

Newsletter

July-August 2023



WSU EXTENSION
Garfield County



2023 Bi County 4-H Camp Picture

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: mbartlow@co.garfield.wa.us

Contact Us:

Office Location: 757 Main St.
Pomeroy, WA 99347

Mark Heitstuman, County Director
heitstuman@wsu.edu

Mailing: PO Box 190,
Pomeroy, WA 99347

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

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

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

Monica Bartlow, Office Manager
mbartlow@wsu.edu

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

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Farming & Livestock

The Myths Surrounding Algal Poisoning (Cyanobacteria) in Livestock & Pets

Article adapted from Ketch Pen Vol.73, Issue 1
By Don Lewell

Water is the most important nutrient we provide for our animals. Water gives life to animals and Plants, but under certain conditions can be the bearer of some not so wholesome constituents that we should be concerned about that transmit bluetongue in livestock, and that carry hemorrhagic disease to deer. We also must start thinking about microscopic organisms that grow in water in less than favorable conditions. When conditions have become hot and dry, some of our water sources start to dry up and stagnate, that's the conditions we must watch for and in those conditions, algae poisoning(Cyanobacteria) can become an issue. In other words, cool running water is good and standing stagnant water can be dangerous.

The problem with algae blooms has gotten worse with higher water temperatures and eutrophication. Cyanobacteria are microscopic but typically appear as blue-green, red, white, or brown scum on the surface of the water, usually in water > 60° F. They can also appear like spilled paint, pea soup, or striations in the water. In some cases, they may be totally invisible.

There are at least eight significant toxins produced by cyanobacteria and causes varying effects on livestock, pets, and humans. Most often the delivery of the toxin from freshwater Harmful algal blooms (FHABs) is ingestion of the cyanobacteria or from ingestion of the toxin itself after the cells of cyanobacteria have broken apart.

Symptoms of algal toxins vary by species of animal, the specific toxin, and the amount of toxin. The toxin can be harmful to the skin, liver, kidney, and nervous system. In general, weakness, staggering, paddling, convulsions, breathing difficulty, bloody diarrhea, and death are symptoms to watch for. If you suspect poisoning of animals by cyanobacteria, contact your veterinarian immediately for assistance with treatment. Prognosis for animals that have exposed to cyanotoxins is usually poor.

Prevention of exposure to cyanotoxins is the effective way to keep animals safe. Clean and rinse stock tanks and other water containers regularly. Prevent livestock from standing in surface water by providing other water sources and limiting access by fencing.

Fire Prevention and Safety Tips During Harvest

<https://smallgrains.wsu.edu/fire-Prevention-and-safety-tips-during-harvest/>

Eastern Washington, producers are hopeful for bountiful yields and a fair market price for their efforts. Unfortunately, things can quickly “go up in smoke” especially if there is a combine or equipment fire. Last year there were multiple reports of combine fires, some small and some total losses.

They say, “an ounce of prevention is worth a pound of cure.” While preventative methods cannot 100% guarantee a fire will not erupt, they can and should be followed to reduce the any potentials hazards that arise during harvest operations.

The number one preventive method is to keep machinery clean. Crop residue and chaff can find their ways into cracks and crevasses of machinery and can come in contact with heat/ignition sources. Therefore, it is important to power wash or use an air compressor to clean out and/or blow off and remove such materials. Secondly, make sure equipment is in proper running order. Worn bearings, over tightened belts, exposed electrical wires or leaky fuel lines can all contribute to a fire. It is also recommended to check coolant and oil levels daily. Make sure heat sources like the manifold, muffler, and turbocharger are properly working and free of leaks. A scan for any hot or smoldering spots should be done at the end of each day's harvest.

