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?

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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.
To our WSU Pullman community,

We are filled with hope by the University’s recently announced plan for more in person experiences for fall 2021. The COVID-19 pandemic has challenged all of us in ways that were previously unimaginable. Like you, we’ve been missing in-person connections with our friends, families, and fellow Cougs. And also like you, we are doing all we can to reconnect on campus in the fall.

While many details are still to be worked out, and with consideration for the health of our community, we expect to see an increased number of students living on campus, more in-person instruction, and expanded student services and activities. Course schedules for the 2021 fall semester will be available by early April.

We are in regular consultation with health officials and university groups. By implementing a phased increase of in-person operations in the spring and summer semesters, we can assess options for the fall. For example, the 2021 summer session will incorporate both in-person and remote course delivery. This synchronous delivery schedule will allow us to shift quickly to remote instruction if even temporarily necessary.

Similarly, the Coug experience will continue to create more in-person opportunities for students throughout the spring and summer. Guided by the Washington State Roadmap for Recovery and guidelines for higher education, we are already expanding capacity in our facilities, creating reservation systems for students to use campus spaces with small groups, and increasing activities and services with options for in-person and remote access.

We are also approaching our plans with access and equity in mind, fully recognizing that COVID-19 has not just isolated us—it has also exposed the racial, class, and gender inequities that permeate our society. These inequities require us to be attentive and respond to individual circumstances as well as the ever-changing nature of the pandemic. Meeting the unique needs of all members of our Cougar family is our top priority.

Our current COVID-19 positivity rates on campus are low due in large part to the spring 2021 COVID-19 testing plan. We have seen minimal transmission of the COVID-19 virus associated with on-campus living, in-person instruction, University research operations, or other University-organized activities where policies and protocols were in place.

We’ve created entirely new systems and redefined existing services to better support our campus community. Faculty and staff took advantage of 34 unique learning innovations courses focused on maintaining high levels of student engagement while utilizing available technology. We’ve doubled the number of in person courses from the fall 2020 to spring 2021 semester and we are paving the way for increased and more robust on-campus experiences this fall.

The Cougar Community is strong, and we will navigate the coming months together. While ongoing vaccine distribution promises a brighter future, we must all continue to wear our masks, wash our hands, limit group sizes, and keep physical distancing. Each of these small behaviors helps Cougs Cancel COVID and has a profound impact on our ability to come together this fall.

Stay Healthy and Go Cougs!

Elizabeth S. Chilton
Provost and Executive Vice President
Mary Jo Gonzales
Vice President of Student Affairs

WSU Fall of 2021 Campus & COVID19 Update
Insect & Insect Damage ID Quiz

Smallgrains.wsu.edu/insect-resources?insect-Damage-quiz/

So, you think you can walk out into your field and correctly identify either all the insect/mite pests and or damage they cause that may be affecting your bottom line? Test your knowledge of insect pests and what some of their damage looks like in wheat, canola and peas with our Insect and Insect Damage Identification Quiz. Answers on page 4.

1. A. Wheat Streak Mosaic Virus vectored by Wheat Curl Mite  
B. Barley Yellow Dwarf Virus Vectored by English Grain Aphid  
C. Barley Yellow Dwarf Virus Vectored by Oat Bird-Cherry Aphid  
D. Stripe Rust

2. A. Wheat Stem Sawfly  
B. Lesser Grain Borer  
C. Wheat Stem Moggot  
D. Sawtoother Grain Weevil

3. A. Wheat Streak Mosaic Virus vectored by Wheat Curl Mite  
B. Barley Yellow Dwarf Virus Vectored by English Grain Aphid  
C. Barley Yellow Dwarf Virus Vectored by Oat Bird-Cherry Aphid  
D. Stripe Rust

