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.
2019 Ledgerwood Gelbvieh and Rafter C Bull Sale

March 9, 2019
1:00 PM, Buyers Lunch 12:00 PM
16 miles East of Pomeroy, 16 miles West of Clarkston at the bottom of the Alpowa Grade. Watch for signs.
2019 Easter Washington Agricultural Museum’s
Spring Farming Days
April 6th and 7th, 2019
Starts at 9:00 AM

Garfield County Fairgrounds
Featuring Horse and Mule Farming Operations

- Many New Ag Museum Exhibits
- Antique Tractors, engines, tools & equipment on display & operating
- Blue Mountain Artisan Guild Exhibit
- Hot Lunch Available Both Days
- RV Hookups & Camping Available On Site
- Treasure Trailer! Bring your agricultural items to put on the trailer to sell. All proceeds go to EWAM!
National Horse Event Coming to the Palouse
March 8-10, 2019
By Scott Weybright, CAHNRS

The American Youth Horse Council Symposium is coming to the Palouse region March 8-10. This national event will bring 150-200 people to Pullman and Moscow for live demonstrations, tours, presentations, exhibits and more. WSU’s Whitman County Extension Office is one of the co-hosts for the event. “We have some unique equine resources here that we’re looking forward to showing off to our visitors, including the Appaloosa horse registry in Moscow and the WSU Veterinary School,” said Janet Schmidt, Whitman County Extension director. “We have tours lined up for those and several other attractions around the Palouse and up in Spokane and Coeur d’Alene as well.”

Anyone age 14 and over with an interest in horses is welcome at the various events, including the keynote talk by Jesse Budd.

“Jesse is a former Whitman County 4-H member and Miss Rodeo Washington who grew up in Colton,” Schmidt said. “And we’re so excited she’s coming home from Texas to talk about the impact 4-H and horses have had on her life.”

Other information sessions include a talk by WSU Human Development professor Patricia Pendry, who specialized in how human/animal interactions can reduce stress; a discussion led by WSU Vet Med professors about being prepared for horse emergencies, and much more.

Registration details and the full list of workshops, talks and tours is available on the American Youth Horse Council Symposium website.
THANK YOU SPONSORS OF 2019 FARMERS DAY!!

The Pomeroy Conservation District, Garfield County WSU Extension, FSA and NRCS would like to thank the 2019 sponsors of Farmer’s Day. Without your generous donations, Farmer’s Day would not be possible!

Bell Equipment
US Bank
Pomeroy Dental Center
Pomeroy Foods
Jim’s Fertilizer
McGregor Company
Farm and Home Supply
Four Star Supply
Meyer’s Hardware
McGregor Risk Management
Sassy Spur
Tonia’s Café
PDQ
East Washingtonian
Pomeroy Grain Growers
Obenland and Low
Garfield County Title
Fruh’s Repair
THE LOWDOWN ON LIVESTOCK TAGS:
PME TAG FOTS ALL!
Adapted from Dr. Brian Joseph, State Veterinarian
When it comes to ID: Is your herd “Official” or Not? Livestock owners will say any tag on cattle has some informational benefit. That’s true. Use of an “840” tag, for example shows the animal is from the U.S. Official identification is required to meet federal Animal Disease Traceability (ADT) standards. Identification methods such as farm livestock management tags, brands, and backtags, however, are not recognized as official identification by state and federal health officials, including our programs at WSDA. Farm management tags and brands can be duplicated between several animals and backtags lack retention ability.

What is official identification? An official identification ear tag must be imprinted with a nationally, unique, 15-digit official animal identification number, the US official ear tag shield, and be tamper proof.

Acceptable official tags include: National Uniform Ear tagging System (NUES) ear tags also known as the silver tag, Brucellosis Vaccination ear tag, and Animal Identification (AIN) tags also known as “840” tags. “840” tags come in the form of an RFID tag and a National Farm Animal Identification and Records tag.

Is the 982 or 985 Radio Frequency Identification (RFID) farm management considered official identification? Farm management tags starting with 982 or 985 are the most common farm management tags. However, the 982 and 985 RFID tags are not considered to be official identification.

What is the difference between a farm management RFID tag and an 840 RFID tag? The farm management RFID tags are functionally identical to the 840 RFID tags. However, there farm management tags are not considered official and the 840 tags can be recorded to meet both state and federal animal health and movement requirements. Both the farm management tags and the 840 tags are manufactured by the same companies and both are compatible with electronic farm management programs.