All combines should have an easily accessible and fully charged 10-pound fire extinguisher. A second fire extinguisher can be mounted on the outside of the machine at ground level while even a third can be back in the service truck or tractor and wagon. Partially empty fire extinguisher should be refilled or replaced. Lastly, check the pressure gauge. If the needle is still within the “green” zone, it is functional. One can also invert and/or shake the extinguishers to ensure that the powder inside the extinguisher has not become settled. A shovel is also a recommended tool to have.

If a fire does erupt and starts spreading within the field, act quickly and try and contain it. Having a disk drill or some form of tillage equipment nearby can be used to create a perimeter or barrier around the fire.

Lastly, pay close attention to the weather. Days that are forecast to have high temperatures, low humidity and high winds significantly increase the potential for fire danger. Only attempt to put out the fire only if you feel safe doing so. It is more important to put worker protection first before saving equipment which can always be replaced.

For questions or comments, contact Dale Whaley by email at dwhaley@wsu.edu or by phone at 509-745-8531.




WILDFIRE AWARENESS



674,000
WA acres burned in 2021

Compounded by low rainfall, rising summer temperatures, and decades of fire exclusion, wildland fire poses a threat to homes and forests, natural resources, and our environment. Given time, warm temperatures and low relative humidity, trees, grasses and other plants can easily become fuel for a blaze.



\$372 Million
Wildfire damage in WA, 2021

At-Risk Forest



Fire-Resistant Forest



Fire Defense Zones

Create a defensible area to protect your home from fire



Restoring Balance



Wildfire is a perennial challenge for Washington and the west. Learn about the risk of fire, and how to defend and restore balance in the landscape, with help from WSU and Extension foresters.



INFORMATION FROM WSU GARFIELD COUNTY MASTER GARDENER BARB DEHERRERA

Summer Musings of a Master Gardener

In general, I have an awareness of my surroundings. The Master Gardening course brought a more focused attention to the plant and insect world. I was sitting outside earlier this spring when a stonefly landed on me. They are a sign of a healthy stream nearby, in this case, Pataha Creek. We traveled to Idaho Falls in late May, going over Lolo and then down through Hamilton, Montana. Love that drive, so many beautiful valleys, streams, and rivers. And I also noted large areas of forest fire damage as well as insect damage to the pine trees, mixed in with such a variety of native grasses, and native plants. I also look at people's landscaping around their rural, suburban, or urban homes and businesses. I always feel sorry for the trees or other plantings that are surrounded by rock as this causes the hot temperatures to be even hotter as the rocks absorb the heat. I appreciate the more "native/alternative" lawns that some are switching to as our water sources become less reliable. And I notice trees that have been improperly trimmed, especially when limbs are cut off too close to the trunk, causing a large scar. They should have cut further from the trunk to ensure the health of the tree. When we came back from Idaho Falls, we came back the "quick" way, I-84 to Pendleton, etc. I am sorry to report that I have not yet developed an appreciation for the hot dry landscape that encompasses much of that route! When we did get to the Baker City area, I noted large areas of what I am presuming to be some sort of invasive weed. It was in full bloom, and while beautiful, as several areas were eating into the alfalfa fields it would appear to be not a friendly weed. I am still waiting for someone in that area to let me know what it is. Then there is the Tucannon area, still hot and dry, but interspersed with plenty of water and wetlands. We watch and hear frogs; we stay out of the way of a variety of ants. Ants do serve a worthwhile purpose: they eat decomposing plants and insects, they help loosen hard packed soils, and the debris they leave behind support fungi and bacterial growth that further breaks down the structure of the soil. Then we go to the Blue Mountains. There are so many native plants! From tiny blue blooms to the large spikes of the mullein plant.

As you go about your day, note all the vegetation that helps support a healthy planet! Have a wonderful summer!

Your WSU Garfield County Master Gardeners.