4. A. Wheat Head Armyworm  
B. Wheat Head False Armyworm  
C. Wheat Head Kernel Worm  
D. Wheat Head Caterpillar

5. A. Pea Leaf Weevil Damage  
B. Pea Weevil Damage  
C. Pea Flower Beetle Damage  
D. Pea Leaf Border Damage

6. A. Wireworm  
B. Cereal Leaf Maggot  
C. Cereal Leaf Beetle  
D. Wheat Leaf Grub

7. A. Winter Grain Mite  
B. Banks Grass Mite  
C. Brown Wheat Mite  
D. Wheat Curl Mite
8. A. Cabbage Seedpod Weevil  
B. False Chinch Bug  
C. Striped Flea Beetle  
D. Tarnished Plant Bug

9. A. Billbug Damage  
B. Seed Maggot Damage  
C. Wireworm Damage  
D. Cereal Cyst Nematode Damage

10. A. Leaf Cutter Bee Damage  
B. Striped Flea Beetle Damage  
C. Bertha Armyworm Damage  
D. Grasshopper Damage

Answers

OLYMPIA, Wash. — January 1, 2021, all cattle inventory in Oregon was 1.25 million head, down 2 percent from last year, according to the USDA National Agricultural Statistics Service Northwest Regional Field Office. In Washington, all cattle inventory totaled 1.14 million head, down 5 percent from January 1, 2020.

Highlights from the January 1 report follow:

Oregon beef cow numbers decreased 2 percent to 525,000 head. Oregon beef replacement heifers were down 5 percent at 100,000 head. Washington beef cow numbers decreased 3 percent to 221,000 head. Washington beef replacement heifers were down 12 percent at 50,000 head.

Milk cows in Oregon decreased 14 percent to 60,000 head. Milk cows in Washington decreased 1 percent at 279,000 head. Heifers for milk cow replacement in Washington decreased 9 percent to 115,000 head.

The 2020 Oregon calf crop was 590,000 head, down 2 percent from 2019. The 2020 Washington calf crop was 420,000 head, down 5 percent from 2019.

All cattle on feed in Oregon was at 105,000 head, up 11 percent in 2021, while Washington was at 240,000 head, unchanged from 2020.

Nationally, all cattle and calves in the United States as of January 1, 2021 totaled 93.6 million head, slightly below the 93.8 million head on January 1, 2020. All cows and heifers that have calved, at 40.6 million head, were slightly below the 40.7 million head on January 1, 2020.

Beef cows, at 31.2 million head, were down 1 percent from a year ago. Milk cows, at 9.44 million head, were up 1 percent from the previous year.

— USDA National Agricultural Statistics Service
DREAMING OF SUMMER

Peaches, it is just not summer without them
by Larry Clark ’94 Article adjusted, for full article see: https://magazine.wsu.edu/2016/08/04/peaches/

Among the fruits of summer, one stands alone for its juicy sweetness, sunset colors, and soft fuzzy skin. There’s a reason we refer to good things as “peachy.” Washington’s fame may be apples, but peaches sit proudly next to them, as well as our pears and Rainier cherries at roadside stands and farmers markets.

The volume of other tree fruit grown in the state dwarfs peaches and their siblings, the fuzz less nectarines. According to the USDA, Washington produced 13,800 tons of peaches in 2015, compared to 3.15 million tons of apples and 340,000 tons of pears. One reason may be that peaches are highly perishable and can’t be stored long-term like apples and pears, says Washington State University horticulture professor Desmond Layne. Some varieties suit the state’s climate well: Frost, Red Haven, Contender, to name a few. Flat doughnut peaches, especially the Chinese variety pan-tao, have also grown in popularity. In western Washington, peaches and nectarines do tend to fight leaf curl and other problems with cold, wet weather around bloom time. At WSU’s Tukey Orchard in Pullman, horticulturalists grow 11 varieties of peaches. Some is for research, but the orchard also offers u-pick and pre-picked sales at the orchard in late summer and fall.

Peaches not only taste sweet and delicious, WSU and other research has shown health benefits. In 2014, WSU assistant professor of food science Giuliana Noratto and colleagues at Texas A&M found that compounds in peaches can inhibit the growth of breast cancer cells and their ability to spread. Peaches are a source of antioxidants, as well. Interestingly, peaches have long been considered a symbol of long life and good health in China.