How do I get an 840 RFID farm management tag? To order 840 tags, a Federal Premise Identification Number (PIN) is required. To get a PIN number you can go to the Washington State Department of Agriculture’s (WSDA) website and fill out an application or call the Animal Services’ Division at (360)902-7566.

If I already have an 840 RFID or an 840 National Farm Animal Identification and Records tag, does my veterinarian need to apply another official identification (orange metal tag or RFID tag)? No. Once an 840 tag is applied, it can be recorded to meet both state and general animal health and movement requirements on CVIs, brucellosis test/vaccination records. This results in only one identification ear tag being assigned per animal for life. When your veterinarian vaccinates your cattle, he/she can record the existing official identification on the vaccination record.

Why should I use RFID? Capturing official identification remains a challenge as metal clip ear tags can prove difficult to read and record accurately. Official Electronic Identification (EID) devices, including the AIN tags with RFID technology have proven to be a reliable, efficient, and cost-effective way to capture official identification for ADT. WSDA is developing strategies to support RFID infrastructure to expedite the speed of commerce and create a robust traceability system that can track the movements of animals from birth premise to slaughter.

For more information on official ID, visit the WSDA website at https://agr.wa.gov/FoodAnimal/AnimalID/tags.aspx or call David Hecimovich at (3360)725-5493
Healing Grain: Scientists Develop Wheat That Fights Celiac Disease

By packing a remedy for wheat allergies into the grain, a team of international scientists, including researchers at WSU, are helping develop crops that can help people with celiac.

By Seth Truscott, CAHNRS at Washington State University have created a new, genetically distinct variety of wheat that’s safer for people with celiac disease, opening the door for new treatments and healing potential for the staple grain.

Body’s adverse reaction to protein

For more than 2 million U.S. people who suffer from celiac disease, traditional staples like wheat bread and pasta are off the menu. With celiac, the body’s immune system reacts when we eat gluten—the protein that gives breads, pasta and cereal their chewy, crunchy texture—causing nausea, cramps, malnutrition and other health problems. There is no treatment for celiac, other than avoiding foods made with wheat or eating an enzyme supplement with every meal.

Working together, scientists at Washington State University, Clemson University, and partner institutions in Chile, China and France developed a new genotype of wheat with built-in enzymes designed to break down the proteins that cause the body’s immune reaction. Their discovery, published in the January issue of *Functional and Integrative Genomics*, opens the door to new treatments for celiac and for new wheat crops with a built-in defense against the disease.

Engineering a therapy, direct to the grain

The scientists introduced new DNA into wheat, developing a variety that contains one gluten-busting enzyme (or glutenase) from barley and another from bacteria *Flavobacterium meningosepticum*. These enzymes break down gluten proteins in the human digestive system.

Simulating the human body’s digestive tract, scientists tested gluten extracts from the experimental grain and found that it had far fewer levels of the disease provoking proteins. The enzymes reduced the amount of indigestible gluten by as much as two thirds.

These new wheat genotypes open new horizons for treating celiac disease through enzymes in the grains and food we eat, while increasing agricultural potential for the staple grain.

“Food made from wheat with glutensases in its grains means people with celiac don’t have to rely on dietary supplements at every meal,” said lead author Sachin Rustgi, assistant professor of molecular breeding at Clemson University and adjunct assistant professor with WSU’Ss Department of Crop and Soil Sciences. “By packing the remedy to wheat allergies and gluten intolerance right into the grain, we’re giving consumers a simpler, lower-cost therapy. We’re also reducing the danger from cross-contamination with regular wheat, as the enzymes in our wheat will break down that gluten as well.”
Hello Gardener’s!
Old Man Winter is not giving up without a fight, but spring will soon be here!
The Asotin County Conservation District will hold their annual tree sale March 21st and 22nd. If you have ordered from them before, you will receive an email with the pre-order form. If you haven’t ever ordered from them, please visit their website, https://asotinctd.org/, or call them at 509-552-8117, with your order.

The Asotin County Fair will be coming up April 26, 27, 28, 2019. The fair has activities most weekends throughout April, with the flower entries on April 25th, from 8:00 AM—11:00 AM, with judging to follow. Everyone is welcome to enter. Entry tags and containers are furnished by the Fair. This is a good chance to see many flowers that bloom in April into May.

