

Newsletter

November-December 2023



WSU EXTENSION
Garfield County



The Garfield County 4-H livestock and meat judges at the Nile in Billings, Montana. (left to right: Kendyle Tetrick, Ladd Baser, Tyler Dixon, Treyton Kimble, Judson Hall, & Jack Baser)

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.

She's going the distance to bring success to millers and bakers with U.S. wheat.

Washington Grain Commission | November 1, 2023
<https://wagrain.org/articles/wheat-life-exclusive-ting-liu/>

Wheat is a staple food for more than 35% of the human population. You could say this small grain punches above its weight. With muscle-building proteins, energy-boosting carbs, and a whole lotta fiber, these grainy powerhouses will have you goin' the distance, like you're starring in a Rocky movie. And that means Ting Liu, a technical specialist for U.S. Wheat Associates (USW) based in Beijing, China, is the regional equivalent of the fictional Mickey Goldmill, Rocky's trainer (cue "Eye of the Tiger").

"I bring a strong theoretical knowledge of wheat and flour to design demonstrations of U.S. wheat's strengths to customers," Liu said. "But besides collecting solid data, it takes bilingual skills to translate technical communications between USW and Chinese customers in an easy-to-understand way."

Liu joined USW in 2016 after completing her doctorate program. "I decided to do my postgraduate research on whole wheat products because of my childhood memories and my understanding of the health benefits of whole grains," Liu said. "But it was my experience of working at the Wheat Marketing Center that really allowed me to see how we can use technology to solve real industry problems."

Like any good coach, her idea of success is providing value. "Not only to be useful for myself, but also for others, so that others are willing to come together with you, and you can make contributions to society." Her aim is to contribute both to the U.S. wheat trade and to Chinese flour mills and bakeries by advancing their knowledge and solving their technical problems, all using U.S. wheat. "I hope, in the future, relationships between U.S. and China can be more peaceful, and that the international wheat trade can proceed purely and simply," she said.

While Liu hails from the southern part of China where rice is the dominant staple grain, she enjoys eating all kinds of wheat foods. "I love wheat-based food," she said. "Food not only feeds people but also brings such happiness." And speaking of happy, communicating and exchanging ideas with customers is one of the highlights "It's the best way for me to understand customer needs in the real world, which cannot be learned simply from books or the internet."

This aligns with USW goals to earn trust with customers and develop a rapport as relevant experts. "Nobody has to pay too much attention to us otherwise," says Jeff Coey, who oversees Liu's work and serves as USW vice president based in Hong Kong. Coey affirms that the Washington wheat grower's investment in breeding, the promotion of certified seed, and sustainable farming practices make for a compelling story for Washington wheat. "This is all inherently good and gives us much to talk about with customers," he said. "As much as we love soft white and club for cake flour, if we could change one thing, it would be a reliable supply of hard white from the PNW to gain market share in Asian noodle uses. This would be a solid way to consolidate our position in many Asian markets."

2023 Garfield County Beef Carcass Data Results

Carcass data was collected on 19 of the 4-H and FFA Beef exhibited at the 2023 Garfield County Fair. Congratulations to Peyton Cannon for having the top ranked overall steer carcass. Peyton's steer graded Average Prime with a 2.40 Yield Grade. Harper Fruh had the second-place overall steer that also graded Average Prime with a 2.89 Yield Grade.

Congratulations to the following youth for having top ranked beef carcasses:

- 1st - Peyton Cannon, Pomeroy FFA
- 2nd - Harper Fruh, Blue Ribbon 4-H
- 3rd - Eilezea Potoshnik-Lockard, Pomeroy FFA
- 4th - Sage Kimble, Pomeroy FFA
- 5th - Nataly McKeirnan, Country Kids 4-H

This was a good group of high yielding steers, with 13 of the 19 steers (68%) grading at least Low Choice. The average Yield Grade of the nineteen steers was 2.97.

Please contact Mark Heitstuman at (509) 243-2009, heitstuman@wsu.edu if you have any questions regarding the 2023 Garfield County Fair Beef Carcass Data.



Nod for noodles Very different than what you commonly see in the U.S., authentic Chinese chow main is made with boiled, then fried, noodles tossed with shredded meat in a classic stir-fry sauce.