2021 National Wheat Yield Contest Accepting Enrollment

Wheat Life February 2021

The National Wheat Foundation (NWF) is pleased to announce that it is accepting grower enrollment for the 2021 National Wheat Yield Contest! The contest is divided into two primary competition categories: winter wheat and spring wheat, an two subcategories: dryland and irrigated.

The Foundation is accepting entries for winter and spring wheat/ The deadline for winter wheat entries is May 15 with and early registration deadline of April 1. The spring Wheat entry deadline is Aug. 1, with an early registration deadline of June 15. The wheat contest is administered entirely online, and growers can register at: yieldcontest.wheatfoundation.org.

“Now in its sixth year, the contest will be carried out under the direction of the Foundation’s new project manager, Anne Osborne. We Hope to continue to break our record of eligible entries and for the quality criteria to continue to make the contest more competitive,” said NWF Board president and Texas wheat grower David Cleavinger. “Again, the National Wheat Foundation would like to thank our sponsors for helping to make the contest available to all wheatgrowers across the United States, and DTN/Progressive Farmer for providing exclusive coverage of the contest.”

The 2021 National Wheat Yield Contest sponsors include AgriMaxx, Ardent Mills, BASF, CRPLAN by WinField United, Grain Craft, John Deere, Miller Milling, Nutrien, and WestBred.

*DTN/Progressive Farmer is the official Publication of the contest.
The Peach Melba
from the Auguste Escoffier School of Culinary Arts

1½ cups water
1¾ cups sugar
2 tbsp lemon juice
½ tsp vanilla extract
4 peaches
1 pint vanilla ice cream

Raspberry sauce:
1½ cups fresh raspberries
2 tbsp confectioner’s sugar
½ tbsp lemon juice

1. Combine water, sugar, lemon juice, and vanilla extract into a large saucepan and heat on low until sugar has dissolved. Increase heat to medium and bring to a boil. Let cook at boiling for about 3 minutes and then turn back down to a simmer.
2. Cut peaches in half. Place in the syrup and let poach for about 2 to 3 minutes per side. Test doneness with a knife. When finished poaching, remove to a plate.
3. After the peaches have cooled, peel off the skin and remove the stones. Set aside.
4. For the raspberry sauce, combine all ingredients in a food processor or blender and puree until very smooth. Strain through a colander and into a container.
5. Assemble the dish by putting 2 peach halves in a bowl along with a scoop of the ice cream. Spoon the raspberry sauce generously on top and serve immediately.

The Story Behind the Peach Melba-
Tori Avey | August 22, 2012
Article Adjusted, for full article see: https://www.pbs.org/food/the-history-kitchen/opera-escoffier-and-peaches-the-story-behind-the-peach-melba/

The Peach Melba is one of the most famous and beloved desserts in the world. While many people are familiar with this delectable dessert, few know the story behind the dish. It all starts with famed French chef Auguste Escoffier and his friendship with an Australian opera singer named Nellie Melba.

Nellie often ate at Escoffier's restaurants while performing in Covent Garden during the late 1890s and early 1900s. Escoffier claims to have first created the Peach Melba while Nellie was a guest at the Savoy Hotel, where he was chef. As the story goes, Nellie sent Escoffier tickets to her performance in the Wagner opera Lohengrin. The production featured a beautiful boat in the shape of a swan. The following evening, Escoffier presented Nellie with a dessert of fresh peaches served over vanilla ice cream in a silver dish perched atop a swan carved from ice. He originally called the dish Pêche Cygne, or “peach with a swan.”

A few years later, when Escoffier opened the Ritz Carlton in London with César Ritz, he changed the dish slightly by adding a topping of sweetened raspberry purée. He renamed the dish Pêche Melba, or Peach Melba as we know it here in the U.S.

THE REST, AS THEY SAY IS HISTORY.
Spring Planting & Prep

There are lots of things you can be doing the early part of March to prepare your flower or vegetable gardens. It is time to prune and use dormant spray on roses and fruit trees to get a head start on pests that will be appearing real soon. You can also start preparing the ground by cleaning flower beds and gardens of any leaves or last year’s growths that didn’t get done last fall and you can pull any weeds that germinated over the winter.