As our February weather was very cold with a lot of snow, I am sure not much has been done as far as pruning and dormant spraying. Hopefully we will get some warm and dry days to get caught up with our gardening chores. Dormant spraying and pruning need to get done before bud break. As temperatures warm, you may notice sap oozing from cracks and small holes in peach trees. These are caused by Peach Tree borer. If you had Peach and Apricot trees that had leaves that puckered then fell off, this is peach leaf curl. Dormant spray will help to prevent both of these problems.

Apple trees can get Coddling moth, which will get into the fruit. Mature larva winter under loose bark, in the soil or fallen leaves and fruit around the tree. As the buds begin to break open, the larva change to pupae. At full bloom the adults emerge and begin laying eggs on leaves and flowers. The eggs hatch in 6-20 days. The larva are around an inch long. They sting the small fruit or enter through the flower end. As the larva feeds and grows, you will see frass (droppings) around the hole where they entered the fruit. When mature, they pupate for 2-3 weeks and hatch into adult moths Mid July and into August. The adult moths now lay their eggs for next years population. This is why cleaning up under the trees is important. Pears and Walnuts are also hosts for this moth.
A Note from Master Gardener Sue Fitzgerald, Continued

Our long range weather forecast looks like we are going to have a cool spring….let’s hope they are wrong!

As it may be too cold to start seeds outdoors till later in the month, get a head start by planting them indoors! Most any container is ok as long as excess water will drain out. Use seed starting mix or a good potting soil. Use quality seeds as inexpensive seed may not germinate. Read the packet to see if you need light or darkness for seed germination. Some need a period of chilling or freezing. Also, check the depth to plant the seed. Plant seeds sparingly, as crowded seedlings will get leggy and could damp off. Provide a warm place, 60-70 degrees. Keep the soil moist, but not wet. After seeds germinate, fertilize with 1/4 strength fertilizer for a few weeks then 1/2 strength. Provide bright light from a window or better yet from a grow or a shop light. Start with the light 2 inches above the seedlings. Raising the light as the plants grow. Seedlings need 16 hours of light a day, so put the light on a timer. As the seedlings grow, you may need to repot the seedlings, do so carefully. If the weather is warm enough and you have hardened them off by putting them in a sheltered spot outside for a couple of hours the first couple of days, increase the time and sun exposure each day for a couple of weeks, then plant them out in the garden. When the seedlings are large enough to plant out, do so on a sunny but cool day. If the weather turns windy, and or very cold, protect the young plants till they settle in. Warm season seeds should be started indoors, 6-8 weeks before last expected frost. Peppers are slower to grow, so you may want to start them even earlier.

A few flowers and vegetables that have won the All-American Selections award of excellence for easiness and hardiness in the garden are:

**Penstemon Arabesque Red** A perennial in zones 6-9. Blooms in summer. The flower is red with white throats on spikes that are 18-24 inches tall. It likes full sun, to be fertilized and well drained soil. Attracts Hummingbirds, butterflies and honeybees.

**Gaillardia Arizona Apricot** A perennial in zones 6-9. Blooms in summer. The flower is apricot yellow, 10-12 inches tall. It like full sun, well drained soil. It is drought hardy a year after planting.

**Marigold Big Duck Gold** An annual with large 3 inch gold, yellow flowers that bloom into fall on plants that are 11-15 inches. Plant in full sun in average soil.

**Salvia Summer Jewel** An annual with lavender flowers on spikes that are 16-20 inches tall. Blooms in Summer, in light sun to part shade. It likes well drained soil, and will work well in containers. Attracts Hummingbirds, butterflies and honeybees.

Vegetable winners:

**Cucumber, Salad Bush** 57 days to maturity with 8” fruit. Spreads 26 inches in full sun. Average soil in garden, good for raised beds or containers. Disease resistant.

**Squash, Bush Delicata** Also known as sweet potato squash. 90 days to maturity, with 8 inch green and cream striped fruit, flesh is golden yellow with a sweet, nutty flavor. Vines spread 3-4 feet, which is much less than original variety. Tolerance to powdery mildew.

**Pepper, Cajun Bell** A mildly hot but sweet pepper. Sweet but savory fruit that looks like a small bell pepper with 3 or 4 lobes, 2 inches wide by 3 inches in length. When left on the plant, the fruit turns from green to scarlet red. Plants grow 2 feet tall. They make good container plants or plant in the garden. Start the seeds indoors. Ready in 60 days.

