Welcome to the WSU Garfield County Extension Newsletter!
This is an electronic newsletter highlighting events and topics of interest to residents of Garfield County and the surrounding area. This newsletter can also be viewed on our website: https://extension.wsu.edu/Garfield/

Do you have an event or subject you would like added to our newsletter or website? Would you like to be removed from our Extension Newsletter email list?
Contact the Extension Office
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Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.
The Garfield County crop tour will begin at **9:00 am on Wednesday, June 27th** at Roger and Randy Koller’s. The tour is located off of Tramway Road; and will feature, Aaron Esser, WSU Variety Tour Coordinator. Winter Wheat, Spring Wheat and Barley Variety Trials are located at the Mayview location.

<table>
<thead>
<tr>
<th>Other Crop Tours</th>
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<tbody>
<tr>
<td><strong>6/27 Dayton</strong></td>
<td><strong>8:00 AM Cereals &amp; Legumes</strong></td>
<td>Paul Carter, 509-382-4741</td>
</tr>
<tr>
<td><strong>6/27 Anatone</strong></td>
<td>3:30 PM</td>
<td>Mark Heitstuman, 509-243-2009</td>
</tr>
<tr>
<td><strong>6/28 St. John</strong></td>
<td>10:00 AM</td>
<td>Steve Van Vleet, 509-397-6290</td>
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<tr>
<td><strong>7/6 Palouse</strong></td>
<td>3:30 PM</td>
<td>Steve Van Vleet, 509-397-6290</td>
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Grazing Alfalfa and the Fear of Bloat

With high hay costs there is a lot of interest in grazing alfalfa. Grazing, instead of making hay, is a good management decision for some alfalfa and/or livestock producers. It may be a very bad idea for others. Grazing alfalfa is not new. Alfalfa has been grazed since before Roman times. It is grazed by cattle, sheep, hogs, horses, camels, goats, ostriches, and other domestic animals as well as deer and many other wild animals.

Pure stands of alfalfa are frequently are frequently grazed. More often, Alfalfa is grown in mixtures with grasses for pasturing. In some areas alfalfa is green chopped or fed as fresh long stems.

Most producers are at least somewhat reluctant to graze their alfalfa because of the possibility of losing animals to bloat. While the possibility of bloat is real when grazing most lush forages, it is particularly troublesome when grazing nearly all forage legumes. No alfalfa variety is less apt to cause bloat than another.

Pasturing alfalfa during the late fall and winter is the safest grazing time when nearly all growth is frozen (brown). The most dangerous time for bloat is when recent growth has been frosted with spring or fall freezes.

Some of the most widely accepted ways to lessen the problem with bloat are:
- Provide a bloat preventative for several days before grazing alfalfa and continue to provide it the entire time that livestock are grazing alfalfa.
- Do not graze alfalfa that is lightly frosted. This is probably the most risky time. Graze alfalfa when nearly all growth is frozen (brown).
- Do not begin early in the morning. Do not turn cattle onto alfalfa wet with dew. Wait until it dries completely. Fewer problems occur when starting in the afternoon.
- Do not put hungry cattle on lush alfalfa. Fill animals with dry grass or hay before grazing alfalfa. Continue to give them a choice of eating dry feed or fairly mature grass when grazing alfalfa.

Some producers use a “chronic bloater” in the herd as an indicator.

Closely watch livestock several times a day, at first.

Remove all animals from the alfalfa field at the first sign of bloat and watch them closely.

Compiled by John Fouts. For more information, contact WSU Extension Walla Walla County at (509)524-2685.
The Master Gardener

Vegetable gardening: food security, healthy choices, and community well being

extension.wsu.edu/impact

ISSUE

According to USDA statistics, 49 million people lived in food-insecure households in the United States in 2013. This means the quality, variety or the desirability of the foods eaten were less than typical. (USDA Economic Research Service). From 2010 to 2014 the USDA Economic Research Service reported an increase of 46,453 households in Washington State who participated on a monthly basis in the Supplemental Nutrition Assistance Program (SNAP), formerly the Food Stamp Program for low-income Americans. Despite the ongoing recovery to our economy from the Great Recession, 1 out of 7 Washington heads of household could not afford enough food for their households in 2015.

Statistics continue to show a need to supplement food banks with fresh and healthful produce, and many people are venturing into vegetable gardening for the first time to save money on groceries and increase the amount of fresh produce their families eat. This is evident through the documented increase in community gardens throughout the state and the increase in food gardening questions Master Gardener (MG) volunteers receive from the public.

RESPONSE

Public education programs on fruit and vegetable gardening, led by Master Gardener volunteers, were developed in Washington. For instance, hundreds of workshops were geared toward the beginning food gardener. In addition, Master Gardeners received specialized training (known as continuing education) on the topic to educate the general public and community gardeners on current research-based gardening practices to increase the gardeners’ chances of successful harvests.

Master Gardener volunteer taught in 162 community gardens and 61 schools. They worked with 22,458 youth in school gardens, Master Gardener demonstration gardens, and community gardens. Master Gardeners hosted 4,540 plant diagnostic clinics where they answered 10,048 vegetable gardening questions using research based information. Vegetable gardens were installed, planted and harvested under the leadership of Master Gardeners in low-income communities, juvenile justice centers, a shelter for homeless teens, and a housing project for adults with intellectual and other disabilities. Master Gardeners also offer leadership to Hilltop Urban Gardens (HUG), a gardening program in a low-income community in Tacoma that was created to develop systems for food sovereignty and create racial and economic justice.
IMPACTS

Research shows that the more involved people are with growing their own food, the more likely they are to eat it. Studies show that the community gardens foster increased community involvement and pride among residents, increased neighborhood safety, increased activity and sense of well-being, and less isolation among residents. Community gardens also help people save money, preserve green space, and contribute to the urban food system. Additionally, community gardens bridge ethnic, economic, and age differences. Youth also are inclined to share their newfound knowledge with their parents, possibly having a positive influence on the family’s food choices.

In 2010, WSU Master Gardeners in Pierce County established vegetable gardens with incarcerated women at the Washington Corrections Center for Women. The program continues to grow in size and participation, and in 2015, 27 women grew 14,500 pounds of fresh produce, which were used in the cafeteria, under the guidance of Master Gardeners. A total of more than 56,500 pounds of produce have been used by the cafeteria since the program began, increasing the amount of fresh vegetables the women eat and reducing food costs for the center. This program teaches participants horticultural skills that can prepare them for jobs in the horticulture industry upon release from prison. In fact, two former project participants studies have shown a direct correlation between prison gardening programs and improved self-esteem, decreased effects of mental illness, reduced anxiety, increased patience, and a better understanding of delayed gratification.

In Benton-Franklin County, WSU Master Gardeners work with youth offenders at the Juvenile Justice Center. The youth are rewarded for good behavior by being allowed to participate in the gardening program. Studies show the multiple benefits of nature and horticulture therapy, from stress relief to gaining a new identity and status, such as being referred to as a gardener as opposed to an offender. These youth are treated with respect and learn how to interact with adult mentors, something they may normally be intimidated by, shy away from, or have little opportunity for. Through caring for the garden, the youth are given a sense of value because they see the results of their efforts in the form of healthy plants. They also feel a sense of belonging and learn the feeling of pride through giving back to their community by donating all of the produce grown to the local foodbank.
A Note from Master Gardener Sue Fitzgerald

Before our temperatures warm up toward the 70’s, there is still time to plant cool season crops. If you have a partial shady area that’s a great spot, but even a full sun area will work. Although in a full sun area they may suffer in heats 80 degrees or above. Beets, carrots, potatoes can all be planted now. As we get toward the warmer temperatures, you can plant your corn. The three types of corn are: SU type. SU is easy to grow. Since it is open pollinated, it will tolerate cooler soil. The second type is SE. Sugar enhanced is more demanding, needing soil temperatures above 50 degrees. Third, SU Super Sweets, need soil above 65 degrees and need to be isolated from all other corn as they will cross pollinate and that will make tough, chewy corn. All corn types need fertile soil. We have enough growing degree days for most types but the longest season varieties. Plant seed in blocks rather than single or double rows so that there is ample pollen to get good coverage on the ears. Also, plant seeds every week or plant varieties with different days to maturity to extend your harvest season.

Plant bean seeds every ten days through early July to extend their harvest season. Planting all at one time will give you an abundance of beans all at once, which is sometimes more than you can keep up with. If you keep picking so that the bean pods do not produce seeds, the plant will keep producing beans.

If you plant tomatoes or peppers in the first part of May, watch for cold nights and cover if the nights are going to be in the low 40’s.

As we get into May, plant seeds of melons, squash and other warm season crops. Use your judgement as to when and what to plant, remembering cool season crops do best early, followed by root crops as the soil warms. The last crops to plant are those that don’t like cool days and cold nights, so plant them when the soil is warm. Black plastic can be used to warm the soil (and kill weeds) a week or two before planting warm season crops.

Many annual flowers can be planted through May. Pick annuals that have a short time to germinate. A few easy to grow annuals are French Marigold, Poppy, Clarkia and Cosmos. If you started plants, watch for cold nights as they are used to warn greenhouse, not the low 40 degree nights. Dahlias and Gladiolas can be planted now. Plant a few Gladiolas every week, this will extend the season to enjoy their flowers.

Watch for insects as the weather warms. Aphids, scale, mites or other soft body insects. If you had them last year you will have them again this year. You should have dormant sprayed by now, but if not, spraying now will help to keep them down in numbers.

A couple of weeks after Fruit trees bloom, and there is not chance of frost, thin the fruit to four to six inches apart for soft fruit, and eight inches for apples and pears. With our wet weather this year, Fire Blight may be a problem on apples and pears. If your trees have leaves that look like they have been burnt, cut the branch a foot or so below that area on the infected branch. After each cut, disinfect your pruners so that you don’t spread the disease.

If you like watching Hummingbirds, here are a few plants that they like: Salvia, Heuchera, Veronica, Day Lilly, Phlox, and Red Hot Poker. These have tube shaped flowers. Many other bright red or pink flowers will attract them as well.
Proper care of Hummingbird feeders takes a significant commitment on your part, so please consider this before you start. **Following these instructions will help keep the Hummingbirds from getting a serious and deadly fungus infection.** This fungus condition causes their tongues to swell, making it impossible for the Hummingbird to eat. Ultimately, they die of starvation, a slow and painful death. **Please care for Hummingbirds right, or not at all.**

### WHAT DO HUMMINGBIRDS EAT?

The Hummingbird diet consists of small soft body insects (aphids, gnats, small spiders, small fruit flies that feed on rotten fruit, etc.) and nectar from flowers which is mostly sucrose. When you put up a feeder, you are providing them an easy access to only the sucrose part of their diet. This is very important when flower nectar is in short supply.

### SELECTION OF FEEDER

Purchase a feeder that has no hidden areas. Be sure all the inside surfaces can be reached and cleaned with a bottle brush (this will eliminate many types).

#### FEEDER FOOD: Sugar water prepared as below:

- **One (1) Part White Sugar**
- **Four (4) Parts Boiled Water**
- Do not boil sugar
- Re-measure after boiling
- **Cool to room temperature and then fill feeder**

The above ratio approximates the sugar to water ratio present in the nectar of Hummingbird flowers. Too much sugar is hard on their liver and kidneys. Too little sugar will not provide the needed calories and may cause them to lose interest in your feeder.

### DO NOT USE:

- **RED DYE**
- **COMMERCIAL HUMMINGBIRD FOOD**
- **HONEY OR ARTIFICIAL SWEETNERS**
- **ANYTHING OTHER THAN THE ONE TO FOUR SUGAR WATER MIXTURE DESCRIBED ABOVE.**

### HANGING THE FEEDER:

You can use a piece of coat hanger to hang the feeder. Hang the feeder in the shade where the Hummingbirds are safe from cats and at least 10 feet from windows (to avoid window strikes).
HUMMINGBIRDS FOUND IN EASTERN WASHINGTON

MAINTAIN FEEDER CLEANLINESS
You will need to wash the feeder out in very hot water every 2 to three days. Use a bottle brush to scrub all surfaces then rinse well. In hot weather, above 60 degrees, clean and change feeder every 3 days. Hummingbirds put their tongues into the feeder to drink and sugar water is a good medium for the growth of pathogens, If you see any mold in the feeder or the mixture becomes cloudy, then it was left up too long. Remember, if it is not clean enough for you to drink from then your feeder is not fit for these delicate little Hummingbirds. **Proper maintenance of feeders needs to be strongly emphasized.** The Wetland’s & Wildlife Care Center’s Hummingbird rescue team rehabilitates hundreds of Hummingbirds of which 10% or more of those received have fungus infections from improperly maintained feeders. These include sick adults or the sick babies of dead or about to die mother Hummingbirds.

Unfortunately, not all of them make it. Because of their diet, treatment of candidiasis in Hummingbirds is extremely difficult.

FRUIT AND FLOWERS
You can put out spoiled fruit in a plastic bucket, which will draw small gnat and fruit flies. You can get hummingbird flowers and/or seed mixture from your nursery. Always consider the cat problem and hang where cats can’t pick off the Hummingbirds (they get very good at doing that).

YOU HAVE FOUND A HUMMINGBIRD
Put it in a shoebox on crumpled Kleenex. Put a pencil size hole in the cover, cover the box and keep it warm and quiet. Specialized care and diet is required for captive Hummingbirds. Please contact your local Wildlife Rehabilitation Center.

YOUR LOCAL WILDLIFE REHABILITATION CENTERS:

WSU Veterinary Teaching Hospital
205 Ott Road
Pullman, WA 993164-7060
509-335-0711
*You must be able to transport injured wildlife to their lobby.

Blue Mountain Wildlife Rehabilitation and Education
71046 Appaloosa Lane
Pendleton, OR 97801
1-509-278-0215
lynn@bluemountainwildlife.org
Contact the center first, they have volunteer drivers that will meet you to transport the wildlife.
As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

**CHECK**
- fresh produce for signs of cuts or bruising, where harmful bacteria can breed
- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

**CLEAN**
- hands, surfaces and utensils to prevent contamination
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

**RINSE**
- fresh fruits and veggies just before eating
- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

**SEPARATE**
- produce from raw meat, seafood, poultry, eggs and household chemicals
- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

**CHILL**
- cut fresh produce within two hours to prevent bacteria growth
- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

**THROW AWAY**
- bruised, damaged or potentially cross-contaminated produce
- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!
A big Thank you goes out to Samee and Pete Charriere for hosting the 2018 Spring Jackpot. We are very fortunate to have Samee and Pete volunteer their time, knowledge and passion for showing beef with our youth.

Samee and Pete start working on collecting donations and preparing for the show in February. They were able to collect $3,760.00 in donations and $900.00 in entry fees, all of which goes back to the kids after the judge is paid. That is a big pot of money. Garfield County kids Do Not pay the entry fee that the out of county kids pay of $20.00 per animal.

Kids from all over the area came to compete and prepare for other events such as Spokane Junior Livestock Show and Fairs. Kids came from Hermiston, Or; Echo, Or; Hayden, ID; Rathdrum, ID; Eltopia, WA; Warden, WA; Ellensburg, WA; Burbank, WA; Cheney, WA; Ritzville, WA; Deer Park, WA, Colfax, WA, Asotin, WA and of course our local kids. This is a great opportunity for the kids to work with their steers, learn what judges are looking for, and a chance to make some money to put away for college.

The day was a cold, wet day for showing but fun and challenging for all!!
## 2018 SPRING JACKPOT RESULTS

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>Champion Jr. Showman</td>
<td>Ainsley Imler</td>
<td>Colfax, WA</td>
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<tr>
<td>Reserve Champion Jr. Showman</td>
<td>Kelly Cordill</td>
<td>Cheney, WA</td>
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<tr>
<td>Champion Int. Showman</td>
<td>Allyson Taylor</td>
<td>Post Falls, ID</td>
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<td>Reserve Champion Int. Showman</td>
<td>Parker Lyski</td>
<td>Ellensburg, WA</td>
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<tr>
<td>Champion Sr. Showman</td>
<td>Tara Tellefson</td>
<td>Warden, WA</td>
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<td>Reserve Champion Sr. Showman</td>
<td>Cade Lyski</td>
<td>Ellensburg, WA</td>
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<tr>
<td>Champion Heifer</td>
<td>Cade Lyski</td>
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<td>Reserve Champion Heifer</td>
<td>Ty Davis</td>
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<td>Champion Steer</td>
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<tr>
<td>Reserve Champion Steer</td>
<td>McCall Lovejoy</td>
<td>Connell, WA</td>
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Cream of Fresh Asparagus Soup
Allrecipes.com

Ingredients:
- 1 pound fresh asparagus, trimmed and cut into 1” pieces
- 1/2 cup chopped onion
- 1 (14.5 ounce) can chicken broth
- 1/2 cup sour cream
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 pinch ground black pepper
- 1 cup milk
- 2 tablespoons butter
- 1 teaspoon fresh lemon juice

Directions:
1. In a large saucepan, combine asparagus, chopped onion, and 1/2 cup chicken broth. Cover, and bring to a boil over high heat. Reduce heat, and simmer uncovered until asparagus is tender, about 12 minutes. Process the mixture in a blender to purée the vegetables. Set aside.
2. In the same saucepan, melt the butter over medium-low heat. Sit in the flour, salt, and pepper. Cook, stirring constantly for 2 minutes. Whisk in the remaining chicken broth and increase the heat to medium. Cook stirring constantly until the mixture boils. Stir in the asparagus puree and the milk.
3. Put the sour cream in a small bowl, and stir in a ladleful of the hot soup. Add the sour cream mixture and the lemon juice to the soup. Stir while heating the soup to serving temperature, but don’t allow it to boil. Serve immediately.

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