Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life.

Helping You Put Knowledge To Work

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:

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.
Blue Mountain Weed Management and Cereal Grain Update
Sponsored by the Columbia County Weed Board and WSU Extension

Thursday, January 28, 2021     9:00 am to Noon, and 1 to 3:00 pm     Registration 8:45 – 9:00

Virtually on Zoom. Meeting ID: 960 3325 2602  Passcode: 082462
♦ Join from PC, Mac, Linux, iOS, or Android: https://wsu.zoom.us/j/96033252602?pwd=YUYrL0RnamcwT0o5TTZpSE16eXZRUT09
♦ Phone Call: +1 253 215 8782 (long distance)  
   +12532158782,,96033252602# US (One Tap Mobile Call)

Important Note: Both internal and external WSU meeting attendees must be signed into Zoom to join the meeting.
Please refer to this guide on Joining WSU Zoom Meetings before trying to join the meeting: https://confluence.esg.wsu.edu/display/KB/Zoom+-+Joining+Meetings+and+Best+Practices

Attendance of this five-hour class will provide five recertification credits through WSDA & ODA.

Topics include:
- 2021 State Noxious Weed List and Legislative Update
- WSDA Pesticide Seasonal Reminders and Update
- Herbicides and Biological Control of Weeds
- Hessian Fly Management in Spring Wheat
- Integrated Weed Control in Cereal Grain Systems

A full schedule and description of topics can be found at: https://extension.wsu.edu/asotin/pesticide-application-licensing/

For more information, please contact Mark Heitstuman at the WSU Asotin County Extension Office at (509) 243-2009; heitstuman@wsu.edu

WSU Farmer’s Network
Where Farms & Science Come Together!
https://farmersnetwork.wsu.edu/

The mission of the Washington State University Farmers Network is to advance soil and nutrient management, crop productivity, farm sustainability and profit through collaborative research, extension and on-farm participatory learning.

The Farmers Network offers a variety of programs and resources for farmers:
- Educational programs
- Podcasts
- Soil Health Café’
- Webinars
- Workshops
- Videos
- Resources
- Ag Laws
- Calculators
- Weather
- WSU Ag Resources
- Collaboration
- On-farm projects
Bees in Winter
Article by Larry Nelson, WSU Asotin County Master Gardener and Lewis-Clark Valley Beekeepers Association.

Whenever we talk about winter and cold weather, the subject of honeybees seldom comes up. However, this time of year can be devastating to our honeybee populations.

Normally, we discuss issues such as Colony Collapse Disorder or Varroa mites devastating our hives. Most people don’t think too much about bees this time of year but beekeepers surely do. It is this time of year when bee hives that are short on food, begin to fail. Beekeepers must check the hives’ food supply. If food is low, they can be saved with supplemental feeding. There are many products on the market for this purpose. Determining the weight of the hive can indicate if supplemental feeding is necessary.

Another issue that is important in the winter months, is to make sure the hive entrance is clear of dead bees, debris, and snow. Bees exit the hive for their ‘cleansing flight’, which involves finding a day of relative warmth to leave the hive for a quick bathroom break. When bees cannot leave the hive and are forced to defecate in the hive, they can suffer from dysentery or Nosema disease. These impacts cause reduced colony health, population and performance, which can ultimately result in the colony dying. A clear hive entrance also maintains ventilation within the hive which is important to the colony health.

Praying Mantids—Defender of Home Landscapes
by Michael R. Bush, WSU Extension Educator in Yakima County

Praying mantids are among the largest (1 to 4 inches long) and most recognizable garden predators—and they’re not fussy about what they catch and eat. They are “sit and wait” predators that pounce on any insect that comes too close, including beneficial insects, like bees and butterflies. The most common species in the Pacific Northwest is the European mantid (Mantis religiosa). Praying mantids are most often seen in the garden from mid-summer to mid-autumn. After laying a number of white, hard-foam egg cases (which overwinter attached to branches and trunks). Mantids are typically killed off by the first frosts of autumn. They kill and consume a good number of pests like caterpillars and flies, but their contribution to garden pest control is usually less than their larger-than-life image.

