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?

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Livestock and Farming

Poison Hemlock, *Conium maculatum*
A deadly, toxic noxious weed in Washington

WA State Noxious Weed Control Board

Identification
Poison hemlock can be mistaken for many edible and ornamental member of the carrot family such as parsley, sweet cicely, parsnip, wild carrot, and anise that have similar-looking flowers, leaves, and seeds. It is critical to be able to identify poison hemlock to prevent accidental ingestion or exposure.

- Plants can grow very tall, reaching heights of eight feet.
- The hollow stem is smooth and hairless and has very distinctive purple blotches all over it.
- It has large, glossy green, finely divided, fern-like leaves that are smooth and hairless.
- Like many members of the carrot family, poison hemlock produces flat-topped flower arrangements consisting of small clusters of tiny white, 5-petaled flowers.
- Compounds in poison hemlock give the entire plant—especially the leaves when crushed—an unpleasant odor that has been described as musky or resembling the smell of mouse urine.

A Toxic, Noxious Weed
Poison hemlock can be deadly toxic to both people and animals. It contains toxic alkaloids, including conine and y-conicein, which are most concentrated in unripe seeds. These poisonous compounds affect the nervous system. Initial symptoms may include a burning sensation in the mouth, nausea, vomiting, confusion, respiratory depression, and muscle paralysis. Death, when it occurs, is usually rapid and is caused by respiratory paralysis.

Ingestion of poison hemlock should be taken seriously and persons doing so should be taken to the emergency room.

For further information about poison hemlock poisoning and symptoms, contact the Washington Poison Center at:

1-800-222-1222
Where Does Poison Hemlock Grow?
An aggressive invasive species, poison hemlock rapidly colonizes streambanks, vacant lots, road-sides, pastures, and meadows, especially where the soil is moist, outcompeting native plants and desirable forage species. It is found throughout Washington State.

How Does Poison Hemlock Spread?
Poison hemlock is a biennial plant, which means that it typically lives for two years. The first year it forms a basal rosette of leaves. The second year, it develops flowering stems and produces about a thousand seeds per plant. Seeds can be spread by human activities, animals, water, vehicles, or through the movement of soil.

Poison Hemlock Control
Use these recommended control methods to remove poison hemlock from your property. Always wear protective clothing and gloves to prevent accidental exposure to the plant’s toxic juices. Keep children away from poison hemlock.

Mechanical:
Small patches of poison hemlock can be carefully dug up, making sure to remove the taproot. Do not cut or mow the plants, as they will only re-sprout. Dispose of plants in the trash.

Chemical:
A number of herbicides are available for controlling poison hemlock. One of these glyphosate, is a non-selective herbicide that can damage or kill other plants it comes in contact with so apply it carefully. Always read and follow the label instructions before applying any herbicides product. The best time to spray poison hemlock is when the plant is till young and the leaves are just a basal rosette—before it forms a stem and flowers. If plants are already in bloom, make sure to cut flower heads and dispose of them in trash bags. Check with your local county noxious weed board and the Pacific Northwest Weed Management Handbook http://pnwhandbooks.org/weed/ for specific herbicide recommendations.

Follow-up: Monitor and treat areas for seedlings and re-sprouts. Plant grasses and other desirable vegetation to provide competition and help prevent further wee establishment at the site.

Remember: Toxins will remain potent in dried plant material. Never put pulled plants in the compost or leave them where children or livestock might eat them.

If you have questions about poison hemlock or other noxious weeds, we can help. Please contact us at:

WA State Noxious Weed Control Board
PO Box 42560
Olympia, WA 98504
360-725-5764
http://www.nwcb.wa.gov
email: noxiousweeds@agr.wa.gov
A Note from Master Gardener Sue Fitzgerald

We welcome a new Master Gardener; Barb DeHerrera! Thank you for volunteering your time and sharing your knowledge! We also would like to thank Master Gardener Larry Carey. Larry built the very nice looking raised garden beds at the Elementary School! The third grade class planted several veggies last September and October, which made it through the winter. The class harvested in late winter, then replanted for Spring harvest.

The Master Gardener’s have started a Kid’s Summer Gardening Program! The program started when school released for summer and will continue through the middle of August. Thank you LCCU and Ashley Dixon for sponsoring this great new summer activity for kids!

Even though it is early in July, keep in mind flowers and vegetables that you can take to the fair! “Buckles, Boots and Rodeo Chutes” is the theme for this year’s Garfield County Fair. Premium books are available at the Post Office and Extension Office. Last year, the fair had a good number of entries in the vegetable department, for the youth, 4H and FFA. All entries; youth and adult alike, were down in the flower department. Please bring your entries this year! It is fun to see a lot of different varieties and the show of green thumbs in our small community. You just might have the Grand Champion! The younger kids have a great time creating their Vegie Creatures and Scarecrows! Get started early planning your ideas! Thank you to all who participated and entered their flowers and vegetables in the Garfield County Fair last year! Please enter again this year!

