



# Asotin County

WASHINGTON STATE UNIVERSITY  
EXTENSION

## *Newsletter*

*April-June 2017*

**Welcome to the WSU Asotin County Extension Newsletter!** This is a quarterly electronic newsletter highlighting events and topics of interest to residents of Asotin County and the surrounding area. This newsletter can also be viewed on our website: [extension.wsu.edu/asotin/](http://extension.wsu.edu/asotin/)

### **In this issue:**

4-H news and upcoming events	Pages 2-4
Master Gardeners and gardening events	Pages 5-6
Weed control	Pages 6-7
Beekeeping	Page 8
Agriculture and Natural Resources	Page 9
Healthy Living	Page 10

### **Contact Us**

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(Basement of the Asotin County Courthouse)

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(closed 12:00 to 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.

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) 243-2009 Email: [jreed@co.asotin.wa.us](mailto:jreed@co.asotin.wa.us).**

## **4-H News/Events and Youth Opportunities**

**For information on 4-H events and deadlines, see the complete 4-H Calendar:**

[http://extension.wsu.edu/asotin/4h-youth-development/4h\\_members\\_page/](http://extension.wsu.edu/asotin/4h-youth-development/4h_members_page/)

### **Demonstration Day**

Demonstration Day is a great way for youth to share what they have learned about their 4-H project, plus it gives 4-H youth a chance to practice public speaking skills. Demonstrations can be done on a club level, at Demonstration Day, at the County Fair, and State Fair. Asotin County held their annual Demonstration Day on February 4th, 2017. Congratulations to all the youth that participated. The top winners are:

Seniors

1<sup>st</sup> Elliot Marks  
2<sup>nd</sup> Levi Lathrop  
3<sup>rd</sup> Rachel Spinelli  
4<sup>th</sup> Austin Smith

Juniors

1<sup>st</sup> Addyson Sangster  
2<sup>nd</sup> Kayln Kibbe  
3<sup>rd</sup> Rylan Hays  
4<sup>th</sup> Lyrica Peterson

Intermediates

1<sup>st</sup> Lacey Sanford  
2<sup>nd</sup> Sydney Sangster  
3<sup>rd</sup> Emily Adams  
4<sup>th</sup> Amelia Morrow

Cloverbuds

Ethan Ruckdashel



### **U of Idaho Annual Fitting and Showing Clinic**

**April 8th at the U of I Pavilion**

This year, the Block and Bridle Club is focusing on three species: Sheep, Cattle and Swine. There will be both beginner and advanced courses which will hopefully cover all skill levels as well as help answer any questions about show preparation! There will be a raffle, door prizes and lunch is provided with your registration.

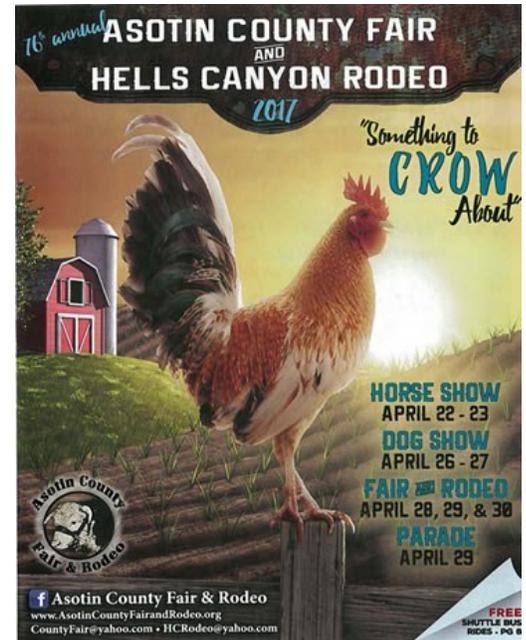
**Details and registration: <http://extension.wsu.edu/4h/events/university-of-idaho-block-and-bridle-fitting-and-showing-clinic/>**

# 76th Annual Asotin County Fair & Rodeo "Something to Crow About" April 28-30, 2017

4-H youth and leaders have been working hard on projects to showcase at the Fair. Come to the fair and look at all the kid's hard work!

Here is a list of pre-fair events:

- ◆ April 1st, 9 am to 5 pm  
Open Horse Show at the Rodeo Grounds
- ◆ April 20th, 7pm  
4-H Style Revue at Boyd Hall
- ◆ April 22nd, 8am-4pm & April 23rd, 9am-4pm  
4-H & FFA Horse Show at the Rodeo Grounds
- ◆ April 26, 4-H & FFA Dog Show  
Fitting & Showing, Obedience, and Rally  
at Asotin City Park
- ◆ April 27, 4-H & FFA Dog Show  
Agility at Asotin City Park
- ◆ April 28-30, Fair and Rodeo activities



For more information about the Asotin County Fair and a complete schedule of events go to:  
<http://www.asotincountyfairandrodeo.org>

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## Asotin County 4-H Leader of the Year Nominations due to the Extension Office by June 1st



The leader of the year award recognizes outstanding 4-H adult, teen and youth leaders.