Before buying new seeds for this year’s garden use the seeds you have left over from last year. Depending on the plant many seeds are still able to germinate for several years after purchase. Before planting seeds you can test their percent of germination by putting ten seeds in a damp paper towel in a plastic bag and placing this bag somewhere warm for a week to three weeks depending on the plant. After a week check the seeds to see if any of them have a small root coming out of them. Wait several more days and check again. Continue to do this until it is obvious that no new seeds are going to root, up to three weeks. To check your germination rate, count how many seeds out of ten germinated and that is your percent of germination. With this information you will know how much to plant in order to get a full yield. Or if you do not want to test your germination percentage, you can plant heavy; but this could mean that you will not get full production or have to thin later. Though many seeds are useable the following years, some are not. It is recommended to buy onions and aster seeds fresh each year because they both have a very low germination percentage the second year. For instance, second year onions have a 5% or less chance of germination.

As soon as the soil can be worked, plant your cool season plants. Some of these hardy veggies are peas, lettuce, cabbage, and beets. Plant a few seeds every ten days until it gets too hot. This allows you to have a continuing harvest. A temperature above 75 degrees is considered too hot for many cool season vegetables. Once you have some seeds in the ground start thinking about getting slug bait for the ground that will not be harmful to pets and birds. We have had cold enough temperatures to kill off slugs, but their eggs may not have been killed so putting bait out early will help stop the next generation of slugs. Once plants start to grow, put copper tape around the stems to keep slugs off your plants. Towards the end of April, some of the warmer temperature seeds can be planted, but keep in mind if there is a late frost you should have covers available. Floating row covers will help keep plants growing faster, bugs from eating your seedlings, and bugs from laying eggs on your plants. Although, once your plants have flowers it is best to take the row covers off during the day so that pollinators and the wind can pollinate the plants.

lot of your plants are going to do better if you start them as seed indoors, such as zucchini, winter squash, and melons.

The Changing of the Gardeners

Shirley Brandon is a new member to the Master Gardening group. We appreciate her joining our family and the timing couldn’t be better because Larry Carey, one of our long term members, has moved. He will be very missed. He helped start the School gardening class and was involved with all our other gardening activities. Hopefully we will be able to start some of these activities up again soon but as of now there are not any plans for when we will be able to state up again. We have to wait for the approval from WSU. Until then call or e-mail our new WSU Garfield County Extension Office Manager, Monica Bartlow, with any plant problems. She will then let us know you need information and we will get a hold of you.

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Marigold and Dahlia seeds are also easy to start indoors because they germinate in five to seven days. They can be planted in mass and then transplanted into small separate pots when they have true leaves. Dahlia tubers can be started now in gallon containers. Use potting soil and don't over water as this may cause the tuber to rot. When the plant has four to five inches of growth, pinch off the top leaves to encourage a bushier plant. Plant out in your garden when the weather and soil has warmed. Begonias should also be started early. Look for tiny pink bumps on the tuber and plant them this side up in shallow containers. The potting soil should just cover the tuber, do not plant too deep. Keep soil moist, it takes several weeks for the little pink bumps to grow into stems. Do not transplant until danger of frost has past and transplant Begonias into a shady to semi shady spot. Oxalis, also known as shamrock, are best grown in containers as they are not a hardy plant below zone 7. They will do their best if kept in a pot and put in partial shade. Then you can enjoy their white to lavender pink flowers from June into fall, but bring them into to be a house plant before the first frost hits. Calla Lilies, which are not lilies at all, make good container plants or can be planted direct into the garden. They are easy to grow in containers, just have a container that is deep enough for the roots to grow down to hold up the plant. In the hottest part of the summer it is best if they have some afternoon shade. Do not over water, they like to be on the dry side. If they are planted in garden, wait until soil warms and night temps are in the 50's. There are many types of Mums and they can vary a lot in flower size from the very small Mums to the large curly football Mums. The smaller Mums are hardier and have a better chance to make it through the winter. Mums bought in the fall do not have enough time to get roots settled in the soil and will not make it thru the winter. Once your Mums are 9 to 10 inches tall, cut back the plant by one third or less to force the plant to produce more stems giving you a bushier plant. Though most all of these plants can be planted directly into the garden, the plants started inside will bloom several weeks before plants planted directly in the garden.

When planting your seeds keep in mind that many perennial seeds need to be refrigerated or frozen for several weeks to break dormancy. So if it gets too late in the season you may want to consider buying started plants. This will also give you a more colorful garden since perennials usually won’t bloom the first year. Remember when buying perennials to check to make sure they will grow for our area. We are in zone 5 in the mountains and 7 on the Snake River. Other things to consider are summer heat, soil type, water, and how much sun they need. A zone 6 plant may need more humidity when grown in our hot dry summer conditions.

After our very February, I am sure everyone is ready to start gardening. Hopefully March is warm enough for us to get started on some of our spring gardening projects

HAPPY GARDENING,
Your WSU Garfield County Master Gardeners
Healthy Living

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

Reducing Food Waste While Keeping Food Safe

The USDA estimates that 30% of all food is discarded at the retail and consumer levels due to confusion over dates on food packages. This waste impacts food security, environmental sustainability, and farm-financial health. It also results in the waste of your personal dollars when you buy food that is never consumed. But food safety is, in fact, a critical issue: 48 million people become ill from a foodborne illness each year, resulting in 128,000 hospitalizations and 3,000 deaths. Given this, reducing food waste must occur in conjunction with maintaining food safety. Below are some tips for reducing food waste, while making sure the food you have is still safe to eat.

Understanding Dates on Food Packaging

With the exception of infant formula, the federal government does not require companies to place dates on food products. Moreover, the dates that are placed on food packaging are most often dates for best flavor or quality, and not for safety. Here is what those dates actually mean:

- Food may be consumed past these dates if it is not showing any signs of spoilage, such as discoloration, changes in textures, smells, or mold growth. If food has developed these characteristics, it should not be eaten and should be discarded.
- “Best By/Best if Used By” is the date that indicates when a product will be of best flavor or quality.
- “Sell By” is the date that tells a store how long to display the product for sale
- “Use By,” in most cases, is the last date recommended for the use of the product while it is at peak quality.

Federal regulations require a "Use By" date on infant formula to ensure the formula contains the appropriate quantity of nutrients, and acceptable quality. Infant formula, and the nutrients contained in it, can degrade over time so any infant formula exceeding its “Use By” date should be discarded.

With all of the confusion about product dating, and in an effort to reduce food waste, the USDA issued new guidance in 2016 to encourage manufacturers and retailers to use a “Best if Used By” date label. USDA states that this label is more easily understood by consumers, and can curb food waste and consumer expenditures on food. However, despite USDA guidance, many food manufacturers are still using the original dating system.

Other Tips to Reduce Food Waste

The EPA has developed the following tips for reducing food waste:
1. Cook or eat what you already have at home before buying more.
2. Plan your menu before you go shopping and buy only those things on your menu.
3. Buy only what you realistically need and will use.
4. Freeze, preserve, or can surplus fruits and vegetables.
5. At restaurants and all-you-can-eat buffets only order what you can finish or take home the leftovers and keep them for your next meal.

By following these tips, you can reduce food waste and the impact on your wallet, while ensuring your food is still safe to eat.

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/food safety/. Follow us on Facebook at https://www.facebook.com/WSU_foodsafety/ or on Twitter at https://twitter.com/WSU_foodsafety.
COLD FOOD STORAGE CHART
How Long Will You Food Last

