



Garfield
County

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Newsletter

November/December 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

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Contact Us:

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(closed 12:00-1:00)

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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.

WSU WHEAT ACADEMY

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This **December 15 and 16**, the second WSU Extension Wheat Academy will not only give participants the chance to learn directly from researchers, it will also allow more people to join in.

The Wheat Academy will begin at 8:00 a.m. Tuesday, December 15 and will be held in the Vogel Plant Biosciences Building Teaching Laboratories on the ground floor. Registration is \$100 and this year we can accommodate 75 participants. Because participation is limited, we ask that individual companies limit the number of employees they send to the Wheat Academy to a maximum of ten. The registration fee covers parking on campus, two lunches, a catered social hour, and light refreshments throughout the event.

To register, visit wheatacademy2015.brownpapertickets.com. Registration will open in October.

During each day of the workshop participants will select four, 90-minute presentations to attend out of the six available that day. The Wheat Academy will include presentations by:

- Ian Burke, WSU Weed Scientist
- Stephen Guy, WSU Extension Agronomist
- Paul Carter, WSU Extension and Columbia County Director
- Don Wysocki, OSU Extension Soil Scientist
- David Brown, WSU Soil Scientist
- Tabitha Brown, WSU Associate in Research
- Randy Fortenbery, WSU Endowed Chair of Small Grains Economics
- Tim Murray, WSU Extension Plant Pathologist
- Camille Steber, USDA-ARS Molecular Geneticist
- Arron Carter, WSU Winter Wheat Breeder
- Haiying Tao, WSU Extension Soil Scientist
- Karen Sowers, WSU Associate in Research
- Bill Pan, WSU Soil Scientist

Washington and Idaho Pesticide Recertification Credits and Certified Crop Advisor Credits have been requested.

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Persons with disabilities who require alternative means for communication of program information or reasonable accommodations needs to contact Drew Lyon by November 30 at (509) 335-2961.

Livestock and Farming

What Does Fall Cold Temperature Damage Look Like?

<http://smallgrains.wsu.edu/what-does-fall-cold-temperature-damage-look-like/>

With our recent cold night temperatures and warm days we may see damage to small grain crops. Damage symptoms can vary based on what stage the plant is in, other components of the weather such as rain or snow, and soil types.

Cold soil temperatures and temperatures that fluctuate greatly between day and night can cause odd symptoms on young coleoptiles and emerging foliage called color-banding. Color-banding occurs when tissue near the soil line discolors as a result of being exposed to very cold or warm soil, especially when there is a marked difference between soil and air temperatures. This results in yellow (Figure 1), and purple discoloration that often extends the width of the coleoptile or leaf. White bands can be seen when in the spring when warm soil contacts the plant (Figures 2 and 3). Affected plants are often near each other and the impacted leaves may have multiple bands that result from new growth being exposed to the fluctuating temperatures and sometimes referred to as 'rugby stripes'. Although these symptoms can be dramatic, it's unlikely to kill the plant.

Plants can also be damaged by exposure to cold air temperatures and frost. These plants can have leaf twisting (similar to a corkscrew) in older leaves (Figure 4), reddening or purpling at leaf tips (Figure 5), a general sickly-yellow coloring (Figure 6), or water-soaking which can make the tissue appear darker. Sulfonyleurea herbicides can also produce purple to red pigments in some plants. Areas that are more prone to cold or frost damage include: low spots, areas with wind exposure, dry soils, and fields/areas with high crop residue as the crop residue prevents the heat from the soil from radiating to the plant. Early season nitrogen may make the plants more susceptible to this type of cold damage if the nitrogen application caused accelerated growth.

Fields with a high proportion of clay may be prone to soil crusting. Crusting events occur when soil particles re-disperse as a result of rain or irrigation and reform into a dry, dense covering. This crust becomes too solid for seedlings to germinate through. As a result the seedlings appear curled from attempting to grow up through the hard surface (Figures 7 and 8). Seedlings that do emerge will likely grow fine into the winter. Trillate and Trifilluralin chemicals can cause distortion that can look similar.