Do you know an outstanding leader who deserves recognition?

Nominate them as Leader of the Year.

The nomination forms are available at the Extension Office or can be found online at:

<http://extension.wsu.edu/asotin/4h-youth-development/become-a-4h-leader/>

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## Garfield County Bi-County 4-H Camp June 19-23 at Camp Wooten

Camp rules and applications will be available in early May on the Garfield County and Asotin County web sites. Applications are due the week of June 5th. See instructions for details.

<http://extension.wsu.edu/garfield>

<http://extension.wsu.edu/asotin/>



## **Asotin County Youth Commission Annual Awards Night May 30th from 6 to 8 pm in the CHS Auditorium**

The Asotin County Youth Commission (ACYC) is a group of energetic 7th to 12th grade students making a difference in Asotin County. The mission of this group is to create, foster, and maintain a positive environment for all the youth of Asotin County through partnerships that identify, promote and provide community resources for youth involvement, leadership, recognition and empowerment. Each spring, the ACYC holds a Youth Awards Night to recognize individuals and groups that volunteer their time helping youth in our community.

### **Nominations due May 1st**

**Nomination forms are available at the Extension Office or can be found online at:  
<http://www.co.asotin.wa.us/youth-commission/youth-awards-night/>**

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## **National Volunteer Week: April 23-29, 2017**

National Volunteer Week, brought to you by Points of Light, is an opportunity to recognize and thank volunteers who lend their time, talent, voice and support to causes they care about in their community. Their stories can serve to inspire others to find ways to take action that creates change. The theme for National Volunteer Week, Service Unites, captures the power of changemakers to come together to build stronger, more vibrant communities through service. Asotin County has many volunteers that contribute to the community:



- ◆ **The 4-H program** has 68 volunteer leaders that help 375 youth with projects in thirty 4-H clubs in Asotin County. The volunteer leaders spend hundreds of hours teaching youth about subjects such as livestock and small animals, horses, clothing and textiles, foods & nutrition, sewing, arts & crafts, woodworking, environmental sciences, shooting sports, photography, leadership, government, plant science & garden. 4-H Youth compete in the Asotin County Fair.
- ◆ **The Master Gardener program** has 29 volunteers that serve the residents of the Lewis-Clark Valley with free plant clinics, informational tables at various events such as the Clarkston Farmer's Market, Patt's Garden Center, and the Asotin County Fair. School gardening programs at Parkway, Grantham & Highland Schools teach youth how to grow their own food and to make healthy food choices. Over 125 elementary youth participate in these school gardening programs.

# Master Gardeners and Gardening



## Tree Clinic

**April 22, 10:00-12:00 at Patt's Garden Center in Clarkston.**

Topics include choosing the right tree, tree planting, pruning, and maintenance, plus an educational walking tour of the trees at Patts.

## Office Plant Clinics

### Gardening, Plant, and Insect Problems?

**FREE** diagnosis and advice from the Asotin County Master Gardeners

Bring your plant samples and pictures for diagnosis

**Wednesdays, 10:00 - 2:00; May 10—Sept 27**

**Asotin Co. Courthouse basement, 135 2nd St, Asotin**

**Call 509-243-2009 for more information**

<http://extension.wsu.edu/asotin/master-gardeners/>



## Brown Bag Lunch Series—May, June and July

Bring your lunch and discuss garden-related topics with the Asotin County Master Gardeners  
Wednesdays, 12:00-1:00 in the Lions Gazebo at Beachview Park in Clarkston.

## Clarkston Farmer's Market

Stop by the Master Gardener's information table at the Clarkston Farmer's Market on the first and third Saturdays of each month, June-September. The market is located in the parking lot of Twin River Bank (5th and Sycamore Streets) and is every Saturday from 8:00 am to Noon. Like 'Clarkston Farmer's Market' on Facebook.

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## Come see what's happening at the Clarkston Community Garden!



**1440 Fair St in Clarkston**  
(Behind Walla Walla Community College)

The garden is open to the public on  
Tuesdays from 8:00 to 11:00 am.

A Master Gardener is on hand to give tours or  
answer questions.