If kept indoors, mantids should survive much longer as long as you can find a source of food for them. Pet stores may carry live insects. Regardless, the longevity of the mantis is only about one year in captivity.
Audubon Winter Bird Feeding Tip from Steve Kress

https://www.audubon.org/magazine/november-december-2010/audubon-guide-winter-bird-feeding

More than a hundred bird species supplement their natural diets with foods offered at feeders. They often rely most heavily on feeders in winter, when food is scarce. Additionally, some species will take advantage of backyard refueling stations during spring and fall migrations; others will stop by while nesting during the summer. Selecting a specific feeder design and a variety of foods can set the table for a greater diversity of birds. Choosing more than one will prevent crowding at your backyard buffet. Keep birds coming back with three essential ingredients: the right mix of quality seed and other foods, a source of fresh water for drinking and bathing, and ample cover from native plants. Follow this guide and watch the birds flock to your feeders.

1. Tube Feeder
If you hang just one feeder, use a **Tube Feeder**. Choose a model with metal ports around the seed dispensers to deter squirrels. Hang it at least 5 feet off the ground, and 3 feet (or 30-plus feet) from a window to avoid bird collisions.

**Seed types:** black oil sunflower, mixed seed, safflower, peanuts

**Birds:** Chickadees, titmice, nuthatches, goldfinches, siskins, purple and house finches

2. Hopper feeder
With these feeders you can keep an abundant supply of seed dry and ready for visiting birds. The weight of the arriving birds triggers the release of seeds. Position this feeder on a pole about 5 feet off the ground, or hang it from a tree branch.

**Seed types:** safflower, sunflower, cracked corn

**Birds:** attracts all the species that visit tube feeders, plus larger birds like cardinals, jays, grackles, red-winged blackbirds

3. Suet feeder
Hang suet in mesh onion bags or purchase a cage feeder. You can make your own suet “pudding” by grinding suet and adding seeds. Create homemade suet feeders by packing the mixture into the crevices of large pine cones.

**Seed types:** suet and bird puddings

**Birds:** woodpeckers, titmice, nuthatches, chickadees; occasionally wrens, creepers, warblers

4. Thistle feeder
These feeders make seed available only to small-beaked finches. Hang them from a tree or place on a 5-foot pole near other feeders.

**Seed types:** nyjer (a.k.a. thistle) seed

**Birds:** goldfinches, redpolls, pine siskins

5. Ground feeder
A simple screen-bottomed tray that typically sits several inches off the ground or on a deck. Some have covers to keep out snow; others may have wire mesh to keep out squirrels and large birds like crows. Place at least 10 feet from trees or shrubs to give birds a chance to escape predators.

**Seed types:** mix of cracked corn, milo, millet; also sunflower seed, mixed seed, wheat, oat

**Birds:** doves, juncos, sparrows, towhees, goldfinches
Happy New Gardening Year!

As we cannot get out in the garden much for the next couple of months. Take a look at your house plants. Start with light. Is your plant getting too much or too little light? East to west windows are best.

Next, check the temperature and humidity. It is bad to put a plant too close to a window or a heat source—it just may cook them! For humidity, set plants on a saucer filled with pebbles and water, or mist them lightly every week. Plants that like dry conditions do not need humid conditions.

Plants do not need much extra fertilizer during the winter months, so wait until spring to begin fertilizing every month.

Watering too much can cause the roots to rot. Wet soil can also harbor Fungus Gnats, which are small flies that look like fruit flies, and infest soil, potting mix, and other sources of organic decomposition. Their larvae primarily feed on fungi and organic matter in soil, but also chew roots and can be a problem in potted plants. Neem oil or insecticidal soap may help get rid of them. A systemic insecticide could also help get rid of them. Be sure to check under the leaves. Also, letting the soil dry out, or replacing the wet soggy soil with new soil will also help but any old soil may still have eggs in it.