If you suspect cold damage: check the distribution of the symptoms in the field, paying attention to low spots and exposed areas. Next, check the root system as a poor root system may indicate root rot rather than cold damage as the cause of the symptoms.

As with any questionable symptoms, the Plant Pest Diagnostic Clinic is here to help! To get more information or to send a sample, follow the directions on the [Plant Pest Diagnostic Clinic website](#)



Figure 1.



Figure 2.



Figure 3.



Figure 4.



Figure 5.



Figure 6.



Figure 7.



Figure 8.

Livestock and Farming

Feds to Unleash Weevil Against Starthistle **by Keith Ridler of the Associated Press**

Boise - Federal officials have approved turning loose a nonnative insect to feed on an invasive thistle that sprouts in everything from rangelands to vineyards to wilderness areas, mainly in the U.S. West.

The U.S. Department of Agriculture said Tuesday it will permit use of the weevil native to Europe and Western Asia to control yellow starthistle, which is from the same areas.

“It’s flowers have inch long spines that deter feeding by and cause injury to grazing animals and lower the utility of recreational lands,” the agency said.

There is little to no risk of the insect attacking native plants, the agency said.

The weevils will initially be let loose in California, with additional releases in Idaho, Oregon, Washington and possibly Nevada. The agency said Wednesday it is accepting permit applications to process this fall so weevils could be released in the spring.

“We’re really excited about the release of this weevil,” said Jeremy Varley of the Idaho Department of Agriculture. Yellow Starthistle “is not good to eat, and it’s toxic to horses.”

The U.S. Agriculture Department said Yellow Starthistle entered California before 1860 and is now one of the state’s worst pests. Idaho, Oregon and Washington also have heavy infestations of the thistle that’s been found in 41 states.

Before Idaho could release weevils, he said, the state will have to grow enough of them to have a large enough population to put into the wild. How long that might take isn’t clear. The University of Idaho, which has an agricultural college, would likely play a role in that effort.

Experts said the weevil can reduce the spread of yellow starthistle where other methods such as pesticides and physical removal of the plant, have failed. Yellow starthistle is an annual with a taproot. It spreads with seeds blown by the wind.

The insect’s larvae feed on the upper part of the plant’s root for about two months before going into the pupa stage inside the plant. They emerge as adults in June and feed on the yellow starthistle leaves for several days before experts believe, becoming dormant.

The following spring, females feed for several weeks, then lay a few eggs on starthistle plants each day for several months before dying.

The federal agency has released an environmental assessment and finding of no significant impact to releasing the weevils. In 2009, it released a draft environmental assessment and spent the next decade testing to make sure releasing the weevils wouldn’t have unintended consequences.



Yellow Starthistle



Yellow Starthistle Weevil

Master Gardener Program



Now Recruiting!

Do you love gardening?

**Enjoy sharing your
knowledge with others?**

**Become a Master Gardener
Volunteer!**

-  Cost is \$130 for the class and \$75 for the online training. Basic computer skills are required.
-  The training class meets Tuesdays, 1:00 pm to 4:00 pm, Feb 4 – April 14
-  Class recordings available.

FOR MORE INFORMATION, CONTACT:

jreed@co.asotin.wa.us or 509-243-2009, ext 1600

FOR INFORMATION AND REGISTRATION MATERIALS, VISIT:

<https://extension.wsu.edu/asotin/gardening/horticulture-classes-and-workshops/>

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office. If you require special accommodation, call WSU Extension Asotin County at 509-243-2009, ext.1600 at least two weeks prior to the event.



Asotin & Garfield Counties

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Join us!



A Note from WSU Garfield County Extension Master Gardener Barbara Deherrera



Well, that killing frost came on early this year! At our house, we covered our most sensitive plants, such as the tomatoes and cucumbers, but the night with a low of 26 degrees got them too. We did not cover the cantaloupe or watermelon, they were at the end of their growing season with the cool weather.

So, we had a head start on our garden clean-up! Here are some suggestions for your fall and winter garden:

November

Finish clean-up in the flower beds. Pull out annuals; cut back herbaceous perennials to prevent wind damage. Prune roses to 2 1/2 feet. Remove leaves and mound 8 inches of mulch around canes. Collect and dispose of leaf and fallen fruit debris from under fruit trees. Many insects and disease organisms overwinter in such debris.

Tie summer-bearing raspberry canes to wires and prune 6 inches above the top trellis wire.

Move container plants to a sheltered location.

Consider covering or applying mulch over tender plants that may suffer cold damage.

December

Depending on the temperature (choose a day that the forecast is to be above freezing and be sure the ground is not frozen), consider watering plants under eaves and in protected entries. Well-watered plants take freezing temperatures better than dry ones. Turn compost, and continue to add materials to it.

General Maintenance

Pull weeds before they bloom and release seeds. Yes, some weeds will continue to grow on sunny days!

Maintain tools—clean, oil and sharpen them. Consider adding a protection to the handles, such as linseed oil applied with a rag.

Clean greenhouses thoroughly. Make sure vents, heaters, and irrigation systems are in working order.



A Note from Master Gardener Barbara Deherrera, Continued

WHAT IS THE DIFFERENCE BETWEEN A FROST AND A FREEZE?

What is the difference between a frost and a freeze? The dew point and humidity can alter when frost damage occurs. Cold, cloudy, windy weather will have less chance of causing damage than those cold, clear, still nights.

A **frost** is a visible sign of cold temperatures. A **freeze** is a temperature below freezing and sustained enough to freeze the moisture in the cell walls of the plant, causing them to burst. According to the Michigan State University Extension article



“[What is the Difference Between a Frost and a Freeze](#)”:

“Sometimes we get frost when the temperatures are above freezing and we often have a freeze without frost. It all has to do with the amount of water in the air.” It is a wonderful article that explains this process in more depth. Check it out here:

https://www.canr.msu.edu/news/what_is_the_difference_between_a_frost_and_a_freeze

There are some vegetables that have improved taste after a freeze and some that are winter hardy. Carrots and parsnips convert their starch to sugar, while kale and Brussel sprouts produce sugar after a light freeze. In general, those in the cabbage (Cruciferous) family do well in cool weather. Swiss Chard, beets, and leeks are also tolerant of cold weather. Cabbage and carrots will do well down to 20 degrees!! This is for a short time of cold. Once the ground freezes, they will go dormant or die back. A thick cover of mulch or even snow will provide insulation and may keep these usable for a few more months.

plantmaps.com is a web page that allows you to enter your zip code for a map of your local hardiness zone. You can zoom in to your specific area. For example, Pomeroy is in a zone 7, while our home is in a 6b. It makes a difference when you are ordering your seeds for next years garden and considering if an item will thrive in your yard or garden. Check it out!

Speaking of weather, I did some research into the winter forecast for our area. The prediction is for above average temperatures and below average moisture. How reliable is this? Weather.com has an 81% accuracy rate; WeatherUnderground is at 80%; and AccuWeather is 79% accurate based on their predictions and the actual weather over the last year. Maybe we won't be shoveling much snow, but will surely be missing having our water tables full next summer.

Have an enjoyable winter! Read some books; go to the WSU Extension site: extension.wsu.edu for a wealth of free reading or order some booklets to add to your gardening library. Go to your library and check out fictional books involving gardens! Dream of you 2020 garden.



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Master Gardener Program

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Interested in becoming a beekeeper?

The Valley Beekeepers Association will have their beekeepers class beginning in 2020 if there is enough interest. The classes will cover information on the housing, care, and feeding of bees. They will be followed through the summer by field days, as needed, to demonstrate such things as putting a bee "package" into an empty hive and checking the health of a hive. The intent is to get new beekeepers through their first year. Experienced beekeepers also are welcome to participate.



Please contact John Freeman if you are interested in taking the beekeeping class: 509-758-6338

WSU Honey Bee and Pollinator Research Facility

For more information visit <http://bees.wsu.edu/>



Bee Helpful

A Global Problem

Honey bees are the single most important pollinator contributing to a healthy global food supply. Declines in insect pollinators worldwide present a challenge for food security. The WSU Honey Bee and Pollinator Research Facility will provide the means to conduct unparalleled research and outreach to create sustainable solutions to problems facing pollinators. Creation of the new state-of-the-art facility will require the financial support from people like you.

Bee Friendly

Join Us in Saving the Bees

We're partnering with Paul Stamets and Fungi Perfecti to protect honey bees and pollinators. Our renowned global research program works with beekeepers, scientists, environmentalists and communities to improve honey bee and pollinator health. This effort supports research on how fungi can help honey bees.

Together, our work will ensure the thriving pollination system critically needed for domestic and global food security.

Bee Informed

Research Lab

Field research in the apiaries is centered on projects addressing problems of major importance to Pacific Northwest (PNW) beekeepers.

Diagnostics Lab

As part of the research effort on honey bee colony health in the PNW, the Diagnostic Laboratory was set up at WSU in 2008 to evaluate submitted samples for the presence and prevalence of parasites and pathogens.

Breeding Program

The WSU honey bee selection and Breeding Program continues into its 16th year. The program provides selected honey bee stocks to beekeepers through provision of selected queens to the Washington State Beekeepers Association Collaborative Apiaries.

Family Living

Bringing on the Holiday Cheer!

By Stephanie Smith, Ph.D., Statewide Consumer Food Safety Specialist

Assistant Professor Washington State University

This article appeared in the Moscow-Pullman Daily News in December 2018

The holidays are a perfect time to share good company and good food. I have curated some traditional holiday recipes that will provide safe and tasty food, culminating in a wonderful feast for your friends and family.



Perfect Prime Rib

This recipe is adapted from a recipe provided by Iowa State University Extension and Outreach. A beef rib roast is one that contains two or more bones from the rib sections. A beef rib eye roast is the large center muscle with the bones removed. A “standing” rib roast uses the bones to form a natural rack in the roasting pan. Rib roasts are usually sold as either small end or large end. Small end roasts are more tender, contain less fat and are usually priced higher than large end cuts.

- Heat the oven to 350°. Place the roast, fat side up, on a rack in a shallow roasting pan. Insert an ovenproof meat thermometer in the thickest part of the roast making sure it is not resting in any fat. Do NOT add water or cover. If you do not have an ovenproof thermometer, you can check the internal temperature of the roast as it is cooking.
- Season roast if desired. You can make your own seasoning mix by combining your favorite herbs and seasonings such as black pepper, basil and thyme; garlic powder, marjoram and parsley; or lemon pepper and rosemary. Alternatively, you can mix 2 sticks of unsalted butter with garlic, 1 cup of horseradish, 1/4 cup chopped thyme, 2 tablespoons of chopped rosemary, and 3 tablespoons of chopped sage. Sprinkle or spread the seasonings over all the sides and pat it into the surface.
- Roast at 325°F. Allow an approximate cooking time of 15 minutes per pound.
- Check the internal temperature of the roast by placing a food thermometer into the middle of the roast. Check the internal temperature in at least 3 locations around the center. Remove when the thermometer registers 5 to 10° before desired doneness. Tent with foil and let the roast stand for 15 minutes. The roast will continue to cook during the rest period. The roast must have an internal temperature of 145° for at least 3 minutes.

Family Living

Easy Au Jus

Reserve the meat juices from roasting pan. Skim fat. Combine the following ingredients with 2 tablespoons of the meat juices and heat to boiling: 2 cubes of beef bouillon or 2 teaspoons instant beef granules, 1 1/2 cups water, 1 teaspoon soy sauce, 1 teaspoon Worcestershire sauce, 1/2 teaspoon onion powder. Serve with your prime rib.

Holiday Egg Nog

This recipe was adapted from a recipe provided by USDA FSIS. Never consume raw eggs. Unfortunately, an added dash of rum won't make raw eggs safe, as the alcohol content in rum is not high enough to kill bacteria. However, this recipe will ensure a safe and delicious drink that is a hit with your family and friends.