As your cool season vegetables come to an end, try planting some beans or quick maturing corn. They will be ready to harvest mid September into October as long as we don’t get a real hard frost. When you have an area that is empty, experiment with some carrots, beets or other crops that may make it into fall or even winter. The end of July and into August is the time to harvest garlic. When the bottom half of the stem and leaves turn yellow it is getting time to harvest. Dry in a cool dry place that is well ventilated and shady for 3-4 weeks. When completely dry, trim the roots to 1/2 inch and the stem to 1-2 inches above the bulb. Store as cool as possible without freezing. Garlic keeps for 4-8 months depending on variety.

In the flower garden keep flowers dead headed. Fertilize containers now if you didn’t use a slow release fertilizer when potting the plants. Fertilize again in 3-4 weeks. Prune back any petunias as they get straggly. They will fill out and bloom better in a couple of weeks. Divide Iris towards the end of July and into August.

Keep on the look out for aphids and other insects eating your plants. Aphids can be washed off, but be sure to check every day to make sure they don’t get re-established. Other insects can be hand picked off the plants into soapy water to drown or just into a plastic bag and put into the garbage.

A warm weather annual weed is Pig Weed. Pig weed germinates late spring into summer. There are several common insects that eat pig weed as well as veggies, so some gardeners leave a few Pig Weed plants to lure the insects. Before the Pig Weed goes to seed, pull and destroy the plants and insects. Hoe out the young plants when the soil is some what dry. Keep from stirring the soil too deep as this will bring up more seed, which may now get enough light to germinate. Many seeds can lay dormant for 3-20 years until brought to the surface. With the light and moisture they will germinate and then you will have more weeding. Some weeds will also sprout from root pieces so tilling these roots into small pieced just adds to the weed problem. The best way to get rid of these weeds is to spray them with weed killer. If using any weed kill, be sure to read the label to see if the weed is listed and follow the directions as how much chemical to add to the water.

If you are going to order fall planted bulbs, start looking at the various mail catalogs for all the best buys. You will want to get them planted late September so they have time to get their roots established. Waiting until September to order means that you wont get them until October! Try some lesser known bulbs. Lesser known bulbs are easy to grow and add early color to your garden.
Colchicum and fall Crocus should be ordered in July, as they start blooming late August into October. If you have never grown either of those, they will surprise you with flowers but no leaves in the fall. In the spring they put up their leaves which will die at the end of June into the first of July. They will grow in partial shade to full sun. A dry spot that is out of the way is ideal. There leaves are large so don’t plant them where you want the space for annuals. One bulb will multiply into quite a few in a few years. They come in mostly lavender, pink and white colors.

Don’t forget!! The Master Gardeners will be in the WSU/Garfield County Extension Office, 757 Main Street, every Thursday, from 10:00 AM to 12:00 PM. Bring in a good sized sample of a problem for ID, or just come in and talk gardening with us! Samples can be brought to the Extension Office any time during the week, and we will get back to you as soon as possible with an answer to you question, or problem,

Enjoy you Garden!
Garfield County Master Gardeners

Master Gardener’s Kids Summer Gardening Program
The Master Gardener’s have a new Kids Summer Gardening Program, for kids in 3rd grade and up. They have planted some vegetables that will be entered into the Garfield County Fair in September and have had a lesson on honey bees! The program started the week after school was out and will go until August 16th, 2018.
The Buzz on Bees!

During summer and early fall we spend a lot of time outdoors having picnics, at the beach, and camping. We are likely to encounter many insects that can sting us. Here is a brief guide to some of the stinging insects we see.

**Honey Bee**

Honey bees measure about 15MM long and are light brown in color. They are usually oval-shaped creatures with golden-yellow colors and brown bands. Swarms are docile and unlikely to sting. A honeybee can sting only once. When it stings, its barbed stinger and the attached venom sac are ripped from its body, killing it. So the honeybee stings only as a last resort, sacrificing its life to protect the colony.

**Bumblebee**

Bumblebees are about one inch in length. They are bulbous and hairy with yellow bands on the thorax and abdomen. They eat pollen and nectar and like honeybees, they play an important role in pollinating our flowers and vegetables. Bumblebees are not aggressive but will defend their nest if threatened. They can sting repeatedly and painfully. Stings are usually limited to unintentional contacts such as bare feet in the grass.

