identification numbers beginning in 2018, you may want to take steps to protect your social security number until you get your new card. You may want to make a photocopy of your card and blacken all but the last four numbers. If you choose to use this method, you'll need to carry a government issued photo ID also.

Protect your incoming and outgoing mail from identity thieves. Use the post office or other secure facility to post your outgoing mail. When possible, consider a locking mailbox attached to your home for incoming mail, or rent a post office box.

Be sure to secure your phone and other electronic devices with a password, PIN, or code, as provided by the manufacturer. Choose added security when available. When selecting a password, don't just use the same one for all of your accounts or devices. Create passwords that are a minimum of eight characters including upper and lower case letters, numbers, and symbols. Do not include your user name, real name or complete passwords. Password experts suggest converting a sentence into letters, numbers, and symbols. You may choose to use a Password Manager software application to secure your passwords. If so, research the supplication. Several are available at no cost.

Destroy Sensitive Personal Information

When you want to dispose of unused credit card applications, paid utility bills, etc., choose a crosscut shredder to destroy papers before disposing of them in the trash. In many areas, local financial institutions or other businesses underwrite the cost of community mobile shredding events. The Washington State Attorney General's office posts a list of events that can be found at: <http://www.atg.wa.gov/community-shred-events>.

You should at least reduce the amount of catalogs, etc. by contacting the Direct Marketing Association at <https://dmachoice.org/>, or writing and requesting that your address be added to their list by mailing your request with a \$1 processing fee to: DMAchoice, Direct Marketing Association, PO Box 643, Carmel, NY 10512.

Are you also inundated with credit card applications? One strategy is to opt out of credit applications by contacting OPT-OUT, operated by the major credit reporting agencies. You can choose to opt out permanently or five years. You can contact OPT OUT by calling: 1-888-5-OPT-OUT (1-888-567-8688) or visit <http://www.optoutprescreen.com>.

As an extra measure, you may choose to add your landline and/or cell phone number to the Do Not Call Registry. Although this does not stop all nuisance calls, it reduces the number of legitimate telemarketing calls that you'll receive. You can do this by visiting the FTC website: <https://www.donotcall.gov/> or by calling 1-888-382-1222 from the phone you want to register. To verify if your number is currently on the registry, visit the site or call 1-888-382-1222. Also, you can file a complaint regarding illegal sales calls or robocalls by visiting the registry or calling 1-888-382-1222.

Protecting the Identity of the Deceased

Request an adequate number of death certificates so that you can provide copies for all the financial institutions, credit card, mortgage and other lenders, brokerage and insurance companies that may require one. When closing an account, request that it be closed with "Account holder is deceased". Send a copy of the death certificate by certified mail, return receipt requested to each of the credit reporting agencies and ask them to put a "deceased alert" on the person's credit report. Also periodically review the deceased's credit report for any fraudulent activity during the year.

If the individual had a driver's license or state ID card, contact the Department of Motor Vehicles to report the death. Send the IRS a copy of the death certificate so that the account will be flagged to show that the person is deceased. You can send the copy of the death certificate separately or with the individual's final income tax return. For more comprehensive list of steps check The Identity Theft Resource Center: <http://www.idtheftcenter.org/>.

A note from Master Gardener Sue Fitzgerald



Hello and Happy New Year!

I hope that everyone survived the holidays! As the mounds of garden catalogs arrive, it is fun to look through them for all that is new in the gardening world. Now is a good time to take a look at any of your left over seeds. An easy way to see if they will germinate is to put 10 seeds on a damp paper towel, then put the towel with the seeds in a small plastic sack then put the sack in a warm place. Look on the seed packet for days to germination. Check your seeds at that many days to see how many have germinated. Depending on how many germinated that will tell you the percent of germination. 2 seeds out of 10 = 20%. If none have germinated, wait another few days, as some may still germinate. If none or a very few have a small root coming from the seed, it may not be worth your time to plant them. Many kinds of vegetable and flower seeds will still germinate for several years after the year you purchased them.

Some flower and vegetable seeds should be started quite early. The earlier you start perennials, the more likely they may bloom this summer. Peppers take quite a long time to germinate and get to a good size to plant. Tomatoes are faster to germinate and grow but can get leggy if they don't have ample light. Onion seeds should be planted early so you have little plants to add to your salads. Salad greens can be started every few weeks, clipping the leaves as they become large enough for salad. Plant out the later starts as the night temperatures allow. Many annuals can be started early. Petunias need four weeks to get from the four to six leaf stage to where they can be re-potted and grown to the flowering stage. Marigolds are very easy to start from seed. The small ones will germinate in five days and be flowering in six to eight weeks. The large flowering African Marigolds will germinate within ten days and be flowering in about twelve weeks. When starting any seed, make sure to use seed starting mix or potting mix. Compost, vermiculite or perlite can be added to the mix. Use a full spectrum grow light that can be lifted as the plants grow. Water with warm water, but don't over water. Have good air circulation and thin plants so they are not crowded. Heat mats can also be used to speed up germination. Re-pot the plants as they become big enough and plant out as temperatures are warming for cool season plants and when the soil has warmed for warm season plants.

The Master Gardener Classes start January 9th! If you are interested, call Janice at the Asotin County Extension Office, 509.243.2009, for more information or to sign up.

**Looking forward to spring!
Sue Fitzgerald**



4-H/FFA News

2017 4-H Achievement Night

4-H Achievement Night started with a potluck dinner on December 3, 2017 at the Dick Brown Community Building. 4-H achievement night is held to recognize 4-H'ers and leaders for their achievement during the year. Extension Educator, Mark Heitstuman welcomed everyone to the program.

Following the Flag Salute and 4-H Pledge, led by the Officers for the Livestock Club and the Creative Kids Club, Logan Ledgerwood and Jordyn Hutchens reported on Bi-County 4-H Camp, followed by Mark Heitstuman, who gave a report on Robotics Camp. Katrina Fennimore from Asotin County gave a report on the role of the State 4-H Advisory Committee.

Outstanding Teen Leadership awards, for their work at 4-H Camp and throughout the year, were awarded to Jordyn Hutchens and Aiden Berglund.

Livestock Judging Awards, from the Garfield County Fair judging contest, were given to the top three judges in the 3-5th grade division and the 6-8th grade division. The monetary awards are sponsored by Dick Ledgerwood & Sons, Inc., Ledgerwood Gelbvieh and Rafter C Reds. Winners were 3-5th grade, 1st place; Wyatt Taylor, 2nd place; Ismael Arteaga, 3rd place; Grayson Slaybaugh; 6-8th grade winners: 1st place; Jillian Herres, 2nd place; Chase Caruso and 3rd place; Braeden Fruh.

Gold Medal Awards are awarded to 4-H'ers who demonstrate a positive work ethic during club meetings and activities, as well as their project achievements and were voted on by the 4-H Leaders. Project Gold Medal winners were for Beef: Trevin Walton, Lane Shawley and Colby Ledgerwood; Swine: Levi Henderson, Nayely Larios and Natalia Larios; Sheep: Kendal Dixon and Merritt Scoggin; Horse: Lily Quarles and Westelle Scoggin; Cake Decorating: Madison Dixon and Jordyn Hutchens; Canning and Preserving: Jordyn Hutchens and Eva Maconnell; Kinitting and Crochet: Westelle Scoggin; Bread Baking: Eva Maconnell and Westelle Scoggin; Foods: Stacia Bowen and Chase Caruso; Fine Arts: Jaden Steele and Teagan Steele; Creative Arts: Nick Hastings and Levi Henderson.

Record Book Awards, sponsored by Four Star Supply, were given to the top three in each division and sub division. Winners were, Junior Single Project: 1st Place, Gunner Magill, 2nd Place, Wyatt Taylor and 3rd place, Peyton Cannon. Junior Multi Project: 12st Place, Colby Ledgerwood, 2nd Place Levi Bowen and 3rd Place, Eva Maconnell. Intermediate Single Project: 1st Place, Ollie Severs and Hannah Bagby, 2nd Place, Trevin Walton and 3rd Place, Aiden Knuttesson. Intermediate Multi Project: 1st place, Kendall Dixon and Merritt Scoggin, 2nd Place, Stacia Bowen, and 3rd Place, Lane Shawley. Senior Single Project Winners: 1st Place, Logan Ledgerwood, 2nd Place, Emma Severs, and 3rd Place, Keely Maves. Senior Multi-Project Winners: 1st Place, Westelle Scoggin, 2nd Place, Jordyn Hutchens, 3rd Place, Grady Hutchens. All 4-H'ers were given a pin for their number of years in 4-H.

Leaders were recognized for their volunteer service. Lora Fruh for 2 years, Brian Scoggin for 2 years, Alia Scoggin for 4 years, Laura Dixon and Jessica Nelson for 6 years, Derek Shawley for 7 years and Sheree Ledgerwood for 28 years of service. We are very thankful for the years Lora gave to the 4-H Horse Program. She will be stepping down this year and we are happy to announce that Sarah Lunsford has volunteered to to be the Horse Club Leader. Mark Heitstuman also stated that we are looking for someone to lead the Robotics Club. The 4-H Program has kits available for this project. If you are interested in becoming a 4-H Leader in any project, please stop by the Extension Office.

Sheree Ledgerwood
4-H Coordinator





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PO Box 190
Pomeroy, WA 99347
509-843-3701

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

Slow Cooker Lentil Soup Weight Watchers

Ingredients:

2 medium uncooked carrots, peeled, cut into large chunks	1/2 tsp dried thyme, crushed
2 ribs, medium uncooked celery, cut into large chunks	1/2 tsp salt, or to taste
1 medium uncooked onion, cut into large chunks	1/4 tsp black pepper, or to taste
2 cloves garlic, minced	8 cups chicken broth
2 cups dry lentils, picked over	4 oz uncooked Canadian bacon, diced (4 to 5 slices)
3 bay leaves	

Instructions:

Place ingredients in a 4 to 5 quart slow cooker in the following order: carrots, celery, onion, garlic, lentils, bay leaves, thyme, salt, pepper and broth. Cover slow cooker; cook on low setting for 6 hour. Uncover, stir in bacon and heat for 30 minutes more; remove bay leaves. Yields about 1 1/2 cups per serving.

To thicken soup, remove 1 cup of uncooked lentils and puree in food processor; stir back into soup. For a lighter flavor, replace 4 cups of chicken broth with 4 cups of water. To make vegetarian, substitute cup of sliced shitake mushroom caps for the Canadian bacon and use vegetable broth.

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.

Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life.



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Helping You Put Knowledge To Work