**Green Bean, Mascotte** Ideal for containers or small raised beds. Plants grow 16-18 inches tall with 6 inch long beans. Ready in 50 days.

We wish you patience as we all wait for warmer gardening weather!
Spring Clean Your Way to a Safer Kitchen

When you're shaking off the winter with spring cleaning, it's a great time to target harmful bacteria that can lurk on kitchen surfaces and even in your refrigerator. Salmonella, Staphylococcus, E. coli and Listeria are just some of the bacteria that may be hanging out in your kitchen. While you can't see or smell BACI -- short for bacteria -- they are everywhere, and they especially like moist environments. A clean and dry kitchen helps Fight BACI® and protect you and your family from foodborne illness.

Some cleaning tips you should practice year round to make your kitchen and your meals safer include:

- **Always clean surfaces thoroughly with hot, soapy water.** After thoroughly washing surfaces with hot, soapy water, you can sanitize them with a diluted chlorine bleach solution or a disinfectant kitchen cleaner. Use just 1 teaspoon bleach to 1 quart of water. Let the solution stand on the surface for a few minutes; then blot dry with clean paper towels.

- **Disinfect dishcloths often.** Launder dishcloths and towels frequently using the hot water cycle of the washing machine. Then be sure to dry them in the dryer. Dishcloths harbor bacteria and, when wet, promote bacterial growth. Also, consider using paper towels to clean up kitchen surfaces. When done, throw away the towel.

- **Rid your fridge of spills, bacteria, mold and mildew.** Clean your refrigerator weekly to kill germs that could contaminate foods. To tackle bacteria, mold and mildew, clean interior refrigerator surfaces with hot, soapy water. Rinse with a damp cloth; dry with a clean cloth. Manufacturers recommend against using chlorine bleach as it can damage seals, gaskets and linings.

- **Clean your kitchen sink drain and disposal** once or twice a week by pouring a solution of 1 teaspoon of chlorine bleach in 1 quart of water down the drain. Food particles get trapped in the drain and disposal, creating the perfect environment for bacterial growth.

With these simple tips, you can reduce your risk of foodborne illness. Remember to FightBACI® by following four simple steps: Clean, Separate, Cook and Chill. For more information, please visit www.fightbac.org.

If you have more questions or concerns about food safety, contact:


www.fightbac.org or www.foodsafety.gov
Get it Straight – it’s Safer to Separate

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.

Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods
Harmful bacteria from raw meat, poultry, seafood and eggs can spread to other foods if they are not separated properly. This is especially risky when bacteria are spread to foods that are eaten raw, such as fresh fruits and vegetables. Separate and prevent cross-contamination by taking these steps:

In the Grocery Store
- Separate raw meat, poultry, seafood and eggs from other foods in your shopping cart. Place these products in separate plastic bags to prevent juices from getting on other foods.
- If you use reusable grocery bags, wash them frequently in the washing machine.

At Home
- Separate raw meat, poultry, seafood and eggs from other foods in the refrigerator. Place them in containers or sealed plastic bags on the bottom shelf of the refrigerator.
- If you are not planning to use these foods within a few days, freeze them.

Be a ProducePro
- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. For more information on safely handling produce, check out our ProducePro fact sheet at fightbac.org.

Partnership for Food Safety Education, 2016
We develop and promote effective education programs to reduce foodborne illness risk for consumers.
Use Separate Cutting Boards, Plates and Utensils

Use separate cutting boards:
- One for fresh produce
- Another one for raw meat, poultry and seafood

Use separate plates and utensils:
- For cooked foods
- For raw foods

Never place cooked food back on a plate that previously held raw meat, poultry, seafood or eggs. Wash the plate with hot water and soap before using with other foods.

Safely Marinate

Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first to destroy any harmful bacteria.

Reminder: Wash Hands!
Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs that can make you sick.
Garfield County FFA

FFA MARKETING PLAN AND AG ISSUES TEAMS COMPETE AND ARE GOING TO STATE!

The Pomeroy FFA had 3 Marketing Plan teams compete in Colton on Monday, January 21st, 2019. Pomeroy’s Marketing Plan teams placed 3rd and 5th and will both be competing in the state competition in Pullman this coming May.

Third place team members include Emma Sever, Westelle Scoggin, and MacKenzie Watko with their marketing plan on Western Life Outfitters. Fifth place team members consisted of Avery Ruchert, Hally Lindgren, and Sydney Smith. In addition to Marketing Plan, the Ag. Issues team place 1st with their topic of “Will the Columbia Pulp Plant be a Straw Boss, or Pulp Fiction?” Team members for Ag Issues are Madison Dixon, Alyssa Wolf, Jaden Steele, Teagan Steele, Tyson Kimble, Makayla Miller, and Aiden Berglund.

On February 24th, the Pomeroy FFA Alumni hosted its annual meeting and local FFA leadership contests. Students practiced and competed on various speaking contests on that afternoon. Marketing Plan, Ag. Issues, Parliamentary Procedure, 2 Conduct of Chapter meeting teams, and Extemporaneous Speaker, 2 Public Speakers, and 5 Creed Speakers all did presentations to alumni, family and friends. Everyone did a wonderful job and we wish them all luck at the Sub-District contests on March 13th.

On February 26th, the Pomeroy FFA Alumni Conducted its Washington Leadership Conference interviews in the agriculture classroom. 5 members were subjected to a 10 questions interview and application process. The top four members were selected to attend the Washington Leadership Conference this summer in Washington, D.C. Members selected were: Olivia Meyers, Anna Dinsmore, Westelle Scoggin, and Emma Severs. We’re very fortunate that our alumni is willing to invest in our students and their leadership potential by sending them to the conference every year!

Finally, Pomeroy will be hosting the District 6 South Sub-District FFA contests on Wednesday, March 13th, beginning at 9:00 AM. Teams and individual speakers from all over the FFA district will be attending this contest where the top four will advance to Districts in Asotin on March 27th. Contests represented will include Creed, Public, and Extemporaneous Speaking, along with Beginning and Advanced Parli Pro, as well as Conduct of Chapter Meetings. We look forward to hosting this contest yet again, and wish all of our competitors good luck with their events!
Planning for the 2019 Bi-County Camp has been in the works since the end of camp in 2018! June 17-21, 2019 will bring more fun, dancing, science, crafts, and great food! Stay tuned for details!

This years counselors have been appointed!

**Congratulations 2019 Counselors!!**
Daltin Lambert, Columbia County  
Aiden Berglund, Garfield County  
Shaelyn Fortier, Columbia County  
Rebecca Smith, Columbia County  
Olivia Meyers, Garfield County  
Byron Fitzgerald, Garfield County  
Seamus House, Columbia County  
Alex Jenkins, Columbia County  
Jaden Steele, Garfield County  
Koby Harris, Columbia County  
Cassidy Layghery, Columbia County  
Jordyn Hutchens, Garfield County  
Anna Fortier, Columbia County  
Samantha Davis, Columbia County  
Sagelyn Kilts, Columbia County  
Brayden Mohney, Columbia County  
Mackena Culley, Columbia County

**Congratulations Counselors in Training!!**
Nick Hastings, Garfield County  
Richie Vecchio III, Garfield County  
Cecilia Acevedo, Columbia County  
Trista Villaro, Columbia County  
Let the training begin!!
Garfield County 4-H

2019 4-H and FFA Youth Sheep & Goat Field Day
Saturday, March 16, 2019
Asotin County Fairgrounds
8:00 AM to 3:00 PM

**SHEEP**
Health Care/Biosecurity
4-H/FFA Breeding Sheep Project
Feeding and Nutrition
Selection and Management of Market Lamb Projects

**GOATS**
Health Care/Biosecurity
Selection and Feeding
Facilities and Fencing
Pack Goat Demonstration
Sample Taste Testing
Lunch Provided
Rural Youth Loan Program
Beginning Fitting & Showing
Advanced Fitting & Showing

Questions?
Mark Heitstuman, Extension Educator WSU/Asotin County (509)243-2009
Janet Schmidt, Extension Educator, WSU/Whitman County (509)397-6290
Kathee Tift, Extension Educator, UI/Nez Perce County, (208)799-3096
Judy Floch, 4-H Coordinator, UI/Nez Perce County (208)799-3096

For more information, please visit our WSU/Garfield County Extension website:
https://extension.wsu.edu/garfield/youth/
Garfield County 4-H

2019 4-H and FFA Youth Beef Field Day
Saturday, March 23, 2019
Lewiston Livestock Market
8:00 AM to 3:00 PM

Vaccinations/Health Care
Nutrition & Feeding of Project Animals
Dissecting the Ruminant Stomach
Raising 4-H/FFA Beef Projects: Economic Reality Check
Youth Quality Assurance
Stocker/Feeder Project
Rural Youth Loan Program
Necessary Documents: CVI, Brand Inspection, etc.
Beef Livestock Judging
Fitting & Showing
Clipping Demonstration
Wrap Up and Evaluation
Lunch Provided

Questions?
Mark Heitstuman, Extension Educator WSU/Asotin County (509)243-2009
Janet Schmidt, Extension Educator, WSU/Whitman County (509)397-6290
Kathee Tift, Extension Educator, UI/Nez Perce County, (208)799-3096
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For more information, please visit our WSU/Garfield County Extension website:
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JOANN FABRIC STORES Point of Sale Campaign—Clovers for Kids

From March 1-April 30, 2019, Joann stores nationwide will ask their customers to donate towards the 4-H program. Both $1 and $4 donations are available. Purchase of $4 donation comes with a $4 off a future purchase coupon.

Each register should have a small board with two “Clovers for Kids” tearaways positioned at each register. Although store associates are encouraged to ask customers to donate sometimes this isn’t possible, so please ask! In addition, JOANN does not display the purchased tearaways. Tearaways have 4-H information on them and the $4 version has a coupon redeemable for a later purchase that customers should take with them.

4-H Fabric

4-H fabric is on sale in 500 JOANN stores nationwide. If your local store does not carry the fabric, it is available via the JOANN website or shop4-H.org. A very small portion of the proceeds from the purchase of the fabric benefits the 4-H program. If sales of the fabric go well, there is potential to expand it in the future.

Rewards Card

JOANN offers a special 15% off rewards coupon to 4-H staff, leaders, members and families. The rewards card is done through an app on your smart phone and does not require participants to reregister each year. A small portion (2.5-5%) of qualified purchases go back to the 4-H program from this. Full details about the program can be found at https://www.joann.com/4-h/

Other ways JOANN supports 4-H Nationally

JOANN is a proud sponsor of the NAE4-HA Conference and supports the National 4-H Conference in Atlanta as well.
WASHINGTON 4-H WILL BE PLACING 20 DELEGATES FROM JAPAN

Washington 4-H will be placing 20 delegates from Japan across our state this summer from **July 26-August 21**, and are looking for some great host families! Delegates range in age from 12-17. Host families need to have a child within 3-4 years and the same gender as the delegate being hosted.

County 4-H programs will receive $100 as an incentive for each delegate place in their county (the deadline for placement is June 1, 2019).

Starting this year, Washington host families will be able to earn a $200 scholarship toward the cost of participation for their own child in the 4-H Outbound travel abroad program. In recent years WA 4-H members have traveled to Japan, Costa Rica, and Finland. This scholarship is intended to encourage and help support our WA 4-H members’ ability to participate in travel abroad experiences, as well as offer an additional incentive for families hosting delegates. 4-H International Exchange is the most cost effective youth travel experience available, but it’s still expensive for most families.

For more detailed information, a little information about the delegates, Host Family How To information, and links for host families to apply, please visit the 4-H International Exchange page.

https://extension.wsu.edu/4h/youth/global-4-h/international-exchanges/

It is updated regularly with new information. You can also visit the WA 4-H International Exchange Facebook page

https://www.facebook.com/wastates4Hexchange/

Photos, videos, links and recruiting information is posted regularly.
Creamy Spring Peas With Pancetta, Courtesy of Food Network Magazine

**Ingredients:**
- Kosher Salt
- 2 Tbs. flour
- 10 ounces frozen peas
- 1 1/2 cups chicken broth
- 1 pound sugar snap peas, trimmed
- 1/2 cup heavy cream
- 1/4 pound snow peas, trimmed
- Juice of 1 lemon
- and thinly sliced
- Freshly ground pepper
- 4 ounces Pancetta, chopped

**Directions:**
Bring a large pot of salted water to a boil over high heat. Fill a large bowl with ice water. Add the snap peas and cook until bright green, about 2 minutes, then add the snow peas and cook 30 seconds. Drain the peas and plunge into the ice water to cool.
Cook the pancetta in a large skillet over medium heat until crisp, 8 to 10 minutes. Transfer to a paper towel-lined plate with a slotted spoon. Add the flour to the drippings in the skillet and cook, whisking, until toasted, about 1 minute. Whisk in the chicken broth and cream and cook until reduced by one-third, about 6 minutes. Drain the peas, shaking off the excess water, then add to the skillet along with the frozen peas. Cook, stir-