



Garfield
County

WASHINGTON STATE UNIVERSITY
EXTENSION

Newsletter

March-April 2019

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

Phone: 509-843-3701

Email: lisbeth.randall@wsu.edu

Contact Us:

Office Location: 757 Main St.
Pomeroy, WA 99347

Mark Heitstuman, County Director
heitstuman@wsu.edu

Mailing: PO Box 190, Pomeroy, WA 99347

Hours: Monday-Friday 8:30 –5:00
(closed 12:00-1:00)

Sheree Ledgerwood, 4H Coordinator
sheree.ledgerwood@wsu.edu

Phone: 509-843-3701
Fax: 509-843-3341

Lisbeth Randall, Office Manager
lisbeth.randall@wsu.edu

Website: <https://extension.wsu.edu/garfield/>

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.

Livestock and Farming

PLANT IMMUNE RESPONSE BLUE-PRINT FOUND; DISEASE RESISTANCE TARGETED

By Scott Weybright, College of Agricultural, Human, and Natural Resource Sciences

Washington State University researchers have discovered the way plants respond to disease-causing organisms, and how they protect themselves, leading the way to potential breakthroughs in breeding resistance to diseases or pests.

The results were published in the journal Plant Physiology and describe how plants respond to a molecule released during damage caused by infection or outside entities. The paper shows how adenosine 5-triphosphate (ATP), a part of DNA and energy production in cells, becomes a signal for injury or infection when outside cells. That signal triggers defense responses in plants.

“We found the pathways that connect ATP to plant cell responses protecting the plant,” said David Gang, WSU professor in the Institute of Biological Chemistry.

The science behind this is exiting, but the major impact on society will come from the future use of this information, said Kiwamu Tanaka, assistant professor in WSU’s Department of Plant Pathology.

“This is a blueprint for how a plant’s immune system works,” Tanaka said. “In some respects, even the most innovative breeding programs are still groping around in the dark to build resistance. But if you have the blueprint, you can reach the goal much faster.”

Gang compared it to a common experience people have with automobiles. “if your car isn’t working right, you often have to take it to a mechanic because cars are so complex now,” he said. They plug the car into a sensor and can see the problem quickly. If I did it, I’d have to guess and hope I get it right. That’s how traditional breeding is, much of their work is challenging because they have to work with so many complex potential solutions. Now they’ll have a schematic to eliminate a lot of that extensive effort.

Doing the science

To find the correct pathways, the research team used wild plants as well as plants changed in the major pathways of plant defense. The scientists would trigger an ATP response in a Modified sample to trace the signal’s path to the receptor, then reproduce that in the other samples. It was time-consuming science, with a big payoff, said WSU postdoctoral researcher, and lead author on the paper, Jeremy Jewell.

“It was like following a single noodle in a huge bowl full of them,” Jewell said. “Extra-cellular ATP turns on defense responses partly through these major defense pathways, and partly independently of them, but all these strands work together. When we found new players in this immune pathway, it was a great feeling.”

How ATP works

ATP is an energy molecule that is necessary for life to function, Tanaka said. It’s very well researched and understood inside of cells. But ATP fundamentally changes when it is outside a cell in an organism.



“Extra cellular ATP is a damage signal to the surrounding cells,” Tanaka said. “ATP is only outside a cell when something is damaged, so it’s a perfect trigger for immune responses.”

The receptor that receives the damage signal ATP was found in 2014, but until now scientists didn’t know how this signal caused an immune response in plants.

“Future plant breeding can now increase plant defense or resistance based on knowing these pathways,” Gang said.

They can be bred to respond faster, or to not waste energy by turning on the entire immune system if only a specific defense is required. The potential for this is pretty incredible for helping plants and crops.”



The ATP plant research team included (left to right) David Gang, Joel Sowders (WSU Grad Student), Jeremy Jewell, Kiawamu Tanaka

Funding support comes from the National Science Foundation (IOS-1557813) to Tanaka and Gang.