<table>
<thead>
<tr>
<th>FOOD</th>
<th>REFRIGERATOR</th>
<th>FREEZER</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>(40 degrees F)</td>
<td>(0 degrees F)</td>
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<tr>
<td>EGGS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raw &amp; sill in a shell</td>
<td>3-5 weeks</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Raw egg whites &amp; yoks</td>
<td>2-4 days</td>
<td>12 months</td>
</tr>
<tr>
<td>Hard-cooked eggs</td>
<td>1 week</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Egg substitutes, liquid, opened</td>
<td>3 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Egg substitutes, Frozen, unopened</td>
<td>After thawing 1 week</td>
<td>12 months</td>
</tr>
<tr>
<td>Casseroles with eggs</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Eggnog, homemade</td>
<td>2-4 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Eggnog, commercial</td>
<td>3-5 days</td>
<td>6 months</td>
</tr>
<tr>
<td>Pies: pumpkin/pecan</td>
<td>3-4 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Pies: custard/chiffon</td>
<td>3-4 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Quiche with filling</td>
<td>3-5 days</td>
<td>2-3 months</td>
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<tr>
<td>SALADS</td>
<td></td>
<td></td>
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<tr>
<td>Eggs/chicken/ham/tuna/macaroni</td>
<td>3-4 days</td>
<td>Avoid freezing</td>
</tr>
<tr>
<td>HOT DOGS</td>
<td></td>
<td></td>
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<tr>
<td>Opened package</td>
<td>1 week</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Unopened package</td>
<td>2 weeks</td>
<td>1-2 months</td>
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<tr>
<td>LUNCHEON MEAT</td>
<td></td>
<td></td>
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<tr>
<td>Deli sliced/opened package</td>
<td>3-5 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Unopened package</td>
<td>2 weeks</td>
<td>1-2 months</td>
</tr>
<tr>
<td>BACON, SAUSAGE, HAMBURGER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BACON</td>
<td>1 week</td>
<td>1 month</td>
</tr>
<tr>
<td>Sausage, raw</td>
<td>1-2 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Sausage, fully cooked</td>
<td>1 week</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Purchased Sausage, frozen</td>
<td>3-4 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Hamburger</td>
<td>1-2 days</td>
<td>3-4 months</td>
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<tr>
<td>FRESH BEEF/VEAL/LAMB/PORK</td>
<td></td>
<td></td>
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<tr>
<td>Steaks/chops/roasts</td>
<td>3-5 days</td>
<td>4-12 months</td>
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<tr>
<td>HAM</td>
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<td></td>
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<tr>
<td>Fresh, Uncooked</td>
<td>3-5 days</td>
<td>6 months</td>
</tr>
<tr>
<td>Fresh, cooked</td>
<td>3-4 days</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Cured, uncooked</td>
<td>5-7 days</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Fully-cooked, vacuum-sealed</td>
<td>2 weeks</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Unopened</td>
<td></td>
<td></td>
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<tr>
<td>Cooked, store-wrapped whole</td>
<td>1 week</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Cooked, store-wrapped slices/half/spiral cut</td>
<td>3-5 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Country ham, Cooked</td>
<td>1 week</td>
<td>1 month</td>
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<tr>
<td>Canned, labeled &quot;Keep Refrigerated,&quot; unopened</td>
<td>6-9 months</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Canned, shelf-stable, opened</td>
<td>3-4 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Dry Italian</td>
<td>2-3 months</td>
<td>1 month</td>
</tr>
<tr>
<td>FRESH POULTRY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken/turkey, whole</td>
<td>1-2 days</td>
<td>1 year</td>
</tr>
<tr>
<td>Chicken/turkey, pieces</td>
<td>1-2 days</td>
<td>9 months</td>
</tr>
<tr>
<td>SOUPS &amp; STEWS</td>
<td></td>
<td></td>
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<tr>
<td>Vegetable or meat</td>
<td>3-4 days</td>
<td>2-3 months</td>
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Healthy Living

Moscow-Pullman Daily News article from February, 2019 Continued

Storing Perishables

To complicate matters, once a package of food has been opened and exposed to the environment, all bets on safety are off. Mold and illness causing microorganisms can contaminate food that has been opened, even if the food is refrigerated. Foodsafety.gov has a food storage chart available to help you determine when food must be discarded after it has been opened. A full chart can be found at https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts. In addition, USDA has developed the FoodKeeper app which can also be used to help you decide when food should be discarded. The app is available for download on both Android and Apple devices.

FFA UPDATES

The FFA Alumni had a successful auction this year with the new online format. Through our online auction and raffle we were able to raise over $10,000 to go towards FFA member scholarships, travel, FFA Jacket purchase, and awards. The FFA Alumni appreciates the support of our community and we look forward to a normal dinner and auction next year.

The FFA Alumni will be holding its yearly Washington Leadership Conference interviews early March. They plan on sending multiple students to the conference in the summer of 2022 (as this summer’s conference was postponed until 2022). Most District and State FFA contests this spring will be done virtually, we’ll keep you updated on any awards from those events.

The Jr. Livestock Show of Spokane has made a few changes to their format, but plan on having a live show from May 5th - May 8th. Our FFA members are excited to participate this year.

Kyle Kimble
Agriculture Teacher/FFA Advisor/Head Football Coach/Assistant Baseball Coach
Pomeroy High School
509-843-1274 (Classroom)
Youth in 4-H, FFA or open class exhibitions are invited to join us for an exciting virtual youth market livestock field day series!

The University of Idaho Extension, Nez Perce county in partnership with the Washington State University Whitman and Asotin counties have hosted a popular and informative youth market livestock field day in the Lewis-Clark Valley for many years. In 2020 these events were cancelled due to COVID-19, and in 2021 they will be delivered virtually using Zoom, making it possible for us to invite more participants than ever to join in the fun and learning!

Sessions will be held from 9:00 am – 12:00 pm PST for Market Beef (March 20), Market Swine (March 27), Market Sheep (April 3) and Market Goat (April 10). While we are still finalizing agendas for each virtual field day, we wanted to get you a note to save the date! More detailed agendas and speakers will be available soon.

There is a fee of $5 per registration per session to help pay for some of the associated costs of producing this event. For Northern Idaho and Eastern Washington youth, there are limited scholarships available. Please share the attached post card to your contacts, the registration link is https://bit.ly/2021livestockfielddayregistration.

**Scholarships available**

QUESTIONS CONTACT:

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WSU Extension, Whitman County: 509-397-6290 | Janet Schmidt, schmidtj@wsu.edu

4-H UP DATE

Bi-County 4-H Camp Canceled for 2021

Washington State Parks has informed us that they will not be opening Camp Wooten for overnight camping in the 2021 season. This announcement, along with the current phases that Garfield, Columbia and Asotin Counties are in, in addition to Covid-19 rules/guidelines that WSU has in place for the 4-H program, will make hosting an overnight camp impossible.

This is only the second time in over 60 years that Garfield and Columbia counties along with Asotin and Waitsburg 4-H’ers have not been able to go to summer camp.
Did you know WSU has a snake sanctuary?
For the full article visit: https://news.wsu.edu/2021/02/03/a-sanctuary-for-snakes/ & https://www.snakehaus.com/

Inside a 13- by 15-foot space in Dr. Nickol Finch’s backyard, 32 snakes slither. The structure, just 20 feet from Dr. Finch’s front door, is one half of Snake Haus — the only nonprofit animal sanctuary in Washington and Idaho known for specializing in snakes. Fully insulated and equipped with power, the sanctuary, and Dr. Finch (’01), an exotics veterinarian at Washington State University’s College of Veterinary Medicine, are a lifeline for the snakes. Many of the animals require ongoing medical treatment, were acquired from hoarding situations, or come from closed or unhealthy breeding operations. While some will be rehomed, many will likely live at the sanctuary for the rest of their lives due to their size or health.

Dr. Mayes, who started Snake Haus in 2017 with her husband, Mirko, runs the larger half of Snake Haus, outside of Snohomish, Wash. The serpent sanctuary achieved federal nonprofit and public charity status in January 2019, the same year Dr. Finch expanded the sanctuary to Idaho.

According to the Snake Haus web page the “Snake Haus team currently cares for more than 80 different rescued snakes and is very active in the reptile community spreading education and awareness of these amazing animals.” If they can find enough room in one of their two locations, they’ll consider any snake that is sick, injured, abandoned, or too large for an average home. The sanctuary doesn’t accept venomous snakes. At this time they do not have a public facility for visiting.

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.