Tips for Growing Healthy, Happy Houseplants

What do Master Gardeners do in the wintertime? Other than reviewing what went well, and what needs work on next year's outdoor growing and waiting for seed and flower catalogs to start arriving, we talk to our indoor plants!

Talking to your plants serves a purpose. While [Harvard University presented an article on talking to your plants](#), it describes the type of light you can use to persuade your plants to grow as you wish them to. But actually "talking" to them? There have been several studies, particularly by the Royal Horticultural Society in the United Kingdom about the [science behind talking to plants](#). The studies verify that certain voices (particularly the pitch and tone of a female voice) can stimulate plant health. The other benefit to interacting with your plants comes with your paying close attention to each one. You may notice a pest that is attached to a stem, a mold problem taking hold on the soil around the base of the plant, or maybe it just generally looks unwell. This gives you an early opportunity to address issues before they have a chance to cause irreparable harm. So, don't hide the fact that you talk to your plants, it is good for them and hopefully for you too.

As with most plants, I like to read up on what each one wants. Full sun, shade tolerant, dry soil between watering, moist environment? These are all factors to consider where you place it in your home. Even then, you may have to experiment with your individual plant. The information may indicate it likes lots of light, yet you finally found the spot where your plant looks best and that is at a more interior spot.

Pests and diseases are not primarily an issue with house plants, just be careful when you introduce a new one to your home. Look carefully at the stems, underside of leaves, and soil for pests that may need your attention before any close introductions are made. When you bring outside plants indoors be sure to follow these same guidelines.

Oregon State University (OSU) has many articles on [houseplant](#) pests and diseases. Fungus gnats may be a problem when bringing in plants from outdoors. Avoid overwatering, use sticky traps to reduce the number of adults, or use *Bacillus Thurengiensis* Israeli (BTI) to kill the soil larva.

Spider mite infestations can be combated with a spray of soapy water for most plants, avoid soapy water on cacti and succulents. It can be helpful to pull out a magnifying glass to see some of these tiny pests. The same if you suspect an infestation of springtails, they are only about 1/16th of an inch long, but they can be identified as you push your finger into the soil and see them "spring" away. The soapy spray can be effective, or Diatomaceous Earth can help eliminate them. A small colony can quickly become an overwhelming problem for both pests if left unattended, as they rapidly multiply.

Just like outdoor plants, your indoor plants can develop diseases such as root rot, leaf fungal diseases, or bacterial diseases. If you quarantine your plant for a few weeks after purchasing, you may prevent getting any of these diseases in your home.



Spider mite

Most often the causes of houseplant demise are due to the following:

Over or under watering-follow the directions for your plant. Provide spritzing with a mist if it requires high humidity and place in a bed of pebbles that can hold water without the plant sitting in water.

Need for repotting-size of the container should equal the size of the plant. Too large and it will have difficulty establishing itself and too small the roots will be too tight and ineffective.

Over or under fertilizing-fertilize sparingly during the winter months. Too much or not enough light-follow the directions for your plant and do not hesitate to move it and give it a month to see how it likes it.



Sider plant



Pothos



Snake Plant



Jade



Peace Lily

Some easy to grow houseplants are the following: Spider plants, Pothos, Jade, Snake Plant, and Peace Lily are all very forgiving for most environments.

My personal experience is that I have trouble with succulents and cacti. I love them to death, most likely by overwatering! But I keep trying, that is the fun part. I “rescue” the near dead plants offered by grocery stores on those back shelves. I have about a 75% success rate with those. And I am sometimes tempted by the special plants at the checkout counter. The latest was the Venus Flytrap. It went well for a few months; it was growing, and the grandkids and I fed it insects! But, alas, it requires moisture and was intolerant to my leaving for a week, even though I left it well watered and in a moist environment. It died. I shamelessly ask for a cutting of a plant I see in an office that I like. I have never been denied, most people love their plants and are more than happy to want to share them with others.

So, there you are! A few hints to help you as we winter with our plants! Enjoy



Become a Master Gardener

Asotin, Garfield, Walla Walla, Whitman, and Nez Perce Counties



IDAHO
master
GARDENER
A UNIVERSITY OF IDAHO
EXTENSION PROGRAM

2024 Master Gardener Training Class January 9 – April 2, 2024

Class Schedule: Tuesdays, 1:00 to 4:30 pm. January 9—April 2, 2024.

****The Jan 9 class is an informational meeting for those interested in becoming a Master Gardener. Bring your questions!**

Location: Asotin County Fire Station. 2377 Appleside Blvd in the Clarkston Heights.

Cost: \$140 for the in-person classes.

Each student that is considering becoming a WSU or UI Master Gardener must also enroll in the WSU on-line course. Please note: the registration fee for the online training is \$75 and is non-refundable.

Information and registration materials available at:

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

For questions, contact Janice at the Asotin County Extension Office

243-2009 or janice.reed@wsu.edu

10 Reasons to Love Pulses

Versatile and easy to prepare, pulses (dry peas, lentils and chickpeas) pack a nutritional punch. Regularly eating pulses as part of a healthy diet may help reduce the risk of obesity, heart disease, diabetes and certain types of cancer.

Pulses are...

IRON RICH

Chickpeas have 2½ as much iron as chicken.

FULL OF FIBER

DRY PEAS HAVE **4X MORE FIBER THAN BROWN RICE.**



CHOLESTEROL-FREE

LOW GLYCEMIC INDEX

LOW-FAT

Lentils have **7X less fat** than pork.

GOOD SOURCE OF POTASSIUM

Dry peas as much potassium as a small banana.



..... High in
PROTEIN

Lentils deliver double the protein of quinoa.

GLUTEN-FREE



SODIUM-FREE



HIGH IN FOLATE

CHICKPEAS CONTAIN 1½ more folate than kale.



U★S★A
Dry Peas,
Lentils &
Chickpeas
The Standard for Quality

For more recipes and info, visit
cookingwithpulses.com

Sourced from USDA. Based on 1 serving of the above foods
(½ cup of cooked pulses equals one serving).



(Top, Left to right) Jack Baser, Judson Hall, Tyler Dixon, Kendyl Tetrick, Sidney Wolf, Treyton Kimble (Bottom, Left to Right) Robbie Wolf & Ladd Baser.

4-H Achievement Night

Will be held in the Dick Brown Building
on November 19, 2023 at 6:00PM

had a lot of success this year. In March, they attended the Cougar Invitational where the Garfield County team placed 1st in the Junior Division. Nolan Newberg was 1st, Tyler Dixon-4th, Ladd Baser-7th, Conrad Nelson-8th, and Jack Baser-10th. At the state competition in August our teams placed 1st and 2nd. Team 1 consisted of Ladd Baser-1st, Nolan Newberg-2nd, Tyler Dixon-3rd, and Jack Baser-4th. Team 2 consisted of Judson Hall-8th, Kendyl Tetrick, and Rory McKeirnan. They also competed at the NILE and placed 1st in the Junior Division with Ladd Baser-3rd, Tyler Dixon-4th, Judson Hall-5th and Kendyl Tetrick-6th. Jack Baser was 6th in the senior division.

Lisa Baser

After 34 years of being a 4-H leader and close to that many years working for the WSU/Garfield County Extension Office as Garfield County's 4-H Coordinator, Sheree Ledgerwood finally got the chance to retire. Her last day was October 27th, 2023. The service she provided for our community is very appreciated and she will be greatly missed, but we wish her the best in her retirement.

We have hired Michelle Kelp to take Sheree's place as the new Garfield County 4-H coordinator. Michelle grew up in Pomeroy, graduated from Eastern Washington University, and then moved to Spokane. While in Spokane she worked for various organizations such as The Boys and Girls Club and Special Olympics. She also attended, coordinated, and helped direct Camp STIX, a summer camp for youth with Type 1 Diabetes. She met her husband in Spokane and they have three kids.

Michelle said, "We were so excited with our opportunity to move back to Pomeroy, and I am looking forward to serving the youth of Garfield County." I am also looking forward to the opportunity to work with Michelle again, in serving Garfield County. We went to high school together, and also worked a few summers together for the U.S. Forest's Service, so I anticipate this being a beautiful partnership. Michelle, welcome to the WSU/Garfield County Extension Office.

-Monica Bartlow

The Garfield County 4-H livestock and meat judgers have had a very successful year! Our livestock judging kids have participated in many judging contests this year throughout the Northwest. At our state competition in June, our intermediate team of Jack Baser, Treyton Kimble, Tyler Dixon, and Judson Hall placed 2nd overall. This team was also 1st in Swine, 2nd in reasons, 3rd in goats, 4th in beef, and 4th in sheep. Our second intermediate team of Ladd Baser, Sidney Wolf, and Robbie Wolf placed 4th in the reasons category.

Individually, Jack Baser was 6th, Treyton Kimble was 7th, and Tyler Dixon was 10th. Jack was 1st in reasons and swine, Treyton was 4th in swine, and Tyler was 5th in reasons. Kendyl Tetrick also participated in the junior division where she was 10th in beef. We had five participants compete at the NILE in Billings, Montana as well where our Junior Team placed 4th and Kendyl Tetrick was in the Top 10.

Our meat judging members have also





FFA

Garfield County Land Evaluation CDE.
(Picture to Left, left to right): Levi Bowen, Peyton Cannon, Gunner Magill, Grayson Slaybaugh, Levi Henderson, Taylor Gilbert, Heather Hastings, Caroline McKiernan, David Frederick, Chance Savage, Josiah Ledgerwood, and Sage Kimble.

The FFA Soils team competed at the Whitman County Land Evaluation CDE on October 11 near Dusty. The team did great for their first event of the year!

We also hosted and competed in the Garfield County Land Evaluation CDE on October 18. 43 teams attended the event, and Pomeroy FFA placed 8th! A few of our FFA members even had perfect scores on some of the soil pits at the contest! We are continuing to practice and are gearing up for the State Contest in Grant County in November.



(Whitman County CDE students are (left to right): Josiah Ledgerwood, Caroline McKiernan, Heather Hastings, Levi Henderson, Grayson Slaybaugh, Gunner Magill, Levi Bowen, Chance Savage, and Jack Baser.

Kristina Knebel



FFA Alumni Auction

will be on New Year's Eve starting at 5:30PM again this year and we're always looking for great auction items to help raise money for the FFA Alumni and Pomeroy FFA.

Jack Baser and Tyler Dixon are headed to Indianapolis, IN to National FFA Convention to present their State Winning Agriscience Fair Project. They have already completed their interview, but will not find out results until Friday (11/3) of National FFA Convention where they will be recognized on stage as a top 10 finalist in the nation.

The Livestock Team went to Billings, MT and competed at the NILE (Northern International Livestock Exposition) The team finished 31st out of 67 teams and learned a ton.

Kyle Kimble



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Did You Know there is a Machine that can Quickly Produce Needed Cells for Cancer treatment?

WSU Insider| October 26, 2023

By Tina Hilding, Voiland College of Engineering and Architecture
For the full article

PULLMAN, Wash. — A new tool to rapidly grow cancer-killing white blood cells could advance the availability of immunotherapy, a promising therapy which harnesses the power of the body's immune response to target cancer cells.

Washington State University researchers have developed a minifridge-sized bioreactor that is able to manufacture the cells, called T cells, at 95% of the maximum growth rate — about 30% faster than current technologies.

In 2022, there were over 1,400 different types of therapies using T cells in development, with seven approved by the FDA for a variety of cancer treatments. Use of the therapy, called chimeric antigen receptor T cell (CAR-T), is limited, however, because of the cost and time needed to grow T cells. Each infusion treatment for a cancer patient requires up to 250 million cells.

“The manufacturing demand for this growing number of therapies is not being met, so there is a gap that needs to be filled in terms of biomanufacturing solutions,” said first author Kitana Kaiphanliam, a postdoctoral researcher in WSU’s Gene and Linda Voiland School of Chemical Engineering and Bioengineering. “At the end of the day, they need to be upscaled, so they can be used by more people.”

The researchers are working to improve the bioreactor. They hope to add multiple chambers and expect that they’ll eventually be able to produce enough cells in three days for three doses of a therapy. They also plan to start testing with human T cells and have begun communicating with cancer researchers on beta testing at Fred Hutchinson Cancer Center. Kaiphanliam and co-author Brenden Fraser-Hevlin have also started a company, Ananta Technologies Inc., with the idea of eventually producing and marketing the technology.



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