1 quart of 2% milk

6 eggs

1/4 teaspoon salt

1/2 cup sugar

1 teaspoon vanilla

1 cup whipping cream, whipped

Ground nutmeg

Directions:

- Heat milk in large saucepan until hot (do not boil or scald). While milk is heating, beat together eggs and salt in a large bowl, gradually adding the sugar.
- Gradually add the hot milk mixture to the egg mixture while continually stirring.
- Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. The food thermometer should register 160° F. Stir in the vanilla.
- Cool quickly by setting pan in a bowl of ice or cold water and stirring for about 10 minutes.
- Optional: Stir in 3-4 oz of bourbon or rum.
- Cover and refrigerate until thoroughly chilled, several hours or overnight.
- Pour into a bowl or pitcher. Fold in whipped cream. Then dust with ground nutmeg and enjoy!

Looking for some delicious side dishes to add to your holiday meals? The Partnership for Food Safety Education has an extensive list of recipes for the holidays, which can be found at <http://www.fightbac.org/recipes/>.

WSU Extension wishes you all a wonderful holiday season filled with good food and wonderful memories!

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/>. Follow us on Facebook at <https://www.facebook.com/wsuentfs/> or on Twitter at https://twitter.com/WSU_foodsafety.



Overview of Foodborne Illness



48 million people (1:6) get a FB illness each year

- 1,257,510 people in WA
- 3,395 hospitalized
- 79 will die
- 2-3% of those infected (377,253 people WA/year) face life-long health issues
- The Cost
 - \$408.7 million/yr in WA State
 - Costs to the food industry from recalls or closures across U.S. \$55.5 billion/yr

It's not just the stomach flu!

- Kidney injury (HUS from *E. coli*)
- Chronic autoimmune arthritis
- Neurological dysfunction (brain and nerve damage)
- Life-long gastrointestinal illnesses from secondary infections
- Death

Foodborne illness is preventable!

Follow the Core 4 Practices



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1. Clean



Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To Fight BAC!® always:

- ✓ Wash hands and surfaces often
- ✓ Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- ✓ Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- ✓ Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- ✓ Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- ✓ Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

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2. 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 in your grocery shopping cart, grocery bags and in your refrigerator.
- ✓ Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- ✓ Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



3. Cook



Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods. The best way to Fight BAC!® is to:

- ✓ Use a food thermometer to make sure that the food is cooked to a safe internal temperature.
- ✓ Cook:
 - ✓ Roasts and steaks to a minimum of 145°F.
 - ✓ Poultry should reach a safe minimum internal temperature of 165°F.
 - ✓ Ground meat and eggs, to at least 160°F.
 - ✓ Bring sauces, soups and gravy to a boil when reheating.
 - ✓ Heat other leftovers and casseroles thoroughly to 165°F.
 - ✓ Cook fish to 145°F.
- ✓ Color is not a reliable indicator of doneness!
- ✓ Make sure there are no cold spots in food (where bacteria can survive) when cooking. Check the temperature in multiple spots.



4. Chill



Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

- ✓ Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- ✓ Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- ✓ Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- ✓ Always marinate food in the refrigerator.
- ✓ Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- ✓ Use or discard refrigerated food on a regular basis.

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GARFIELD COUNTY EXTENSION



Garfield County 4-H & FFA



2019 Garfield County Fair Beef Carcass Winners Announced

Data was collected on 24 of the 2019 Garfield County Fair 4-H and FFA Steers. Steers were evaluated on back fat, rib eye area and on their ability to marble (Quality Grade). Twelve of the 24 steers met the strict WSU Carcass of Merit requirements. Congratulations to **Molly Warren**, who had the overall top ranked carcass with a Yield Grade of 2.79 and a Quality Grade of Average Prime. Molly's steer had received a blue ribbon when judged at the 2019 Garfield County Fair.

The following steer exhibitors also received **Carcass of Merit designation**:

Eva Macconnell, 2nd place overall carcass of merit

Troy Steele, 3rd place

Trevin Kimble, 4th place

Grayson Slaybaugh, 5th place

Peyton Cannon, 6th Place

Cayle Mullins, 7th place

Madison Dixon, 8th place

Conrad nelson, 9th place

Nolan Newberg, 10th place

Kyzer Herres, 11th place

Jillian Herres, 12th place overall carcass of merit

Overall this was an outstanding group of steers. The 24 steers that data was collected on had an average Yield Grade of 2.80, with 79% of the carcasses grading at least Low Choice.