Bumblebees build their nests underground, often in ceilings and walls of basements.
Yellowjacket

Yellowjackets are a type of wasp. They vary in size from 1/3 inch to 3/4 inch and have a distinct yellow and black striped pattern. Unlike bees, they are shiny and bare of hair. They carnivores, feeding on other insects and are attracted to meat.

Even though yellowjackets and their relatives are beneficial insects they can pose danger when nest placement or worker feeding habits put these insects in close proximity to people. Like many other flying insects, adult yellowjackets feed on sugary substances such as flower nectar, fruit and the occasional soda when they find an open can. Reducing sting probability around the home often is a matter of avoiding places were encounters are likely and eliminating foods that attract these insects to back yards. Yellowjackets are aggressive and will and will chase you if disturbed. They can sting multiple time. Homeowners should remove garbage frequently, keep trashcans covered, and ensure all doors and windows have screens that are in good condition. People should also avoid wearing sweet smelling perfumes as the scent attracts yellowjackets.

Paper Wasp

Paper wasps resemble yellowjackets but have a slimmer, longer body shape and long legs. Their legs even dangle below the body in flight. Paper wasps are beneficial predators. They do not scavenge on non-living foods as do nuisance yellowjackets, but instead prey on caterpillars and other soft-bodied leaf-feeding insects. During summer you will often find them around yard’s water puddles and ponds. Paper wasps are fairly docile but will sting to defend their nest when provoked.

Protect the Bees!!!

Remember, Honeybees and Bumblebees are important pollinators and are not aggressive. Stay out of their way and they will leave you alone. If you have questions or need assistance with bees, contact the Valley Beekeepers Association.

John Freeman: 509-758-6339    Larry Nelson: 509-758-1363
It’s Grilling Season! Don’t Get Burned By Foodborne Illness!
By Stephanie Smith, Assistant Professor and Statewide Consumer Food Safety Specialist for Washington State University Extension

It’s that time of year, when we start cleaning up our outdoor grills and preparing for summer fun with friends and family. But before you break out the brats and buns, be sure not to invite unwanted bacteria to the cookout.

Bacteria contribute to a major uptick in foodborne illnesses that peak during the summer months, according to the Centers for Disease Control and Prevention. Bacteria multiply rapidly with warm temperatures and need food and water to survive just like we do, so our food is an ideal environment for bacterial growth. Bacteria that cause foodborne illness grow the fastest at temperatures between 90 to 110 degrees, so those warm summer days allow bacteria to flourish.

Preparing food outdoors adds another level of complexity to safe food handling. At home, our kitchens provide thermostat-controlled cooking, refrigeration and washing facilities, things that are not often available when cooking outdoors. This increases the likelihood of bacterial growth, uneven cooking and cross-contamination between food.

Meats are especially vulnerable to bacterial growth and are a major culprit in foodborne illness. Many foodborne pathogens are part of the natural flora of animals. For example, E.coli is commonly found in beef, elk and deer products, while Campylobacter and Salmonella are prevalent in poultry products.

Although this information is not pleasant, there are plenty of steps you can take to keep your summer gathering from being memorable for all the wrong reasons.

SHOPPING

- Separate raw meat and poultry from other items in the grocery cart to prevent the meat from contaminating ready-to-eat-food.
- Promptly refrigerate meat, poultry and other perishable foods after shopping.
- Freeze meat and poultry that will not be used within the next 48 hours.
- Make sure your refrigerator is at the proper temperature - 40 degrees.
- Store meat in a pan with side on the bottom shelf of the refrigerator to keep drippings from contaminating other food.

PREPARING MEAT

- Thaw frozen meat in the refrigerator or in sealed packages under cold water.
- Meat defrosted in the microwave needs to be cooked immediately.
- If marinating meat, do it in the refrigerator and never on the counter. Discard marinades that have been in contact with raw meat.
**KEEP FOOD COLD**

- Always transport meat in a separate cooler filled with ice and away from ready-to-eat food when bringing food from your home to an event.
- Never leave meat or poultry—cooked or un-cooked—or other perishable foods at temperatures between 40-140 degrees from longer than 2 hours, or 1 hour if temperature is above 90 degrees.
- Place side dishes, such as potato salad, on ice and discard if exposed to temperatures between 40-140 degrees for longer than 2 hours, or 1 hour if the temperature is above 90 degrees.

**DON’T CROSS CONTAMINATE**

- Wash hands thoroughly with warm water and soap for 20 seconds before and after handling food.
- Do not use cutting boards, knives or utensils on ready-to-eat food after being in contact with raw food unless they have been thoroughly washed in hot, soapy water first.
- Never use the same dish or utensils to transport both raw and cooked meats unless thoroughly washed in hot, soapy water.