Media Contact:

Kiawamu Tanaka, WSU Department of Plant Pathology, 509-335-6418, tanaka@wsu.edu

HOW WILL CLIMATE CHANGE AFFECT PESTS OF INLAND PACIFIC NORTHWEST

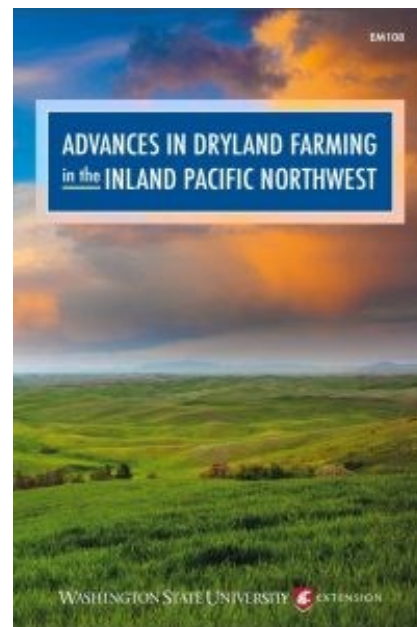
By Karen Hills. December 13, 2017

To read the full article, go to:

<http://csanr.wsu.edu/how-will-climate-change-affect-pests/>

Models suggest that climate change in our region will involve an annual temperature increase of 34°F by 2050’s, accompanied by changes in precipitation patterns, including drier summers despite a 5-15% increase in annual precipitation (Kruger et al. 2017). Even with this information, uncertainty still exists about what climate change will mean for agriculture, in general, and for dryland farming systems in our region, in particular. The book “Advances in Dryland Farming in the Inland Pacific Northwest”, does its part to help managers make decisions despite this uncertainty. Three chapters in this book explore management of diseases, insects, and weeds (the three major categories of pests) and were written by teams of authors led by Elizabeth Kirby (Washington State University), Sanford Eigenbrode (University of Idaho), and Ian Burke (Washington State University), respectively.

Though these chapters provide a wide range of regionally-relevant information that goes far beyond climate, I found it particularly interesting to read through them with an eye to what farmers might expect in terms of changes in pest pressures as a result of projected changes in the climate. Through this process, I learned that although climate change models have improved vastly in recent years, quite a bit of uncertainty exists about the effects of climate change on complex biological systems.



To order you’re a free copy of “Advances In Dryland Farming in the Inland Pacific Northwest” while supplies last, please visit:

<https://pubs.wsu.edu/ItemDetail.aspx?ProductID=15989&SeriesCode=&CategoryID=&Keyword=Dryland%20farming>



A Note from WSU Garfield County Extension Master Gardener Sue Fitzgerald

Hello Sunshine!

With February and half of March having so much snow to deal with, I am sure we all wished the snow would have melted much sooner than it did! The soil may not have warmed up as much as usual for May. This is good for cool season crops but not good for warm season crops. Soil temperature is as important as air temperature. Peas will take 15 days to germinate at 40°F, 10 days at 50°F and 9 days at 70°F. The peas will germinate quickly, but the air temperature is too warm for the peas to produce a large crop. Other cool season crops will not produce as large of a crop now as they would have earlier, but are still worth trying. The point of this is that a soil thermometer will give you a good idea when the soil is warm enough to plant early crops or when it is too hot for them, but warm enough for warm season crops. Although Master Gardeners want information to be science based, you may want to look to Mother Nature for help! A few plants that are blooming in your area may mean you can also plant things in your garden. When crocus bloom, plant radishes and spinach. When you see the Forsythia, plant peas, onions, and lettuce. When your Daffodils show up, plant beets, carrots, and chard. See your Dandelions? Plant your potatoes. When the Quince is on plant cabbage and broccoli. When apples bloom plant bush beans and when they fall plant pole beans and cucumbers. When the Lilacs bloom plant squash and annuals. When the Bearded Iris bloom, plant peppers and melons. This list may not apply to your area, but it is fun to see if you can plant when established plants and trees begin to grow or bloom. Also, late frosts can stunt or kill small seedlings, so be prepared to cover them if frost is predicted.



When you see the Forsythia, plant peas, onions, and lettuce. When your Daffodils show up, plant beets, carrots, and chard. See your Dandelions? Plant your potatoes. When the Quince is on plant cabbage and broccoli. When apples bloom plant bush beans and when they fall plant pole beans and cucumbers. When the Lilacs bloom plant squash and annuals. When the Bearded Iris bloom, plant peppers and melons. This list may not apply to your area, but it is fun to see if you can plant when established plants and trees begin to grow or bloom. Also, late frosts can stunt or kill small seedlings, so be prepared to cover them if frost is predicted.

May is a good time to transplant your started warm season plants to your gardens. Tomatoes, peppers and other warm season plants should be hardened off before planting them into your garden. Even plants purchased from the nursery will benefit from 7 to 10 days of hardening off to your conditions. Start by putting the plants out on a cloudy day or in a shady, not windy area for an hour or two. Each day increase the time out in a sunnier area until the last day or two, then leave them out all day and night. Be sure to water them before putting them out each day. This will help with the transplant shock which may be caused by putting them out from indoor conditions to the outdoors. The roots can still be shocked when transplanted.



Exposing the tiny hair roots that take up water and nutrients, to sun and wind before getting them planted will kill them. This means there are less of them to take up water. So prepare the planting area while hardening your plants; this goes for both vegetables and flowers. Dig the hole for the plant, add any fertilizer or compost as needed, then take the plant out of its container and plant immediately. Water the plant well and add some mulch, if desired. Even if you are very careful in transplanting your plants may look shriveled, wilted or turn yellow. This is transplant shock. You can remove some of the leaves so its energy goes to making roots, not trying to revive leaves. Be sure to keep plants well watered until they get established.

A Note from Master Gardener Sue Fitzgerald, Continued

Spring weather can have variable conditions which can be hard on seeds trying to germinate. Carrots like consistency with no wide swings in temperature. Keep the soil moist as they will not germinate well in dry soil and if it crusts the seedlings may not push through. They will grow straight in deep loam soil. Many of us don't have soil that is 18 inches of loam to get the nice long carrots. The answer is to find seeds where the carrot will only grow 4 to 8 inches. These smaller carrots will also grow in containers. Many of the smaller baby carrots are sweeter than the longer carrots and their tops are also not as big.

The best time to remove foliage from Daffodils and Tulips is at least 8 weeks after they bloom. Better yet is to let the foliage turn yellow before cutting it. The longer you wait, the more food is being produced for next years flowers. This is also the time to divide the clumps of bulbs, if they are getting to large and the blooms are not as showy as when first planted. Start by digging around the clump, far enough out from the clump to not damage the bulbs. Lift the clump and shake off excess dirt. Carefully pull bulbs from the clump. If two or three bulbs stay together they may not be ready to be on their own. Check the bulbs for soft or damaged ones and throw them away. You can re-plant them now or wait until fall. If you are storing them to plant in fall, air circulation is a must. Lay the bulbs out for a few days in a shady, dry area till soil is dry and a skin has formed over the bulbs. Store in a warm dry place, then plant in the fall at the usual time you would plant purchased bulbs.

Lets get out and enjoy our gardens this spring! If you have any questions or need assistance with plant, insects, soil issues, or just want to discuss gardening, please contact the Master Gardeners at the WSU/Garfield County Extension Office, 757 Main Street, Pomeroy, WA, 509-843-3701. The Master Gardeners will start their clinics in June! We look forward to hearing from you!

WSU/Garfield County Master Gardeners

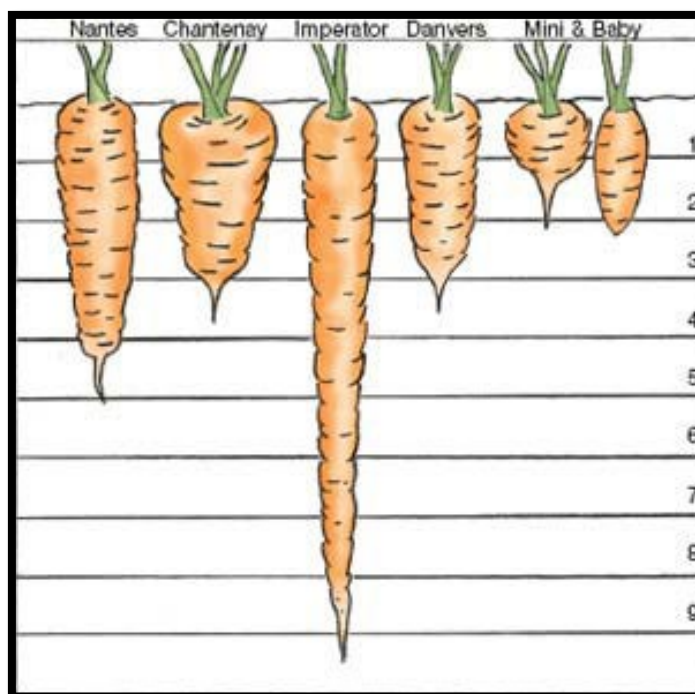


Illustration by Bernard Law, from Mother Earth News



WASHINGTON STATE UNIVERSITY EXTENSION
Master Gardener Program

WASHINGTON STATE UNIVERSITY
EXTENSION
Master Gardener Program

PROVIDING NEST MATERIAL FOR BIRDS; DO'S AND DON'TS

The Cornell Lab of Ornithology

April, 20, 2009

All About Birds (<https://www.allaboutbirds.org/>)

Most birds build some kind of structure to contain their eggs and nestlings. A bird's nest may be as simple as a nighthawk's or Killdeer's depression on the ground, a hole in a tree excavated by a woodpecker, or an elaborate pouch-like woven by an oriole. The most familiar nest type is a cup made of vegetation and sometimes mud. Often, the outer layers are of coarse material, and the inside is lined with softer or finer material. Depending on the species, cup-nesters may hide their nests in trees or shrubs, build them on the ground, or place them in nest boxes or tree cavities.



If your yard has safe nest sites and adequate construction material, it will be more attractive to birds, including those that don't visit feeders. Fallen leaves and twigs left unraked make excellent nest materials for many birds. Providing nooks in your backyard where this untidy debris can collect provides a variety of material for the birds to check out when they are building nests. They may even pick through your compost pile looking for suitable nest material. You can also put out concentrated stashes of nest material.

Do Provide:

Dead Twigs

Dead Leaves

Dry Grass (make sure the grass hadn't been treated with pesticides)

Feathers

Plant Fluff or Down (e.g. cattail fluff, cottonwood down)

Moss

Bark Strips

Pine Needles

Don't Provide:

Plastic Strips

Tinsel

Cellophane

Aluminum Foil

Dryer Lint



Among the materials birds occasionally use in their nests are snakeskin, and spider silk (especially used by small birds, including hummingbirds). The latter holds the other nesting materials together while making a tiny nest stretchy enough to accommodate growing nestlings. Providing a safe environment for spiders will enhance nesting opportunities for these birds. Barn and Cliff Swallows, phoebes, and robins use mud to construct their nests. You might consider creating or keeping a muddy puddle in your garden for them. Birds may also use plastic strips, cellophane, and aluminum, but we don't recommend that you offer these materials. Also, don't offer dryer lint. It may seem nice and fluffy, but it becomes crumbly after it's rained on and dries.

Do Provide Nesting Material In Any of the Following Ways:

In piles on the ground (works well for leaves and wigs)

In clean wire-mesh suet cages, or in mesh bags hung on tree trunks, fence posts, or railings

Pushed into tree crevices

Draped over vegetation

In open-topped berry baskets

Spiral wire hangers made especially for putting out nest material (one type looks like an oversized honey-dipper)

SUPPORTING POLLINATOR FORAGE & HABITAT

Washington State Managed Pollinator Plan for Alfalfa Seed Production

Doug Walsh, Erik Johansen, and Sally O'Neal

<http://ipm.wsu.edu/wp-content/uploads/sites/56/2017/10/a;fa;fa-seed-mp3.pdf>

Everyone can plant forage for bees. Plants that support pollinators are also beneficial for other wildlife, are often visually attractive, and can help improve soil health. Flowers often come to mind when thinking about bees, but bees also utilize trees, shrubs, and other less-noticeable plants for pollen and nectar sources. It is important to consider diversity when choosing plants to ensure adequate forage for the entire growing season. Diversity will also ensure pollinators have access to all of the nutrients they require to be healthy. Following are some easy, efficient ways to improve pollinator forage.

Homeowners can put out flower pots, create flowerbeds, plant trees or shrubs, or establish gardens to provide forage. Homeowners should also use caution when applying pesticides; pesticide user Best Management Practices (BMPs) apply to anyone using pesticides. Homeowners should understand that the pesticide label is the law and it is in place to minimize risk to the environment and human health.



Anyone can create habitat for beneficial, wild pollinators. Roughly 70 percent of native bees nest in the ground. They burrow into areas of well-drained, bare, or partially vegetated soil. Other bees nest in abandoned beetle houses in snags or in soft-centered, hollow twigs and plant stems. Bees will also utilize dead trees and branches. Habitats can be created by leaving deadfalls and brush piles as nesting habitat. Those wishing to create pollinator habitat should consider the type of habitat (being aware that certain structures might attract other animals such as fox, coyote, skunks, and porcupines as well as the type of pollinators they want to attract.

Family Living

FOOD PRODUCT DATING

Adapted from USDA Publication

What is Dating?

“Open Dating” (use of a calendar date as opposed to a code) on a food product is a date stamped on a product’s package to help the store determine how long to display the product for sale. It can also help the purchaser to know the time limit to purchase or use the product at its best quality. It is not a safety date. After the date passes, while not of best quality, the product should still be safe if handled properly and kept at 40°F or below for the recommended storage times listed on the chart (see below). If product has a “use-by” date, follow that date. If product has a “sell-by” date or no date, cook or freeze the product by the times in the chart.

What Type of Food Are Dated?

Open Dating is found primarily on perishable foods such as meat, poultry, eggs, and dairy products. “Closed” or “coded” dating might appear on shelf-stable products such as cans and boxes of food.

Type of Dates

- **“Sell-By”** date tells the store how long to display the product for sale. You should buy the product before the date expires.
- **“Best if Used By (or Before)”** date is recommended for best flavor or quality. It is not a purchase or safety date.
- **“Use-By”** date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.
- **“Closed or Coded Dates”** and packing numbers for use by the manufacturer.

Safety After Date Expires

Except for “use-by” dates, product dates don’t always refer to home storage and use after purchase. “Use-by” dates usually refer to best quality and are not safety dates. But even if the date expires during home storage, a product should be safe, wholesome and of good quality—if handled properly and kept at 40°F or below. See the accompanying refrigerator charts for storage times of dated products. If product has a “use-by” date, follow that date. If product has a “sell-by” date or no date, cook or freeze the product by the time on the chart.

Foods can develop an off odor, flavor or appearance due to spoilage bacteria. If a food has developed such characteristics, you should not use it for quality reasons.

If foods are mishandled, however, food borne bacteria can grow and cause foodborne illness—before or after the date on the package. For example, if hot dogs are taken to a picnic and left out several hours, they wouldn’t be safe if used thereafter, even if the date hasn’t expired.

Other examples of potential mishandling are products that have been: defrosted at room temperature more than two hours; cross contaminated; or handled by people who don’t use proper sanitary practices. Make sure to follow the handling and preparation instruction on the label to ensure top quality and safety.



Family Living

What Do Can Codes Mean?

Cans must exhibit a packing code to enable tracking of the product in interstate commerce. This enables manufacturers to rotate their stock as well as to locate their products in the event of a recall.

These codes, which appear as a series of letters and/or numbers, might refer to the date or time of manufacture. They aren't meant for the consumer to interpret as "use-by" dates. There is no book which tells how to translate the codes into dates.

Cans may also display "open" or calendar dates. Usually these are "best if used by" dates for peak quality.

In general, high-acid canned foods such as tomatoes, grapefruit and pineapple can be stored on the shelf 12 to 18 months; low-acid canned foods such as meat, poultry, fish and most vegetables will keep 2 to 5 years—if the can remains in good condition and has been stored in a cool, clean, dry place.



Storage of Fresh or Uncooked Products

Product	Storage Times After Purchase
Poultry	1 to 2 days
Beef, Veal, Pork and Lamb	3 to 5 days
Ground Meat and Ground Poultry	1 to 2 days
Fresh Variety Meats (Liver,	1 or 2 days
Cured Ham, Cook-Before-Eating	5 to 7 days
Sausage from Pork, Beef or Tur-	1 or 2 days
Eggs	3 to 5 weeks

Storage of Processed Products Sealed at Plant

Processed Product	Unopened, After	After Opening
Cooked Poultry	3 to 4 days	3 to 4 days
Cooked Sausage	3 to 4 days	3 to 4 days
Sausage, Hard/dry, shelf stable	6 weeks/pantry	3 weeks
Corned Beef, uncooked, in pouch with pickling juices	5 to 7 days	3 to 4 days
Vacuum-packed Dinners, Commercial Brand with USDA seal	2 weeks	3 to 4 days
Bacon	2 weeks	7 days
Hot Dogs	2 weeks	1 week
Luncheon Meat	2 weeks	3 to 5 days
Ham, Fully Cooked	7 days	Slices, 3 Days;
Ham, canned, shelf stable	2 years/pantry	3 to 5 days
Canned Meat and Poultry, shelf stable	2 to 5 years/pantry	3 to 4 days

Family Living

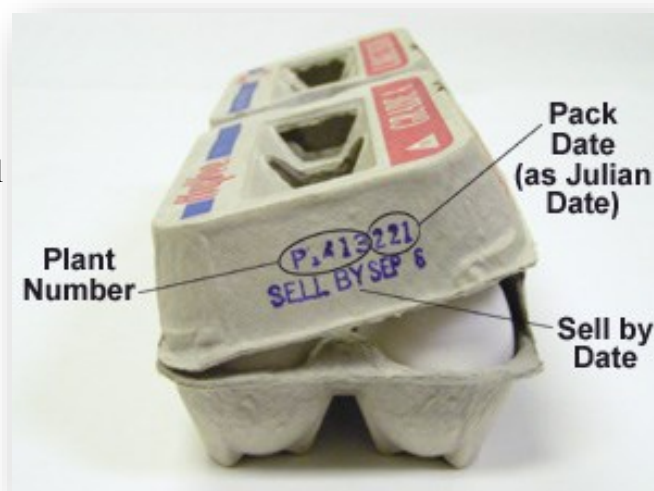
Dates on Egg Cartons

Use of either a “Sell-by” or “Expiration” (EXP) date is not federally required, but may be State required, as defined by the egg laws in the State here the eggs are marketed. Some State egg laws do not allow the use of a “sell-by” date.

Many eggs reach stores only a few days after the hen lays them. Egg cartons with the USDA grade shield on them must display the “pack date” (the day that the eggs were washed, graded, and placed in the carton).

The number is a three-digit code that represents the consecutive day of the year (the “Julian Date”) starting with January 1 as 001 and ending with December 31 as 365.

When a “sell-by” date appears on a carton bearing the USDA grade shield, the code date may not exceed 45 days from the date of pack. Always purchase eggs before the “Sell-By” or “EXP” date on the carton. After the eggs reach home, refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator, not in the door. For best quality, use eggs within 3 to 5 weeks of the date you purchase them. The “Sell-By” date will usually expire during that length of time, but the eggs are perfectly safe to use.



Egg Storage Chart		
Product	Refrigerator	Freezer
Raw eggs in shell	3 to 5 weeks	Do not freeze. Instead, beat yolks
Raw egg whites	2 to 4 days	12 months
Raw egg yolks	2 to 4 days	Yolks do not freeze well
Raw egg accidentally frozen in shell	Use immediately after thawing.	Keep frozen; then refrigerate to thaw.
Hard-cooked eggs	1 week	Do not freeze.
Egg substitutes, liquid Unopened	10 days	12 months
Egg substitutes, liquid Opened	3 days	Do not freeze
Egg substitutes, frozen Unopened	After thawing, 7 days or refer to “Use-By” date	12 months
Egg substitutes, frozen Opened	After thawing, 3 days or refer to “Use-By” date	Do not freeze
Eggnog Commercial	3 to 5 days	6 months
Eggnog Homemade	2 to 4 days	Do not freeze
Pies-Pumpkin or Pecan	3 to 4 days	After baking, 1 to 2 months
Pies-Custard or Chiffon	3 to 4 days	Do not freeze
Quiche with filling	3 to 4 days	After baking, 1 to 2 months

Family Living

Storage Times

Since product dates aren't a guide for safe use of a product, how long can the consumer store the food and still use it at top quality? Follow these tips:

- Purchase the product before the date expires.
- If perishable, take the food home immediately after purchase and refrigerate it promptly. Freeze it if you can't use it within times recommended on chart.
- Once a perishable product is frozen, it doesn't matter if the date expires because foods kept frozen continuously are safe indefinitely.
- Follow handling recommendations on product.



REMEMBER YOUR GENERAL CANNING RULES!!

Adapted from Major Canning Sins, FN-250.7, by Charlotte P. Brennand, Ph.D., Extension Food Safety Specialist, Utah State University, Logan, UT

1. Always exactly follow a scientifically tested recipe (exceptions listed below).
2. Make altitude adjustments by adding more time to water bath canning or increasing pressure for pressure canned products.
3. Unless you are sure that everything is perfect in the processing, boil product for 10 min before eating.

EXCEPTIONS TO THE NEVER CHANGE ANYTHING IN A CANNING RECIPE RULE!

Feel free to:

- Change salt level in anything except pickles
- Change sugar level in syrup used for canned fruit
- Add extra Vinegar or lemon juice
- Decrease any vegetable except tomatoes in salsas
- Substitute bell peppers, long green peppers, or jalapeno peppers for each other in salsa recipes as long as you do not increase the total amount

Garfield County 4-H / FFA

5th ANNUAL GARFIELD COUNTY SPRING PREVIEW JACKPOT

The Spring Preview and Jackpot were held at the Garfield County Fairgrounds, Friday, April 5, 2019. The event was open to 4-H and FFA members. Garfield County exhibitors did not have to pay the entry fee. This is a good practice for the kids that will be attending the Spokane Junior Livestock Show. There were exhibitors from Colfax, Asotin, and Columbia Counties as well as Garfield County.

For the Jackpot show, steers must be targeted for a terminal 4H-FFA state or county fair which will be held in 2019. Classes were determined after all steers were weighed in, and paid out to 5 places.

The all breed Jackpot female show was open to registered or cross bred females. The classes were broken by age based on entries. The top two from each class competed for Champion and Reserve.

For the Showmanship, exhibitors could show a steer or heifer. Fitting of animals was encouraged and must be done by the junior exhibitor. Parents and other adults were welcome to offer advice, but were not allowed to assist in any manner.

The exhibitors were required to clean/strip their stall area before leaving the grounds or they would forfeit their premiums.

Monetary prizes were awarded to the Champion Steer, Reserve Champion Steer and five places in each class; Champion Heifer, Reserve Champion Heifer, and three places in each class. There were also awards for showmanship.

Thank you to the following sponsors of the 2019 Jackpot Preview Show! The sponsors support will help our youth earn money to help pay for their project expenses. Without the donations of supporters, this show would not be possible for our 4-H and FFA kids.





Grand Champion Steer—Madison Dixon
Reserve Champion Steer—Kelly Cordill
Grand Champion Heifer—Isel Tejada Urenda
Reserve Champion Heifer—Addilynn McKay

JUNIOR DIVISION SHOWMANSHIP FINAL

Champion	Kaine Geddes
Reserve Champion	Kale Cordill

INTERMEDIATE DIVISION SHOWMANSHIP

Champion	Kendall Dixon
Reserve Champion	Colby Ledgerwood

SENIOR DIVISION SHOWMANSHIP FINAL

Champion	Isel Tajada Urenda
Reserve Champion	Luke White

Garfield County 4-H / FFA

5th ANNUAL GARFIELD COUNTY SPRING PREVIEW JACKPOT

THANK YOU SPONSORS!!

3G FARMS

4 STAR SUPPLY

C&L LOCKER

CODY AND BRENDA BYE

CX RANCH

DICK LEDGERWOOD AND SON

DICK WALDHER FAMILY

C&S FARMS JV

DIXON LAND AND LIVESTOCK

GARFIELD COUNTY CATTLEMEN'S

INTERMOUNTAIN FEED

RUSTEBAKKE VETERINARY

JIM AND LYNNE CHARRIERE

KLAVEANO RANCHES

LCCU

LEWISTON VET CLINIC

MARK HEITSTUMAN

NWFC

PAPE MACHINERY

POMEROY FFA ALUMNI

OBENLAND AND LOW INSURANCE

COLUMBIA STRAW

HANGIN' A

BANK OF EASTERN WASHINGTON

BEN AND KIM FEIDER

RAFTER C RED ANGUS

SLAYBAUGH BROTHERS

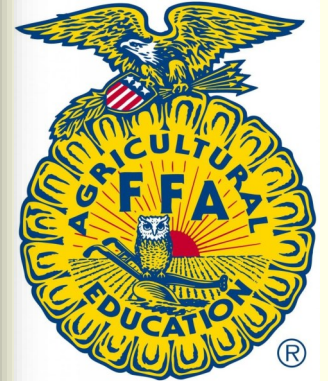
Garfield County 4-H

Bi-County Camp Counselors and Counselors in Training Experience A Team Building Weekend!

This years Counselors and Counselors in Training traveled to the Tri-Cities for a team building weekend with a little bit of fun sprinkled in. Gearing up for the 2019 Camp coming June 17-21st, 2019.



Garfield County FFA



POMEROY FFA REPRESENTS AT SUB-DISTRICTS AND DISTRICTS AND ARE OFF TO STATE!!

Our Pomeroy FFA are off to state! The automatic qualifiers, CCM (Devon) placed 2nd. And for Parli Pro placed 3rd. CCM (Jillian) qualified through the lottery draw system. For state, Pomeroy FFA will have two CCM teams, Parli Pro, two Marketing Plan teams, Ag. Issues, Food Science, Meats and Livestock. A total of 35 kids will be attending State FFA Convention in Pullman to compete.

Good Luck Pomeroy FFA!!





Garfield County

WASHINGTON STATE UNIVERSITY
EXTENSION

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

Quinoa Salad

Recipe courtesy of Mary Sue Milliken and Susan Feniger
Food Network

Ingredients

12 cups Water
1 1/2 cups Quinoa, rinsed
5 Pickling Cucumbers, peeled, cut into 1/4" cubes
1 Small Red Onion, cut into 1/4" cubes
1 Large Tomato, cored, seeded and diced
1 Bunch Italian Parsley Leaves, Chopped
2 Bunches Mint Leaves, Chopped
1/2 Cup Extra Virgin Olive Oil

1/4 Cup Red Wine Vinegar
1 Lemon, Juiced
1 1/2 Teaspoons Salt
3/4 Teaspoon Freshly Ground Black Pepper
4 Heads Endive, trimmed and separated into individual spears
1 avocado, peeled, seeded and diced



Bring water to a boil in a large saucepan. Add the quinoa, stir once, and return to a boil. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water, shaking the sieve well to remove all moisture. When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well. Spoon onto endive spears, top with avocado and serve.

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.



Garfield County
WASHINGTON STATE UNIVERSITY
EXTENSION

Helping You Put Knowledge To Work