



Garfield
County

WASHINGTON STATE UNIVERSITY
EXTENSION

Newsletter

March-April 2020

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)

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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.

FL

Ledgerwood Gelbvieh
Rafter C Reds



CATTLEMEN'S KIND PRIVATE TREATY SALE

March 14, 2020

35 YEARLING GELBIEH BULLS
6 BALANCER® | 3 RED ANGUS

5 COMING 2-YEAR OLD GELBIEH BULLS
4 BALANCER® | 1 RED ANGUS

LARGEST selection of
PUREBRED GELBIEH in the West!



Ledgerwood
gelbvieh



CLARKSTON, WA

SAMEE: (509) 566-8805 | PETE: (509) 566-7777

2019 Eastern Washington Agricultural Museum's
Spring Farming Days
April 3rd and 4th, 2020



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!**

**THANK YOU SPONSORS OF 2020 FARMERS
DAY!!**

The Pomeroy Conservation District, Garfield County WSU Extension, FSA and NRCS would like to thank the 2020 sponsors of Farmer's Day. Without your generous donations, Farmer's Day would not be possible!

**Shanna Hessling
Pomeroy Dental Center
Pomeroy Foods
East Washingtonian
Steve Krouse
Sassy Spur
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McGregor Company
Farm & Home Supply
Four Star Supply
Garfield County Title
Pomeroy Grain Growers
McGregor Risk Management
Bank of Eastern Washington
Jim's Fertilizer**

Livestock and Farming

PARAQUAT DICHLORIDE TRAINING FOR CERTIFIED APPLICATORS



As required by EPA’s Paraquat Dichloride Human Health Mitigation Decision and amended paraquat dichloride (a.k.a. paraquat) product labels, certified applicators must successfully complete an EPA– approved training program before mixing, loading, and/or applying paraquat. The training provides important information about paraquat’s toxicity, new label requirements and restrictions, and the consequences of misuse.

The EPA-approved training module can be accessed at: <https://campus.extension.org/enrol/index.php?id=1660>. This training was developed by paraquat manufacturers as part of EPA’s 2016 risk mitigation requirements and has been approved by EPA

Who is required to take this training?

Any person who intends to use paraquat must be a certified applicator and is required to take the training. “Use” includes pre-application activities involving mixing and loading the pesticide; applying the pesticide; and other pesticide-related activities, including, but not limited to transporting or storing opened pesticide containers, cleaning equipment, and disposing of excess pesticides, spray mix, equipment wash waters, pesticide containers, and other paraquat-containing materials.



Livestock & Farming

MANAGING STRESS ON THE FARM

Michigan State University Extension

The rewards of farm life can be great, but there are also heavy demands — which include everything from equipment failures to unpredictable growing seasons. These challenges can lead to stress, mental health issues and even suicide. Uniquely positioned at the intersection of agricultural knowledge and mental health expertise, Michigan State University Extension is helping farmers, their families and agribusiness professionals navigate these stressors. MSU Extension offers a suite of trainings, resources and educational materials to help farmers cope with this stress; additionally, in January 2019, MSU Extension hosted a national Farm Stress Management Summit.

- 99 participants from 23 states attended the Farm Stress Management Summit.
- In 2019, MSU Extension provided 31 farm stress management workshops, reaching 944 farmers and agriculture industry professionals.
- 91% of participants reported that the trainings helped them learn to recognize signs of depression, suicide and mental illness.

For more information, please visit the Michigan State University Extension site:

https://www.canr.msu.edu/managing_farm_stress/



Livestock & Farming

STRESS



Try any two of these ideas each day for 2 to 3 weeks and you will be able to notice how much less stressed you have become.

"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

-William James

REFLECT

Think of any moment that made you feel comforted and content. Close your eyes and relive that moment.



© iStock.com/juanmorales

THINK "B-R-A-I-N."

B = Breathe. Breathe deeply 5 times. Release the air slowly.

R = Relax. Tell yourself to relax, whether in your head or out loud. Notice areas of tension in your body, and try to release that tension.

A = Ask yourself what you need or want to feel. We usually ask why the other person is such a jerk or why we goofed up. Instead, ask yourself what you need to feel: calm, in control, at peace, and other comforting feelings.

I = Imagine feeling that way.

N = Now, after doing those four things, ask yourself, "How do I feel now?"

SELF-TALK

Tell yourself you can get through it. You have come through rough times before. You can do it again. You have gotten through difficult situations.