For more information call 509-758-6849 or visit  
their website: [www.clarkstongarden.com](http://www.clarkstongarden.com)

# Plant Sales

## Clarkston Community Garden

### Plant Sale

April 29, 9 am to 2 pm

Clarkston Albertsons  
Parking lot



## Asotin County Cattlewomen

### Plant Sale

May 12 & 13, 8 am to 4 pm

Asotin County Fairgrounds  
Floch Hall

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## Youth Gardening Program



The Asotin County Master Gardeners have gardening classes at 3 elementary schools in Clarkston. Parkway Elementary 4th graders are learning about soil and compost, and planting in raised beds with potatoes, onions, radishes, and lettuce. In April, there will be an Arbor Day celebration and students will plant trees at the schools. In May, students will learn the importance of pollinators with guest speakers from the Valley Beekeepers Association. Kindergarteners from Highland Elementary will be planting their pumpkin patch in May.

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## Keep those weed numbers low

Weeding now will save you a lot of work later. Here are a few tips for weed control:

**Identify the weed before applying any herbicide.** The WSU Asotin County Master Gardeners can help with weed identification. The office Plant Clinics are Wednesdays from 10:00 to 2:00 pm from May 10—Sept 27. When using a weed control product, read the label carefully. Use the correct amount and time of application to assure maximum results.

Crabgrass seed germinates in the spring and preemergent herbicides or “crabgrass preventers” are only effective if the application is made prior to seed germination. The right timing for an application of a crabgrass preemergent herbicide is when the soil temperature at a depth of one inch is greater than 55 degrees for at least a week. This typically occurs when the yellow-flowering forsythia bush has been in full bloom for a week or two.

Select non-chemical management options as your first choice!

- Maintaining a healthy planting or turf area to provide competition will prevent weed establishment.
- Cultivation (rototilling or hoeing) will effectively eliminate plants.
- Reduce weed infestation by hand-pulling weeds.

**Dandelion Digger**



Some weeds, such as dandelions, are easy to remove by hand weeding. Dandelion diggers are available at most garden and hardware stores, and can be used on other long tap-rooted weeds as well. Pull weeds early while the soil is moist and they are easy to remove.

## Good Lawn Care Discourages Crabgrass

Written by Marianne C. Ophardt, WSU Extension Faculty for the Tri-City Herald,  
Kennewick, WA  
Published April 18, 2014

**Your first line of defense against crabgrass should be encouraging healthy, dense turf using good cultural practices. This includes mowing, fertilizing, and irrigating properly. Mow bluegrass and bluegrass mix lawns at the WSU recommended height of 2 to 2.5 inches. A dense, tall turf shades germinating crabgrass seedlings and deters their growth.**



Equally important in controlling crabgrass is fertilizing your lawn at the correct times of year to promote both root and side growth (called tillering) instead of top growth. The most important time of year to fertilize your lawn is in the fall. WSU recommends making a fertilizer application in early September and again after the last mowing (around mid-November) but before the soil freezes.

If you apply fertilizer in the fall as recommended, then you should wait until early May to fertilize again. Fertilizing earlier in the spring tends to encourage top growth at the expense of root and side growth, resulting in weaker turf and more frequent mowing. The best times to fertilize lawns in our region are: November 15, May 1, June 15 and September 1, applying 1 pound of nitrogen per 1000 square feet of lawn area.

When irrigating lawns, the tendency in our region is to water daily starting early in the season for 15 minutes each day. This daily, light irrigation leads to weaker, shallow-rooted, thin turf and makes it easy for crabgrass to germinate and grow. You will have to water more frequently during the hottest part of summer, but during the relatively cool weather of spring and fall you should definitely not be watering daily. Adjust your timers to water less frequently, but more deeply to promote deeper grass roots.

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## Have Questions? Need Help?

For questions about gardening, weed identification and control, and plant diseases contact the extension office or come to the Master Gardener Office Plant Clinic for help on Wednesdays from 10:00 to 2:00 in the basement of the Asotin County Courthouse.

For more information on gardening go to:

- <http://extension.wsu.edu/asotin/gardening/general-gardening-information/>
- [gardening.wsu.edu](http://gardening.wsu.edu)



**The Valley Beekeepers Association** was established in 2016. Four Asotin County Master Gardeners were instrumental in establishing the association: Larry Carey, Deloris Jungert-Davisson, John Freeman, and Larry Nelson. They held their first beekeeping course in the spring of 2016. There are presently 17 new members taking the class and the Association has grown to 76 members from the Lewis-Clark Valley and surrounding area. Call John at: 509-758-6338 for information.

The sight of **swarming bees** can certainly unnerve some people. However, it is a very natural and wonderful part of the life cycle of honey bees. They are focused on finding a new nest, not on attacking. That said, it is important to keep your distance from swarming bees, because if the bees feel threatened, then it is possible they will sting.