Grow lights may also help keep plants looking healthy. Also, be sure to wipe down the leaves with a damp cloth to remove any dust.

Amaryllis bulbs can be kept growing in the house until you can put the pot outside. They are not hardy enough to plant in the garden, but can be left in their pot until mid-summer. To make them bloom again, quit watering them in late July and when the foliage dies back put in a cool dark area until mid-October to early November. Repot in fresh potting soil and do not water much. When the leaves appear again water just enough to keep the soil slightly moist. Fertilize just enough to give bulbs a boost. I have been able to get the bulbs to bloom the second year, but not the third year. The blooms the second year are not as good as the first.

Poinsettias are hard to keep as a house plant. Try to keep them lightly watered and in medium light. Keep them away from very warm areas in your house as well as drafty areas. When the brackets and leaves start to fall off, prune back to about one third to one half. Keep your poinsettia lightly watered in low light until you can put it outside. Bring it back inside when the temperatures cool down in September. It is very hard to get them to come back to their original beauty as they need special care in the amount of light, water and heat. Good luck on getting them to look really good, but they may make a great green leaf house plant for a year or two!
In the orchard, you can start pruning any time the weather is nice dormant spray should be applied when the night temperatures stay above 40 degrees for a couple of days. Try to keep the trees from growing too tall, as twenty-foot trees are hard to prune, spray and pick fruit from the top of the tree.

Here are a few new perennials that look interesting and should grow well in our area!

**Salvia Azure Snow**
Salvia Azure Snow is a bicolor lavender with blue and white flower spikes atop aromatic foliage. This Salvia attracts butterflies, hummingbirds and bees. It grows to 18” to 20” stalks and blooms late spring to summer. This Salvia likes average to sandy soil.

**Heuchera Blondie**
Heuchera Blondie has warm caramel foliage with creamy yellow flower spikes. This will bloom late spring and into summer. It grows to a height of 6 to 10 inches and likes partial shade to full shade, but best partial shade. It likes normal to acid soil. The Heuchera Blondie may attract butterflies and Humming Birds.

**Hosta Wheee**
The Hosta Whee is a ruffled cream edged leaves with lavender flowers that blooms in late summer. It grows to a height of 12”. You will want to plant this in partial shade to full shade and in average soil.

**Agastache Mango Tango**
The Agastache Mango Tango has pink blushed peach flowers. It will grow to a height of 18”. It blooms from summer to fall. It likes a sunny location and normal soil. The Agastache will attract pollinators, butterflies and humming birds. Their foliage is scented.

**Hardy Cactus**
If you have a very dry, hot location with some sand, try Hardy Cactus. There are some that should do ok in our area, even if you don’t have sandy soil. The most important thing is to not water much. You can find them online. If you try them, let us know how they grow.

Cheers to good winter planning for Spring!!
Happy New Year!
Your Garfield County Master Gardeners
Healthy Living

The Benefits of Vitamin D
http://www.healthline.com/health/food-nutrition/benefits-vitamin-d#how-much-you-need

Sunshine Vitamin
Vitamin D is sometimes called the “Sunshine Vitamin” because it’s produced in your skin in response to sunlight. It’s a fat-soluble vitamin in a family of compounds that includes vitamins D-1, D-2, and D-3. Your body produces vitamin D naturally when it’s directly exposed to sunlight. You can also get it through certain foods and supplements to ensure adequate levels of the vitamin in your blood. Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorus, and facilitating normal immune system function. Getting a sufficient amount of vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

If your body doesn't get enough vitamin D, you’re at risk of developing bone abnormalities such as soft bones (osteomalacia) or fragile bones (osteoporosis).

Here are three more surprising benefits of vitamin D:

1. **Vitamin D fights disease**
   In addition to its primary benefits, research suggests that vitamin D may also play a role in:
   - Reducing your risk of multiple sclerosis, according to 2008 findings published in the *Journal of the American Medical Association*
   - Decreasing your chance of developing heart disease, according to 2008 findings published *Circulation*
   - Helping to reduce your likelihood of developing the flu, according to 2010 research published in the *American Journal of clinical Nutrition*

2. **Vitamin D reduces depression**
   Research has shown that vitamin D might play an important role in regulating mood and warding off depression. In one study, scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms.