Adults Meeting Fruit and Vegetable Intake Recommendations — United States, 2019

Centers of Disease Control & Prevention, Weekly/January 7, 2022/71(1);1-9. By: Seung Hee Lee, PhD¹; Latetia V. Moore, PhD¹; Sohyun Park, PhD¹; Diane M. Harris, PhD¹; Heidi M. Blanck, PhD¹

The 2020–2025 Dietary Guidelines for Americans advise incorporating more fruits and vegetables into U.S. residents' diets as part of healthy dietary patterns. Adults should consume 1.5–2 cup-equivalents of fruits and 2–3 cup-equivalents of vegetables daily. A healthy diet supports healthy immune function and helps to prevent obesity, type 2 diabetes, cardiovascular diseases, and some cancers; having some of these conditions can predispose persons to more severe illness and death from COVID-19. CDC used the most recent 2019 Behavioral Risk Factor Surveillance system (BRFSS) data to estimate the percentage of states' adult population who met intake recommendations overall and by sociodemographic characteristics for 49 states and DC. Overall, 12.3% of adults met fruit recommendations, ranging from 8.4% in West Virginia to 16.1% in Connecticut, and 10.0% met vegetable recommendations, ranging from 5.6% in Kentucky to 16.0% in Vermont. The prevalence of meeting fruit intake recommendations was highest among Hispanic adults (16.4%) and lowest among males (10.1%); meeting vegetable intake recommendations was highest among adults aged ≥ 51 years (12.5%) and lowest among those living below or close to the poverty level (6.8%). Additional policies and programs that will increase access to fruits and vegetables in places where U.S. residents live, learn, work, and play, might increase consumption and improve health. BRFSS is an annual, state-based, random-digit-dialed telephone survey of health-related behaviors representative of noninstitutionalized adults aged ≥ 18 years in the United States and participating territories. Since 1989, BRFSS has collected information on respondents' frequency of fruit and vegetable consumption.

In 2019, fruit and vegetable intake among U.S. adults remained low, with only approximately one in 10 adults meeting either recommendation; differences were found by state, age, sex, race/ethnicity, and household income. Consistent with previous analyses of BRFSS data, a higher percentage of women than men met recommendations for fruit and vegetable intake, and larger disparities were observed in vegetable intake than fruit intake by age groups and household income. Results were also consistent with earlier find-

ings that higher percentages of Hispanic than non-Hispanic White adults met fruit intake recommendations while lower percentages of non-Hispanic Black than non-Hispanic White adults met vegetable intake recommendations.

States and communities can take actions by supporting food policy councils to build a more sustainable food system, supporting community retail programs to attract grocery stores and supermarkets to underserved communities to improve community food quality and increase healthy food access, promoting participation in federal nutrition assistance programs, and implementing nutrition incentive and produce prescription programs that provide resources for persons to purchase fruits and vegetables. Additional efforts might include the use of nutrition standards, organizational food service guidelines, and farm-to-institution approaches to ensure that culturally preferred fruit and vegetable offerings are available in work sites, hospitals, park and recreation centers, food banks and pantries, restaurants, and other locations. Education and social marketing can also help to ensure awareness of the recommended amounts of fruits and vegetables to consume and how to incorporate fruits and vegetables into meals and snacks. Finally, conditions in which persons are born, live, learn, work, play, worship, and age, known as social determinants of health, affect health and influence the opportunities available to practice healthy behaviors. Ensuring that all persons, at all times, have physical, social, and economic access to enough foods, including fruits and vegetables that are safe, high quality, and meet their dietary needs and food preferences, requires multispectral and multilevel collaboration.

Too few U.S. residents consume the recommended amounts of fruits and vegetables. Following a dietary pattern that includes sufficient fruits and vegetables can help protect against some chronic conditions that are among the leading causes of mortality in the United States; some of these conditions are also associated with more severe illness from COVID-19. For most states, the BRFSS module is the only source of uniform, state-level dietary data for adults, and this information often provides critical metrics for state chronic disease plans. States can use the findings to guide their programs, communications and social marketing, and policies to support improving fruit and vegetable access and intake. Continued efforts to increase fruit and vegetable consumption by improving access and affordability in diverse community and institutional settings will help mitigate health disparities among U.S. residents.