Complete carcass data on the 4-H and FFA steers is available at the WSU Garfield County Extension Office; or by contacting Mark Heitstuman, WSU Garfield County Extension Director at:

heitstuman@wsu.edu.



Molly Warren with her Champion Carcass of Merit Steer

Garfield County 4-H

**2019 ACHIEVEMENT NIGHT
NOVEMBER 17TH, 5:30 PM
DICK BROWN BUILDING**



Achievement Night will be pot luck. Please find your club and the dish to bring. If you have any questions, please give us a call at the Extension Office.

Lucky Horseshoe and Garfield Poultry and Rabbits: SALAD

Creative Kids: DESERT

Garfield County Livestock and Blue Ribbon Livestock: MAIN DISH

**COME ENJOY DINNER, ACKNOWLEDGE YOUR ACHIEVEMENTS,
MAYBE WIN A DOOR PRIZE!!**

IT'S 4-H RE-ENROLLMENT TIME

You may go online to <https://wa.4honline.com> and log in with your existing login information. If you forgot your password, click the "I forgot my password" radio button. **DO NOT SET UP A NEW PROFILE.** Update all your information and add new members if you need to. **GARFIELD COUNTY ONLY ACCEPTS CHECKS AND CASH!** Be sure to page through to the end and click submit. Your membership will be approved once payment and record books have been received. If you have any questions please do not hesitate to contact us! 509-843-3701.





October Happenings

We had a great trip to the Northern International Livestock Exposition for livestock judging. What a great learning experience for our students. We saw some quality livestock and competed on a regional stage. Trevin was 3rd overall junior livestock judge and the senior team was 19th out of 59 teams despite mis-marking a card costing us a few points.





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PO Box 190
Pomeroy, WA 99347
509-843-3701

Mark Heitstuman, County Extension Director

Holiday Sticky Buns

Recipe courtesy of Ina Garten

INGREDIENTS

12 Tablespoons (1 1/2 Sticks) butter at room temperature
1/3 cup light brown sugar, lightly packed
1/2 cup pecans, chopped in very large pieces
1 package (2 Sheets) frozen puff pastry, defrosted

FILLING

2 Tablespoons butter, melted and cooled
2/3 cup light brown sugar, lightly packed
3 teaspoons ground cinnamon
1/2 cup dried cranberries
1/2 cup white raisins



1. Preheat the oven to 400° f. Place a 12-cup standard muffin tin on a sheet pan lined with parchment paper.
2. In the bowl of an electric mixer fitted with the paddle attachment, combine 12 tablespoons butter and 1/3 cup brown sugar. Place 1 rounded tablespoon of the mixture in each of the 12 muffin cups. Distribute the pecans evenly among the 12 muffin cups on top of the butter and sugar mixture.
3. Lightly flour a wooden board or stone surface. Unfold on sheet of puff pastry with the folds going left to right. Brush the whole sheet with 1 tablespoon of the melted butter. Leaving a 1-inch border on the puff pastry, sprinkle each sheet with 1/3 cup of brown sugar, 1 1/2 teaspoons of the cinnamon, 1/4 cup of the cranberries and 1.4 cup of the raisins. Starting with the end nearest you, roll the pastry up snugly like a jelly roll around the filling, finishing the roll with the seam-side down. Trim the ends of the roll about 1/2 inch and discard. Slice the roll in 6 equal pieces, about 1 1/2 inches each. Place each piece, spiral side up, in 6 of the muffin cups. Repeat with the second sheet of puff pastry to make 12 sticky buns.
4. Bake for 30 minutes, until the sticky buns are golden to dark brown on top and firm to the touch. Allow to cool for 5 minutes only, invert the buns onto the parchment paper (ease the filling and pecans out onto the buns with a spoon) and cool completely.

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Helping You Put Knowledge To Work