   In another study of people with fibromyalgia, researchers found vitamin D deficiency was more common in those who were also experiencing anxiety and depression.

3. **Vitamin D boosts weight loss**
   Consider adding vitamin D supplements to your diet if you’re trying to lose weight or prevent heart disease.
   - In one study, people taking a daily calcium and vitamin D supplement were able to lose more weight than subjects taking a placebo supplement. The scientists said the extra calcium and vitamin D had an appetite-suppressing effect.
   - In another study, overweight people who took a daily vitamin D supplement improved their heart disease risk markers.
The Benefits of Vitamin D (Cont’d)

Beware of D-ficiency
Many factors can affect your ability to get sufficient amounts of vitamin D through the sun alone. These factors include:
- Being in an area with high pollution
- Using sunscreen
- Spending more time indoors
- Living in big cities where buildings block sunlight
- Having darker skin (the higher the levels of melanin, the less vitamin D the skin can absorb)

These factors contribute to vitamin D deficiency in an increasing number of people. That’s why it’s important to get some of your vitamin D from sources besides sunlight.

The symptoms of a vitamin D deficiency in adults include:
- Tiredness, aches and pains, and a general sense of not feeling well
- Severe bone or muscle pain or weakness that may cause difficulty climbing stairs or getting up from the floor or a low chair, or cause you to walk with a waddling gait
- Stress fractures, especially in your legs, pelvis and hips

Doctors can diagnose a vitamin D deficiency by performing a simple blood test. If you have a deficiency, your doctor may order X-rays to check the strength of your bones. If you’re diagnosed with a vitamin D deficiency, your doctor will likely recommend you take daily vitamin D supplements. If you have a severe deficiency, they may instead recommend high-dose vitamin D tablets or liquids. You should also make sure to get vitamin D through sunlight and the foods you eat.

Food sources of vitamin D
Few foods contain vitamin D naturally. Because of this, some foods are fortified. This means that vitamin D has been added.

Foods that naturally contain vitamin D include: salmon, sardines, egg yolk, shrimp.
Foods fortified with vitamin D include: milk, cereal, yogurt, orange juice.

It can be hard to get enough vitamin D each day through sun exposure and food alone, so taking vitamin D supplements can help.

How much do you need?
There has been some controversy over the amount of vitamin D needed for healthy functioning. Recent research indicates that you need more vitamin D than was once thought. Normal blood serum levels range from 50 to 100 micrograms per deciliter. Depending on your blood level, you may need more vitamin D. The Institute of Food and Agricultural Sciences reports new recommendations based on international units (IUs) per day. IUs are a standard type of measurement for drugs and vitamins. IUs help experts determine recommended dose, toxicity, and deficiency levels for each person. One IU is not the same for each type of vitamin. An IU is determined by how much of a substance produces an effect in your body. The recommended IUs for vitamin D are:
- Children and teens: 600 IU
- Adults up to age 70: 600 IU
- Adults over age 70: 800 IU
- Pregnant or breastfeeding women: 600 IU
Washing Raw Meat Does Not Protect Against Illness
https://extension.esu.edu/edu/foodsafety/content/washing-raw-meat-does-not-protect-against-illness/

Lots of people think that rinsing or soaking meat and poultry improves safety. However, when you cook whole pieces of meat, pork, or poultry, a cooking temperature above 160°F on the surface of the product will destroy any disease causing bacteria. The USDA Meat and Poultry Hotline does not recommend washing or rinsing raw beef, pork, lamb, poultry, or veal before cooking. In fact, unless you do a careful job of cleaning and sanitizing the sink or the container you used to rinse or soak the meat, you run the risk of moving disease causing bacteria from the meat or poultry to other places in your kitchen like food preparation surfaces and utensils. And, if you fail to wash your hands, it is easy to spread bacteria to other foods during preparation. This is called cross contamination. Cross contamination is a significant cause of foodborne illness.

Some consumers also believe that soaking will decrease the sodium content of ham, bacon, or salt pork, but very little is removed during washing, rinsing, or soaking meat or pork products.

**Does washing eggs improve their safety?**
Eggs are frequently associated with a common type of disease causing bacteria called salmonella. Surface contamination of eggs is an important health and safety concern to producers. If you purchase commercially produced eggs, they have been washed. Federal regulations clearly define washing procedures as well as the types of chemicals that can be used during the commercial processing of eggs. Commercial egg washing is very effective in the removal of bacteria. But, washing also removes the protective, natural coating called “bloom” on the eggs.

After washing, egg producers replace the natural coating with a light coating of edible mineral oil. The coating, whether natural or edible mineral oil is important to prevent bacteria from permeating the shell of the egg during storage. If you did wash commercially processed eggs, you would remove the protective covering and with the extra handling increase the risk of contamination – especially if the shell is cracked. Washing eggs is not recommended.

**Is it important to wash fresh produce?**
It is always important to wash fresh produce before preparing or eating. By placing the produce under cold running water, you can easily remove dirt as well as reduce the bacteria that might be present on the produce. The Food Safety Inspection Service recommends that produce with firm surfaces like apples or potatoes are scrubbed with a brush. You should not, however wash fruits and vegetables with detergents or soap. Commercially, the Food and Drug Administration must approve any substance used on the surface of produce during washing.

Household soaps and detergents are not approved for this purpose. They could leave residues on the food that might pose health risks to you and your family. The Proctor and Gamble Corporation is introducing an approved produce wash that will be introduced to consumers this spring in retail stores.

For more information contact WSU Extension at 360-397-6060.
Do you have COVID-19, the Flu, or a Cold?

Learn how to tell the symptoms apart.

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Avoid the increase of spreading COVID-19 by wearing masks correctly. If you are experiencing any symptoms please call your Doctor or contact the Garfield County Health Department at 509-843-3412.
2020 Achievement

2020 was a challenging year for everyone, and more of a challenge for leaders and coordinators of 4-H. All in all, 4-H had a successful livestock show and sale and everyone completed their projects and record books!

2019/2020 Record Book Winners

**Junior Single Project**
- Nataly McKeirnan
- Josiah Ledgerwood
- Braxton McKeirnan
- Sam Wolf
- Owen Wolf

**Intermediate Single Project**
- Colby Ledgerwood
- Levi Bowen
- Sadie Klaveano

**Senior Single Project**
- Westelle Scoggin

**Junior Multi Project**
- Jack Baser
- Molly Warren
- Kennedy Cannon
- Ladd Baser
- Conrad Nelson
- Nolan Newberg

**Intermediate Multi-Project**
- Peyton Cannon

Pictures are from the 2019 Garfield County 4-H Achievement Night.
A Letter to 4-H Families

4-H'ers, Parents and Leaders,

I want to thank all of you for putting forth your best efforts during the 2019/2020 4-H year. While this hasn’t been an easy year for any of us and your dedication to 4-H has been an inspiration. The record books were very good this year. With extremely limited interaction between the office and leaders and the leaders and members, I wasn’t sure what to expect. I applaud the efforts of the members and their parents in completing your record books.

Please stop by the WSU/Garfield County Extension Office to pick up your completed record book and recognition pin. If you were a record book award winner, your check will be attached as well. Please take time to write a thank you note to Four Star Supply for their support.

If you have completed your 2020/2021 4-H Online Enrollment, your new record book and 4-H Enrollment Kick-Off Packet is also available.

At this time 4-H will continue to operate through virtual learning. We are hopeful that we will again be able to meet face to face in 2021.

If you have any questions or comments, please free to contact me anytime: 509-843-3701 or sheree.ledgerwood@wsu.edu.

Again, thank you for your dedication to your 4-H project as well as the 4-H Program!

Kindly,

Sheree Ledgerwood
4-H Program Assistant
WSU Garfield County Extension