Garfield County Upcoming Events



Come to the Garfield County Fair September 15-17, 2023

Here are the results from Jr. Show and State FFA Convention.

Jr. Show went well

State Livestock we finished 4th overall.

Kendall was 1st in Swine

Jilian Herres was 8th overall

We had 6 steers in the finals for market

Kendall Dixon 3rd, and 4th, Colby Ledgerwood 5th, Grayson Slaybaugh 7th,

Trevin Kimble 9th, Grayson Slaybaugh 10th

We had 4 kids in the Fitting & Showing finals

Colby Ledgerwood was 4th, Grayson Slaybaugh 7th in Fr/Soph Div.

Kendall Dixon was Grand Champion, & Jillian Herres was 5th in Jr/Sr Div.

Won the State Fair Commissioners Black & White Ribbon Award Winner

Seabeck Award Winner for the most outstanding FFA Chapter

State Convention in Kennewick 5/11-13

26 Students attended

Kendall Dixon 1st in her Proficiency Area

Jack Baser and Tyler Dixon were 1st in their Agriscience Project

Izzy Field Prepared Public – 3rd in her flight in the sub-state round

3 CCM Teams; 8th Graders were 3rd in their flight; both Freshman teams were 4th in their flights

Ag. Issues was 6th

7 Students got their State FFA Degrees, Brady Bott, Brodie Magill, Jadence Gingerich,

Chase Caruso, Jillian Herres, Trace Roberts, and Tyler Bagby

Ernie Kimble got his Honorary State FFA Degree



FFA

4-H



Bi County 4-H Camp 2023

Garfield & Columbia County 4-H'ers were joined by 4-H members from Waitsburg & Asotin County for another great week of 4-H camp. "Cars" was this year's camp theme.

Consolidators and staff went in early Monday morning to set up for the campers' arrival Monday afternoon. Campers and counselors are assigned a cabin and a family group. Family groups are given a name following the camp theme such as, Towmater, Lightning McQueen, Sally, etc. This year kids participated with their family in classes like archery, cannoning, salmon recovery, rocketry, and Dutch oven cooking. They also did daily chores, learning skills such as table setting, sweeping, mopping, and even cleaning the bathroom.

Bi County 4-H Camp provides an outdoor experience a lot of kids might otherwise not have. Thank you to all the teens and volunteers both in camp as out of camp for making this such a great week.

Special thank you to the Shepherd Foundation for providing camper scholarships to deserving kids.





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

Mark Heitstuman, County Extension Director
Sheree Ledgerwood, 4H Coordinator
Monica Bartlow, Office Manager
Email: mbartlow@wsu.edu
<http://ext100.wsu.edu/Garfield>

Did You Know Cosmic Crisp® receives 2023 Good Housekeeping Best Snack Award?

<https://research.wsu.edu/2023/07/21/cosmic-crisp-receives-2023-good-housekeeping-best-snack-award/>
WSU Research, July 21, 2023

For the third time, Cosmic Crisp® has once again landed on the top in the 2023 Good Housekeeping Best Snack Awards. In the category of Powerhouse Produce, Cosmic Crisp® ranked number 1 in the Best Apples category.

Many categories are assessed by dietitians, food scientists, chefs, and taste testers to bring you the best snacks in many categories. Results indicate Cosmic Crisp® is a family favorite and even holds up to baking. One tester said, “the flavor was super refreshing.” The award was given to the new WSU favorite apple in 2020 and 2021, losing to a different apple in 2022.

Every year, Good Housekeeping scours the in-person and online stores to bring you the best of the best in terms of flavor, nutrition, and usability. The top 100 snacks are both nutritious and delicious, so consumers don’t have to compromise on anything and can incorporate these better-for-you treats into snacking rotation.



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Helping You Put Knowledge To Work

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported