Announcements

MARCH

March 17, 2018
4-H & FFA Youth Beef Field Day
Lewiston Livestock Market
8:00 AM—3:00 PM
This interactive youth field day provides the latest information on raising beef projects for youth, parents and leaders. Forms are available at:
$8.00/person includes lunch. For more information contact Mark Heitstuman at heitstuman@wsu.edu or call 509.243.2009.

March 24, 2017
4-H & FFA Youth Swine Field Day
Asotin County Fairgrounds
8:00 Am –3:00 PM
Health care, feeding & nutrition, selection, fitting & showing and more. $8/person includes lunch. Pre-registration due by March 16th! Forms available at:
For more information, contact Mark Heitstuman at mailto:heitstuman@wsu.edu or 509.243.2009.

Garfield County Noxious Weed Board Meeting, Tuesday, March 13th, 2018 @ 1:30 PM, in the Commissioner’s Room of the Garfield County Courthouse. There will be two representatives from the Bonneville Power Company attending to discuss Weed Control under their power line right-of-ways. Weed Board Meetings are open to the public and your opportunity to ask questions and share your concerns.
March 24, 2018
Working Forests for Landowners
Columbia County Fairgrounds, Youth Bldg.
9:00 AM—4:00 PM
Learn to accomplish management goals, protect the health and beauty of your forests, protect financial investments, and reduce risk. $10/person or $20/family before March 20th. Lunch can be purchased for $10.
For more information visit:
http://forestry.wsu.edu

Spring Farming Days
April 7th and 8th, 2018
Horses and mules will be pulling old time plows and other implements as they prepare 13 acres for seeding beardless barley. Hot lunches may be purchased both days, 11 AM to 1 PM. Saturday lunch will be Ham Dinner, Sunday lunch will be Beef and Polish Sausage Dogs. Saturday Night Potluck as well. Blue Mountain Artisans Guild will have a display and demonstrations.
Call 509-751-6751 to reserve an RV spot.
For more information contact:
Jay Franks, 509.566.7027
Dave Ruark 509.843.3506
www.co.garfield.wa.us/museum

Spring Preview
Saturday, April 7, 2018
4th Annual Garfield Co. Spring Preview Jackpot, Saturday, April 7th, 2018. Friday Steer Weigh In 5:00 pm—7:00 PM, Saturday Steer Weigh In 7:00 AM—8:00 AM. Show starts at 9:00 AM. For more information contact Pete Charriere, 509-566-7777, or Kayla Slaybaugh, 509-254-3918, or email:
ledgerwoodgelvieh@gmail.com
Livestock and Farming

Crop Residue—Help or Hindrance?
By Karen Hill

The production of crop residue varies dramatically across the Inland Pacific Northwest, with estimated residue production for winter wheat ranging from roughly 0.9 ton/acre in the drier grain-fallow cropping system (Figure 1) to 8.5 ton/acre in the wetter crop system, which has enough precipitation to support cropping every year. Crop residues are often seen as simply something to “manage” so that they don’t impede future plantings or as a byproduct that can be sold to help improve the bottom line. However, while editing chapters for the recently released publication Advances in Dryland Farming in the Inland Pacific Northwest, I was introduced to another way to think about these residues in the chapter in that publication titled “Crop Residue Management.” The lead author, Haiying Tao from Washington State University, and her co-authors make the interesting point that crop residues should be seen as a valuable resource and that there’s an important trade off that should be considered before exporting them from the farm. Residues not only serve a critical role in protecting soils from wind and water erosion between crops, they also add carbon and nutrients back to the soil, improving soil health and helping to maintain it’s productivity over time.

While crop residues provide conservation benefits, the large amount of residue in annual crop systems can create problems for growers. In no-till and reduced-till systems, crop residues on fields block the evaporative and heating action of the sun, and can create cool and wet conditions favored by some pathogens that attack emerging seedlings. Residues can also get caught up in planting equipment or prevent proper seed placement in soil. (In conventional tillage systems, tilling residues into the soil normally prevents these problems.)

In the annual crop areas, once enough residue is kept on the soil surface for meeting soil conservation and soil health needs, there may be options for baling residue and selling it for livestock feed, bedding, mushroom production, feedstock for fiberboard or paper production, or biochar production. While this type of sale may improve the bottom line, it is important to consider the trade-offs involved when making this decision. Partial budgeting allows growers to calculate these trade-offs. (Table 1)
Residue removal involves increased costs including costs for harvest, swathing, baling, and stacking. It also leads to increased revenue from sale of the straw. While these are the most obvious items in the partial budget, another, more easily overlooked, consideration is the reduction in revenue due to the need to replace the nutrients removed with the residue. Straw contains valuable nutrients such as nitrogen, phosphorus, potassium and sulfur that, when not returned to the soil for the next crop, must be replaced through the purchase of fertilizer. Depending on fertilizer costs, this cost can be considerable.

Say you are a farmer growing winter wheat close to Pullman, Washington and after harvesting wheat from your field, you have 2 tons per acre of wheat straw that you could harvest. If you baled and sold all of your wheat straw, you’d be exporting 17/lb/acre if nitrogen, which would cost you $10.20 in fertilizer to replace. When you include the phosphorus, potassium, and sulfur in the straw, the total value of the nutrients being exported is $24.70. If you also have to pay $61.46 (2 tons X $30.73) to harvest and $14.50 per acre to swath, bale and tack the straw, you would need to get at least $50.33 per ton of straw just to cover costs. And though they are more difficult to quantify, would the gains in organic matter and soil health from leaving the straw on the field tip the balance even further?

More information on recent research on tillage and residue management systems in the Inland Pacific Northwest is available in the chapter on Crop Residue Management in *Advances in Dryland Farming in the Inland Pacific Northwest* or in an archived webinar titled Tillage and Residue Management Systems and Impacts on Soil Health in Drylands co-presented by Dr. Rakesh Awale and Dr. Prakriti Bista, post-doctoral researchers at Oregon State University, Or., for information on topics related to dryland farming in our region, view the whole Advances webinar series.

To download the pdf version of *Advances in Dryland Farming in the Inland Pacific Northwest* visit: [http://extension.wsu.edu/publications/pubs/em108/](http://extension.wsu.edu/publications/pubs/em108/) or to order your FREE copy call: 800.723.1763
A note from Master Gardener Sue Fitzgerald

The best knowledge a gardener can have is what grew well last year!

Now is the time to start planning your garden! We should start warming up soon, even though the forecast for spring is below average temperatures. Be sure the soil is warm enough to germinate any seed that you directly sow. Hold off on transplanting until the night temperature stays above freezing. If temperatures are not in the 40’s, you should cover plants at night. Many seeds may be started indoors as long as you have grow lights and a warm area. If you have any seed starting or gardening questions, please feel free to contact me at 843.6120.

Prune and dormant spray fruit trees and landscape trees as soon as possible. Do not prune spring flowering trees until after they bloom, as you will be pruning off your flower buds. Roses and winter damaged shrubs should be pruned now. Lift and divide perennials that have out grown their spot. The earlier you divide, the better to give them time to settle in their new spot before hot weather sets in.

A tasty year around treat is seed sprouts. Alfalfa, bean or radish sprout seed should be of food grade quality purchased from a reputable supplier. Be sure your growing container is very clean and change the water several times a day. E coli can be present on sprouts not properly handled.

There are many other drought tolerant flowers and grasses that grow in our area. To see how well they grow, the University of Idaho has a display which is open year around on the south side of their Arboretum. Take a fun day trip, and visit the arboretum.

The following is a list of native wildflowers that are drought tolerant and do well in our area landscapes:

**Agastache Cusickii**: Flowers are soft pink, 16” to 20” inches tall, 18 inches wide, grow in well drained, low fertility soil that is neutral to slightly alkaline. Full sun to partial shade.

**Aquilegia Golden Columbine**: Golden yellow flowers over a long period. 24 to 36 inches tall, 18 inches wide. Grows best in part sun with well drained soil but will tolerate dry areas with some additional water.
**Aquilegia Desert Columbine:** Dark red and yellow flowers with reddish green leaves. Short mounds 10 to 14 inches tall, 12 to 18 inches wide. Grows best in well drained soil that is low in nitrogen but will tolerate clay if allowed to dry down.

**Aquilegia Utah Columbine:** Deep blue flowers. 8 to 10 inches tall 12 to 18 inches tall. Grows in low nitrogen soil. Prefers part shade but will do ok in full sun with irrigation.

**Eriogonum Seaside Daisy:** Selected for cold hardiness and compactness. Light lavender flowers with yellow centers. 10 inches tall, 16 to 24 inches wide. Grow in full sun to part shade.

**Eriogonum Short stem Buckwheat:** Very hardy, Yellow flowers. 10 to 12 inches tall 12 inches wide. Full sun, Coarse to medium clay soil but will grow in slightly acid-ic well drained soil.

**Penstemon Pineleaf:** Deep red flowers. 12 to 18 inches tall, 12 inches wide. Prefers coarse soils but will do well in sandy or clay soils. Needs full sun.

Lets hope the weather warms up so we can get out and GARDEN!!

If you have any gardening, plant, insect question, please contact us at the WSU/Garfield County Extension office, 509.843.3701

or visit: http://extension.wsu.edu/garfield/

Happy Gardening from your Master Gardener’s
**Family Living**

**Reading Food Labels Can Improve Chances of Weight Loss**

Adapted from WSU Publication FS065E

The National Longitudinal Survey of Youth

A recent study of middle-aged Americans find that reading food labels could be an important tool in the quest for weight loss through dietary improvement. Today almost all packaged food carry labels that provide essential nutrient and ingredient information such as the percentages of fat and cholesterol, serving size, and percent daily value of key vitamins. Long-term dietary information is not commonly available for public use and analyses. However, the Bureau of Labor Statistics’ National Longitudinal Survey of Youth has been asking respondents about their food label usage since 2002. This allows examination of the actual use of food labels by middle-aged Americans who are trying to lose weight.

Data from 3000 men and women who participated in the National Longitudinal Survey of Youth between 2002 and 2006 were used in the study. The National Longitudinal Survey of Youth began in 1979 when respondents were 12-17 years old. In the 2002-2006 biennial rounds of the survey, respondents were asked if they read food labels when they purchased an item for the first time, if they were trying to lose or control weight, and if they regularly participated in vigorous physical exercise. The study sample was restricted to individuals who were of healthy body weight, over-weight, obese and trying to lose or control their weight over the five year period between 2002-2006.

**Study Results**

Among those trying to lose or control weight in the study, 74% were obese or overweight. Around 39% of those who were trying to lose of control weight were only reading food labels, about 11% were participating in regular vigorous physical activity, around 17% were reading labels as well as exercising and the rest were neither reading food labels nor exercising. Over the five years, only about 53% of the individuals were able to lose or maintain weight; the rest gained weight. Women were more likely than men to read food labels when they purchased a product for the first time; they were also more likely to lose weight. Older individuals were less successful in losing weight than their younger counter-parts. Overall, those who read labels but did not exercise were more likely to lose weight than those who exercised but did not read labels.

**Bottom Line**

It is difficult to lose weight and many are often unsuccessful. However, reading food labels can increase one’s dietary knowledge, which can be used to make healthier food choices, either through quantity or quality changes that can improve the chances of weight loss. Additionally, eating a healthful diet can help reduce the risk of some diseases, such as avoiding 1) too much saturated fat and cholesterol that can contribute to heart disease, and 2) too much sodium that may lead to high blood pressure.
To start this 2018 year off, our FFA chapter is in full swing with February and March competitions and activities. We have been practicing for most of our Career and Leadership Development Events, and we have worked on fundraisers for the Alumni and the FFA Chapter.

Our new Ag. Issues and Marketing Plan teams competed in Colton on January 22, where the Marketing Plan team placed 2nd with their 509 Show Circuit marketing plan, and our Ag. Issues team placed 1st with their presentation about online agriculture courses and their effect on traditional agriculture programs. Our Ag. Issues team will be presenting throughout our community, so if you know of a group that would like to have us present, please have them contact Mr. Kimble at the high school. Our Marketing plan team would also like to present to some groups in order to fine-tune their plan and get some input for improvements they can make.

We competed in Local Leadership contests on February 25th at the High School. Our FFA Alumni had their annual membership meeting, we listened to a presentation by our WLC participants, and watched our spring leadership contestants compete in Creed, Conduct in Chapter Meetings, Parliamentary Procedure, Marketing Plan, Agriculture Issues, and Public Speaking.

In addition to our contest preparation, we have had a few successful fundraisers this winter. Our annual FFA Alumni dinner and silent/live auction was a huge success, breaking records for attendance and money raised. Pomeroy really came through and showed their support of our program through their attendance and monetary support. We had a great time and have already started planning on improving upon this year’s auction and making next year’s event even more successful.
Finally, our FFA chapter had 2 great fundraising efforts with our annual basketball feed during the senior night games and with our “Branded for Success” t-shirt sales. Our community never ceases to amaze us with their support and kindness. Our member can be seen wearing their t-shirts at any and all events where our Official FFA Dress is not required. This program has really helped us to highlight those cattlemen and cattlewomen that make our county great.

Some Upcoming Events for our FFA Chapter include:
03/13/2018: South Sub-District Leadership Contests at Pomeroy High School
03/27/2018: District Leadership Contest at Asotin High School
03/31/2018: NCWJLS Meats and Livestock Contests at Moses Lake Fairgrounds
04/07/2018: Jackpot Show at the Pomeroy Fairgrounds
04/27/2018: Asotin County Fair Meats and Livestock Contests at Asotin County Fairgrounds
05/01/2016: Junior Livestock Show of Spokane, runs through the 6th of May
05/02/2018: Livestock Show of Spokane Meats Contest & State Livestock Contest
05/10/2018: State FFA Convention at WSU Campus in Pullman, WA, runs through the 12th of May

Thank you for all of your support!
Fried Cabbage with Bacon, Onion, & Garlic, an alternative for St. Patrick’s Day

Ingredients:
- 6 slices of bacon, chopped
- 1 teaspoon ground black pepper
- 1 large onion, diced
- 1/2 teaspoon onion powder
- 2 cloves garlic, minced
- 1/2 teaspoon garlic powder
- 1 large head Cabbage, cored and sliced
- 1/8 teaspoon paprika
- 1 tablespoon salt, or to taste

Directions:
Place bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes. Immediately stir in the cabbage and continue to cook and stir another 10 minutes. Season with salt, pepper, onion powder, garlic powder, and paprika. Reduce heat to low, cover and simmer, stirring occasionally, about 30 minutes more.

This is a beautiful dish with many colors and full of flavor!