**COOK TO THE RIGHT TEMPERATURE**

Always check for doneness by using a meat thermometer. It is the only way to know if the meat is cooked enough to kill the bacteria that may be lurking inside. Meat color is not an indicator of doneness.

- 145°F—Whole cuts of beef, pork, lamb and veal (must have a resting time of 3 minutes at this temperature)
- 145°F—Fish
- 160°F—Hamburgers and other ground meat
- 165°F—All poultry and precooked meats, such as hot dogs
- All meat must be kept above 140 degrees until served.

By following these tips, you can ensure your grilling season is a success, and no one gets burned by a foodborne illness.

**Dr. Stephanie Smith** is an Assistant Professor and Statewide Consumer Food Safety Specialist for Washington State University Extension. She can be reached at food.safety@wsu.edu or at (855) 335-0575. Visit our website at [http://extension.wsu.edu/foodsafety/](http://extension.wsu.edu/foodsafety/). Follow us on Facebook at [https://www.facebook.com/wsuxefs/](https://www.facebook.com/wsuxefs/) or on Twitter at [https://twitter.com/WSU_foodsafety](https://twitter.com/WSU_foodsafety).
Bi-County 4H Camp—Camp Wooten

4-H youth from Garfield, Asotin, Columbia and Walla Walla counties went to Camp Wooten this past June for fun and lots of outdoor activities. Campers learn the responsibility of cleaning their cabins and helping out at camp. They learned about water quality and back country medicine on a all camp hike. They had classes on beekeeping, fencing and archery, preventing wild fires outside your home and pellet gun shooting sports. High School Students are the counselors to kids 8 years old and up. The bonds made during camp time is very evident at the final campfire. Two counselors, who were once campers themselves, celebrated their last time as a camp counselor, having just graduated high school. It was apparent how much those two meant to the campers and counselors in training. After the last round of campfire songs, Families headed to dinner together, watched a slide show of the week of fun, and sifted through the lost & found. It is a lot of hard work putting camp together of volunteers to help out at camp. Thank you to all the camp staff, parent volunteers and instructors for another awesome year at camp!

Thank you to Gary Houser and the Shepherd Foundation for your generous contribution and help sending Garfield County kids to camp.

A heartfelt, tearful good bye to Tom House and Ashton Halverson. Best wishes to you both in your new adventures ahead!
Camp Advisors
Director—Deb Hays
Administrator—Sheree Ledgerwood

Bi-County 4-H Camp Board
President—Aaron Stallcop
Secretary—Katie Landkammer
Treasurer—Miranda Bowen
Voting—CJ McGreevy, Miranda Bowen, Mikki Smith, Charlie Barron, Matthew Hutchens, Emmalee Davis, Christy House, Cristie Crawford
Non-Voting—Sheree Ledgerwood, Deb Hays, Roland Schirman, Lorna Bath,
Columbia County Extension—Paul Carter
Garfield County Extension—Mark Heitstuman

Camp Staff
Nurse—Patty Bowles, Nancy Laughery
Kitchen Crew—Ilene Hall, Mikki Smith & Ashley Kilts
Counselor Coordinator—Aaron Stallcop
Camp Event Coordinator—Cristie Crawford
Lifeguards—Angie Dedloff, Hayden Woolridge & Teen Counselors

Camp Officers
President—Tom House
Vice President—Ashton Halverson
Secretary—Shaelyn Fortier
Cucumber, Celery & Sweet Onion Salad with Sour Cream Dressing

Country Living by Dawn Perry

A cool and creamy cucumber and dill salad that is perfect for hot summer days!

**INGREDIENTS**

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<tr>
<th>Sour Cream Dressing</th>
<th>Salad Topping</th>
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<tr>
<td>3 tbsp. sour cream,</td>
<td>3 tbsp. Olive oil,</td>
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<tr>
<td>3 tbsp. lemon juice,</td>
<td>1 tbsp. chopped fresh dill,</td>
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<td>Pinch of sugar or</td>
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<td>honey</td>
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<tr>
<td>Kosher salt</td>
<td>Freshly ground black pepper</td>
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<tr>
<td>2 English cucumbers,</td>
<td>4 stalks celery, thinly sliced,</td>
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<td>thinly sliced</td>
<td>plus 1/4 c. celery leaves</td>
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<td>1 small sweet onion,</td>
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**DIRECTIONS**

1. Whisk together sour cream, oil, lemon juice, dill and sugar in a bowl. Season with salt and pepper. Add cucumber, celery and leaves, and onion and toss to combine.
2. Serve topped with dill.