EXERCISE



© iStock.com/fermig

Physical activity can help to lessen cortisol in the body and protect against negative impacts of stress (Puterman et al., 2012; Hamer, 2012; Heaney et al., 2014). What physical activity might you be able to add in that you would enjoy? Even taking a short walk can improve our mood and heart health (McGuire & Ross, 2011; Hansen et al., 2001).

Livestock & Farming

HOW STRESS AFFECTS YOU



HOW STRESS AFFECTS YOUR BODY

From the list below, circle any of the physical symptoms that you frequently have when you are stressed.

- | | | |
|----------------------------|-----------------------------------|---------------------------|
| Heart races | Shortness of breath | Increased appetite |
| High blood pressure | Dizziness | Tapping fingers |
| Sweaty palms | Neck feels sore | Muscle cramps |
| Face feels hot | Legs feel shaky | Backache |
| Tightness of chest | Upset stomach | Grind teeth |
| Fatigue | No appetite | Headache |
| Nausea | Feel like you are in a fog | |

HOW STRESS AFFECTS YOUR THOUGHTS OR FEELINGS

From the list below, circle any of the thoughts or feelings you frequently have when you are stressed.

- | | | |
|--------------------------|---------------------------------|---------------------------|
| Easily angered | Nervous | Crying |
| Feeling depressed | Trouble making decisions | Restlessness |
| Lower sex drive | Irritable | Feeling bored |
| Exhausted | Cynical | Inability to sleep |
| Can't concentrate | Aggressive | |

HOW STRESS AFFECTS WHAT YOU DO

From the list below, circle any of the things you may do when you are stressed.

- | | | |
|--------------------|-------------------------|-----------------------------|
| Undereating | Increase smoking | Sleeping to escape |
| Overeating | Taking drugs | Withdraw from people |
| Arguing | Drinking | Breaking things |

Stop doing things I like to do

MICHIGAN STATE UNIVERSITY | **Extension**

To learn more, visit msue.msu.edu/managingfarmstress.

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Source: Michigan State University Extension. RELAX: Alternatives to Anger.

**Banana Belt Gardening Series
Brought to you by UI and WSU Extension**

2020 Banana Belt: Thursday nights in March * 6:00 pm to 8:00 pm

HANDS-ON HORTICULTURE

Location: Parks & Rec Community Center
1424 Main Street, Lewiston

Fee: \$12 per workshop/per person
Checks payable to Nez Perce County



**PRUNING FRUIT TREES
MARCH 5TH
PREREGISTRATION REQUIRED
Class Size limited to 50**

Practical Information: improve your fruit size, quality and tree health; prevent disease and insects with safe dormant sprays.

Hands-on Practice: proper pruning techniques demonstrated; BYOHP-Bring your own hand pruners- for this workshop!



**STARTING/TRANSPLANTING TOMATOES
MARCH 12TH
PRE-REGISTRATION REQUIRED
Class Size Limited to 40**

Practical Information: enhance earliness of fruit set and ripening ; reduce problems with seedling diseases; help with weed control.

Hands on Practice: methods demonstrated for successfully starting your own tomato plants from seeds indoors to transplanting seedlings.

**Banana Belt Gardening Series
Brought to you by UI and WSU Extension**

2020 Banana Belt: Thursday nights in March * 6:00 pm to 8:00 pm

TIMELY TOPICS FOR GARDENS

**Location: LCSC Sacajawea Hall Room 115
500 8th Avenue, Lewiston**

**Fee: \$7 per class/per person
Checks payable to Nez Perce County**



**LOST APPLES OF THE INLAND EMPIRE
March 19th
PRE-REGISTRATION APPRECIATED**

Learn of long lost apple varieties rediscovered in remote canyons, fields and ravines of the once known Oregon Territory. These orchards planted by homesteaders, provided enough variety to last from early spring through the long winter.



**COMMON LAWN PROBLEMS
MARCH 26TH
PRE-REGISTRATION APPRECIATED**

Homeowners face many issues and decisions when establishing and maintaining a healthy lawn. Learn about best practices for weed, disease, and insect prevention, proper timing and use of chemical and organic solutions, and appropriate aeration, fertilization and watering techniques for common lawn problems.

**Banana Belt Gardening Series
Brought to you by UI and WSU Extension**

**BANANA BELT BACKYARD GARDENING
SERIES
REGISTRATION**

Name: _____

Email: _____

Address: _____

Pre-registration ensures enough equipment, supplies, and materials are available for all

Three ways to pre-register:

Return the form and fee to:

UI Nez Perce County Extension, 1239 Idaho Street, Lewiston, ID 83501

Email registration information to:

nezperce@uidaho.edu

Call:

208.799.3096

Hands on Horticulture: \$12/Class

___ **March 5th**—Pruning Fruit Trees with Mike & Joan Mount, Green Things Nursery

___ **March 12th**—Starting/Transplanting Tomatoes with Brian Beesley, UI/NPC Advanced Master Gardener

Timely Topics for Gardens: \$7/Class

___ **March 19th**—Lost Apples of the Inland Empire with David Bencoter

___ **March 26th**—Common Lawn Problems with Ken Hart, UI/Lewis County Extension



*A Note from WSU Garfield County Extension
Master Gardener Sue Fitzgerald*

As we are now getting ready to start gardening, here are a few things to consider.

- * Start your seeds indoors, if you didn't start them earlier. Containers should be cleaned with one part bleach to ten parts water, soak for a few minutes, scrub off any dirt that remains and then rinse. Most containers can be used; egg cartons, many different plastic food containers and Styrofoam cups. If you want to buy new nursery trays, consider trays that can be reused and cleaned every year.
- * Use a seed starting mix or good grade of potting mix. Garden soil has many weed seeds and is too heavy for indoor seed starting.
- * Buy your seeds from reputable seed companies. Cheap seeds may not germinate, be a waste of time and give disappointing results. Read the seed packet. Some perennial seeds need to be cooled or frozen for several days to weeks before planting. Check the number of days to germination. Most seeds germinate in a week to ten days but some can take up to a month. Also, check days to harvest. Do you have enough cool weather before hot days arrive? Or too long to maturity with not enough hot days to harvest the crop? Some seeds are so small that unless you start them indoors with proper conditions, they may not germinate and grow if planted outside.
- * Another thing to consider is the amount of seed in the packet. How many plants of that kind do you want? Most veggie and annual seeds will have good germination for 3 to 4 years after you get them. Some, only one or two years at best. Decide if you want a packet of 25 seeds of that variety of tomato, pepper or other seeds, that you may want only a few plants of. It may be better to buy started plants. One of each variety, to see what grows best in your conditions. This also goes for flowers. Buying started plants can be expensive if you want large quantities, but you do know what you are getting. Veggies that you are wanting to succession plant, would be better to get a packet of seed rather than buying enough started plants, which can get expensive.
- * Be sure that you are purchasing plants for your conditions, be it full sun, lots of shade or part sun to shady conditions. Our area has low humidity in the summer, so don't buy plants that are for the southeast with high humidity summer conditions. They might make it for the first year or two, but if we have a very hot summer or very cold winter they will die out.
- * Prune grape vines as soon as possible, as they will bleed as the weather warms up.
- * Prune and dormant spray fruit trees before bud break.
- * Flowering trees and shrubs should not be pruned until after they bloom in spring, as they bloom on old wood, but do prune any winter damaged branches or branches growing inward and rubbing on other branches.
- * Pull or spray weeds while they are still small. If you are using weed and feed on your lawn, be careful not too get close to flower beds and trees as the weeding chemical may kill or damage your plants. Try to leave some dandelions or other flowering weeds so early flying bees have something to feed on.
- * In your veggie garden, you may want a soil test to see what your soil needs. If your soil seems too cold to plant now, try laying some black plastic on the area you want to plant for a week or two. Clear plastic will also help warm the soil but will also act as a greenhouse

A Note from Master Gardener Sue Fitzgerald, Continued

(continued)

for weeds.

- * When the soil is warm enough, plant your lettuce, spinach, kale, onions and carrots. These are all cool season crops. They can stand a light frost but if the temp is going to be 29 degree F or below, cover the small seedlings. Seceession plant every week for 10 days to have a continuous supply of vegetables. Continue to plant through April.
- * Plant trees, shrubs and perennials now so they get established before hot weather. Dormant spray trees if they are still dormant. Watch for Fire Blight. It has been infecting our orchards since 1991 with minor damage. Since 2012 it has caused serious damage. Fire Blight is caused by a bacteria which grows slowly below 50 degrees, moderately between 50-70 degrees and above 70 degrees it is fast growing and does the most damage. Fire Blight affects apples and pears. In the landscape, Crab Apples, Hawthorn, Mountain and Bradford Pea. Black, grey or violet cankers may be seen on trees in winter. Blossoms are the entry way for the disease. Wet humid weather during bloom spreads the bacteria. Two weeks after bloom the infection becomes apparent. The floral ovary and peduncles become water soaked and dull grey. Later they turn brown black. As the disease progresses, tips of the shoots wilt rapidly. Leaves on the diseased shoots show blacking along ribs, becoming neurotic and then die. Numerous diseased shoots give a branch a burnt blighted appearance, giving the disease it's name. Home gardeners should not water trees during bloom. Check trees every few days during bloom and for 3 weeks after bloom for signs of the disease. As soon as a problem is detected, cut the infected branch 12 to 18 inches below the visible problem. Keep infected branches, leaves and fruit cleaned up. Do not compost leaves from these trees.



Fire Blight Example
Photo courtesy Adena Sabins,



One drop of ooze from a fire blight canker is enough to infect a whole orchard.
Photo credit, T. DuPont, WSU Extension



Overwintering canker
Photo credit, Mark Longstroth,

The Master Gardeners held a community presentation of “*Springing into Spring—Getting Your Yard and Garden Ready*”, February 24th at the Pomeroy Senior Center. The free event gave some tips and research based information on preparing your yard and garden for our upcoming year. Some of the topics included:

- **Container Gardening**
- **Seed Starting**
- **Soils and other valuable information**



Family Living

NEW LABEL DENOTING BIOENGINEERED INGREDIENTS WILL SOON APPEAR ON FOOD ITEMS

Adapted from Ronald Goldy, MSU Extension

Starting in 2020, consumers will start to see labels for genetically modified foods on store shelves.

In this day of ready-to-eat, highly processed food, it is understandable that consumers want to know what is in their food. Food labels require manufacturers to list ingredients (in order of volume, highest to lowest), nutrition, use by date and other aspects. A new label to appear over the next couple of years is the bioengineered label (photo 1). The law implementing this labeling began January 1, 2020 and is fully mandated by January 1, 2022. any product containing genetically modified organism (GMO) products or byproducts must display a label indicating that fact. After January 1, 2022, if the product does not contain this label, it has no GMO ingredients.



Photo 1: Label required by Jan. 1, 2022, on food products containing bioengineered products and byproducts. Photo by USDA

The new label will be the most reliable way for consumers to differentiate foods containing GMO's from those that do not. Meanwhile, GMO food labelling can be confusing and misleading.

The following is a list of GMO items currently approved in 2019 for commercial production and sale in the United State:

- AquAdvantage Salmon
- Arctic Apple
- Canola
- Corn
- Cotton
- Eggplant (BARI Bt Begun varieties)
- Papaya (ringspot virus-resistant varieties)
- Pineapple (pink flesh varieties)
- Potato
- Soybean
- Squash (summer)
- Sugarbeet

More items are under development and testing, but not yet approved and released for commercial use. This does not mean all members in that category are genetically modified or bioengineered. In fact, most eggplant, potatoes and summer squash are not bioengineered, but the average consumer does not know that, and bioengineered items cannot be identified based on their appearance. The new bioengineered label should help clear up some confusion.

Family Living

(New Label Cont'd)

What consumers most often see now is the Non-GMO Project label (Photo 2). Participating companies pay an annual fee to be part of the program, plus an additional fee for each item that will display the label. This is an optional verification program. The Non-GMO Project currently claims to have 3,000 participating brands and is displayed on over 50,000 items.

An aspect of the Non-GMO Project label that can be confusing is that companies can put the label on whatever they want, even if the product could not possibly contain GMO ingredients. Look again at Photo 2 and think about where you have seen this label. You can find it on products where there currently are no GMO members, such as orange juice, cranberries, mandarins or vanilla extract (Photo 3). You may also see it on products that will never contain GMO's, such as salt (Photo 4). Salt only contains minerals; there is not DNA to modify.

Why is this label on non-GMO products? It is all about marketing. When people are at the grocery store comparing two products, the additional

label is another way to stand out and convince people to put their product in the cart. It may also cause consumers to think items not displaying the label are really GMO's. Therefore, the label can be used more as a marketing tool and not a means of conveying useful information.



Photo 2. Non-GMO Project label. Photo by Environmental Illness Network, CC By-NC-ND



Photo 3. Common food items containing the Non-GMO Project label that currently have no GMO members. Phot by Ron Goldy, MSU Extension

Family Living

(New Label Cont'd)

The new bioengineered label will remove that confusion.

Consumers no doubt will be seeing a growing number of items with the bioengineered label since bioengineered techniques may be a necessary tool in solving future problems. This is an immediate concern for the citrus industry. A disease citrus greening is currently devastating citrus worldwide and immunity has not been found within any citrus, and therefore may come from another plant species with the trait introduced to citrus using bioengineered techniques.

Also, there are two diseases currently attacking bananas, one a bacterium and the other a fungus. There is no known tolerance to the fungus, so breeders may have to resort to bioengineered techniques. However, the bacterium has been controlled by inserting a gene from pepper through the bioengineered process.

Do not quickly dismiss bioengineered techniques since they may be the only way to save or improve important segments of the agricultural industry.

The phasing in of the new U.S. Department of Agriculture (USDA) bioengineered label has the goal of clearing up confusion on GMOs. Whether it achieves that goal depends on consumers making themselves familiar with what that label means. This knowledge will help them make better decisions, ease shopping stress, and allow them to focus on dietary choices that will improve their health.



Photo 4. Non-GMO label on salt.
Photo by Ron Goldy, MSU Extension

Corned Beef: A Delicious Way to Celebrate St. Patrick's Day

This article appeared in the Moscow-Pullman Daily News in March, 2019

Written by Stephanie Smith, Ph.D

Statewide Consumer Food Safety Specialist, Assistant Professor
Washington State University



Whether you have Irish roots, or are only Irish for a day, corned beef is a popular dish to accompany your celebrations.

According to the United States Department of Agriculture (USDA), corning is a form of curing. In the Anglo-Saxon times, prior to refrigeration, meat was dry-cured in coarse "corns" of salt which were rubbed into the beef to preserve it. Today, most corned beef is brined using a salt water mixture in combination with spices that give corned beef its characteristic flavor. Additionally, nitrite is often used in the curing process to fix the meat pigments, thus providing its distinctive color.

Family Living

Buying Corned Beef

Uncooked Corned beef is readily available in grocery stores this time of year and is an easy way to enjoy this dish without all the work. Once purchased, it can be stored unopened in the refrigerator at 40° F or less for 5 to 7 days. If the product has a “use-by” date on the package, cook and serve or freeze until that date. If freezing, the brine mixture should be drained to preserve quality, as freezing the beef in brine mixture may alter the taste and texture. For best flavor and quality, uncooked, frozen corned beef should be frozen for no longer than 1 month.

Cooking

Always cook all raw corned beef to a minimum internal temperature of 146° F and allow meat to rest for at least three minutes before carving or consuming. USDA has published the following cooking recommendations.

- **Oven:** Set the oven for 350° F or no lower than 325° F. Place brisket fat-side up. Barely cover the meat with water—about 1 inch—and keep the container covered throughout the cooking time. Allow about 1 hour per pound.
- **Stove:** Place brisket fat-side up in a large pot and cover it with water. Bring the water to a boil; then reduce the heat and simmer, allowing about 1 hour per pound. Vegetables may be added during the last 20 to 30 minutes of cooking. Cook vegetables to desired tenderness.
- **Slow Cooker:** If using root vegetables such as potatoes and carrots, put them in the bottom of slow cooker. Place brisket on top of vegetables (if using) or in bottom of cooker. Add about 1-1/2 cups of water or enough to cover meat. Cover and cook on high setting for the first hour of cooking. Then cook for 10 to 12 hours on the low setting or 5 to 6 hours on high. Cabbage wedges may be added on top of the brisket during the last 3 hours of cooking.

Make Your Own

The following recipe was developed by Diane Mincher, a University of Vermont Extension Nutrition and Food Specialist, and published by Iowa State University Extension and Outreach.

SLOW-COOKER CORNED BEEF AND CABBAGE

4 cups hot water
2 Tbsp. cider vinegar
2 Tbsp. sugar
1/2 tsp. freshly ground pepper
1 large or 2 medium onions, cut into wedges
5 carrots, peeled and cut into 3-inch pieces
1 3-lb. corned beef round or brisket with spice packet
8 small white or yellow potatoes, scrubbed and cut into quarters
1 head of green cabbage (about 1 1/2 lbs.), cored and cut into 10 wedges

In a 6-quart electric slow cooker, combine the water, vinegar, sugar, pepper and onions, mixing well. Place the corned beef in the mixture. Scatter the potatoes and carrots over the top and along the sides.

Cover and cook on the “High” heat setting for 4 hours. Remove the lid and scatter the cabbage wedges over the top. Cover and continue cooking on “High” for 3 to 4 hours or longer until the beef is tender.

To serve, carve the beef into slices and serve with the cabbage, potatoes and carrots. Makes 6 to 8 servings.

Storing Leftovers

Any Left-over corned beef should be refrigerated within 2 hours of cooking or reheating. Use leftover corned beef within 3-4 days or you can freeze it for 2 to 3 months. Always, reheat leftovers to 165° F before serving.

Have a happy and safe St. Patrick’s Day!!

Garfield County 4-H



**4-H and FFA Youth Beef Field Day
Saturday, March 14th, 2020
Lewiston Livestock Market
8:00 AM to 3:00 PM
\$8.00 per person**

**Registrations must be post marked by
March 6th, 2020**

**Send your registration with Name(s), Phone, Email, and
County to:**

**Nez Perce County Extension Office
1239 Idaho Street
Lewiston, ID 83501**

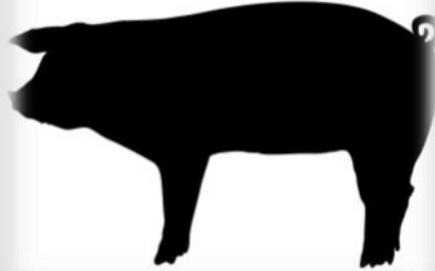
**Please make checks payable to:
Nez Perce County Extension**

Most Classes are held outside, please dress accordingly.

Additional information available at:

<https://extension.wsu.edu/asotin/upcoming-events-and-workshops/>

Garfield County 4-H



**4-H and FFA Youth Swine Field Day
Saturday, March 21, 2020
Asotin County Fairgrounds
8:00 AM to 3:00 PM**

**Registrations must be post marked by
March 13th, 2020**

**Send your registration with Name(s), Phone, Email, and
County to:**

**Nez Perce County Extension Office
1239 Idaho Street
Lewiston, ID 83501**

**Please make checks payable to:
Nez Perce County Extension**

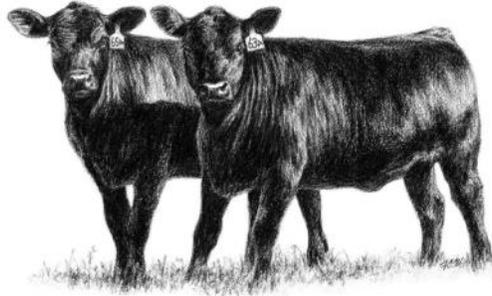
Most classes are held outside, please dress accordingly.

Additional info available at:

<https://extension.wsu.edu/asotin/upcoming-events-and-workshops/>

Garfield County 4-H & FFA

6th ANNUAL GARFIELD COUNTY SPRING PREVIEW JACKPOT



**SATURDAY, APRIL 4TH, 2020
CLASSES START AT 9:00 AM
GARFIELD COUNTY FAIRGROUNDS
OPEN TO EXXHIBITORS ENROLLED IN 4-H OR FFA**

ENTRIES DUE MARCH 30TH , 2020

- **Jackpot Steer \$20.00 per head**
- **Jackpot Heifer \$20.00 per head**

AWARDS

- **Champion Steer \$200.00**
- **Reserve Champion Steer \$100.00**
- **Five places paid in each class**
 - **Champion Heifer \$50.00**
- **Reserve champion Heifer \$40.00**
- **Three places paid in each class**
- **Awards also given for showmanship**



Garfield County

WASHINGTON STATE UNIVERSITY
EXTENSION

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

Mark Heitstuman, County Extension Director

HOMEMADE IRISH CREAM

Recipe courtesy of a Taste of Home

INGREDIENTS

1 can evaporated milk
1 cup heavy whipping cream
1/2 cup 2% milk
1/4 Cup Sugar
2 tablespoons chocolate syrup
1 tablespoon instant coffee granules
2 teaspoons vanilla extract
1/4 teaspoon almond extract

DIRECTIONS

1. In a blender, combine the first eight ingredients; cover and process until smooth. Store in the refrigerator.
2. For each serving, place coffee in a mug. Stir in 1/3 cup Irish cream. Heat mixture in a microwave if desired.

***Editor's Note:** Irish Whiskey may be added to this recipe if desired.

Nutritional Facts: 1 cup serving: 165 calories, 11g Fat (7 saturated fat), 44 mg cholesterol, 53 mg sodium, 12 g carbohydrate (11g sugars, 0 fiber), 3 g protein



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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.

 **Garfield County**
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