### Honey Bee Swarm Catchers

\* Jeremy Giard: 208 553-3073      \* Larry Nelson: 509-790-1964



### Plant a Bee Garden

Adapted from <http://thehoneybeeconservancy.org/>

More and more gardeners are anxious to do their part to help the bees by adding to the shrinking inventory of flower-rich habitat in their area. In return, the bees will pollinate your flowers, providing a bountiful harvest of fruits, seeds and vegetables as well as the joy of watching them up close. Here are some helpful tips to keep in mind as you grow your bee-friendly garden:

- \* Select single flower tops for your bee garden, such as daisies and marigolds, rather than double flower tops such as double impatiens. Double headed flowers look showy but produce much less nectar and make it much more difficult for bees to access pollen.
- \* Skip the highly hybridized plants, which have been bred not to seed and thus produce very little pollen for bees.
- \* Use Natural Pesticides and Fertilizers when possible. Avoid using herbicides or pesticides in the bee garden. They not only can be toxic to bees but also are best not introduced to children or adults that visit your garden. Ladybugs, spiders, and praying mantises will naturally keep pest populations in check.
- \* Bees need a place to get fresh, clean water. Fill a shallow container of water with pebbles or twigs for the bees to land on while drinking. Make sure to maintain the container full of fresh water to ensure that they know they can return to the same spot every day.

Plant at least three different types of flowers to ensure blooms through as many seasons as possible, thus providing bees with a constant source of food. For example:

- \* Crocus, hyacinth, borage, calendula, and wild lilac provide enticing spring blooms.
- \* Bees feast on bee balm, cosmos, echinacea, snapdragons, foxglove, and hosta in summer.
- \* For fall, zinnias, sedum, asters, witch hazel and goldenrod will tempt foragers.

# Agriculture and Natural Resources



## Pesticide Applicator Licensing

The Asotin County Extension Office offers Pesticide license testing for the Private Applicators license. Study guides are available for purchase. Please call the Asotin County Extension Office at 509-243-2009 to schedule an exam or order study publications.

WSU offers pre-license pesticide training and recertification training.

For more information visit <http://pep.wsu.edu>

Additional exam requirement assistance, publications needed, and current fees are located at <http://agr.wa.gov/PestFert/LicensingEd/> or by contacting WSDA toll free at 1-877-301-4555 or contact WSU at 509-335-2830 or 509-335-9222.

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## PNW Crop Tour Schedule

The 2017 crop tour provides opportunities to view field trials and interact with Washington State University personnel and others about cereal varieties and crop management practices. Cereal breeders, extension agronomists, plant pathologists, and other scientists will be presenting information at various events. The local research tours, listed below, provide a guide for wheat, barley, and legume tours in Washington and nearby locations.

Please check with the contact listed prior to the tour to verify the time, location, agenda, and ensure a place at the table if food is served.

<b>Date</b>	<b>Tour</b>	<b>Time</b>	<b>Contact, Phone</b>
14-Jun	WSU Weed Science	1:00 pm	Drew Lyon, 509-335-2961
20-Jun	Mayview	9:00 am	Mark Heitstuman, 509-243-2009
21-Jun	Walla Walla	1:00 pm	Paul Carter, 509-382-4741
22-Jun	Dayton	8:00 am	Paul Carter, 509-382-4741
22-Jun	Anatone	3:30 pm	Mark Heitstuman, 509-243-2009
27-Jun	Univ. of Idaho/Limagrain	8:30 am	Debbie Rigby, 208-885-6681
28-Jun	Wilke Farm Soil Workshop	9:30 am	Aaron Esser, 509-659-3210
29-Jun	Fairfield	7:00 am	Diana Roberts, 509-477-2167

**For the full schedule of tours and more information, including location maps, go to:**  
<http://smallgrains.wsu.edu/variety>

# Healthy Living

## Food \$ense Program

WSU Extension's Food \$ense program teaches youth and adults with limited incomes to develop skills and behaviors to eat healthfully. Families learn nutrition basics and smart buying strategies to help them make healthy choices and sustain their food supply throughout the month. Asotin County's Food \$ense Educator, Kim Belanger, provides nutrition education to second and third graders at 3 elementary schools in Clarkston. She also provides information, recipes, and cooking demonstrations at the Asotin County Food Bank.



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## Healthy Eating

Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work or at school. Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of "bad" LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight.

Many people skip the a.m. meal because they're rushing to get out the door. That's a mistake. You need food in your system long before lunchtime.

Here is a suggestion for a healthy, protein-packed, and portable breakfast:

### Omelete Muffins

8 eggs

8 oz cooked ham, cut in small cubes (substitute cooked and crumbled bacon or sausage)

1 cup diced red (or green) bell pepper

1 cup diced onion

1/4 teaspoon salt

1/8 teaspoon black pepper

2 tablespoons water (or milk)

\*\*Many things can be added or substituted: spinach, mushrooms, tomatoes, grated cheese, fresh basil, garlic. Be creative!

Preheat oven to 350° F

Grease muffin cups—makes 8-10 depending on the size

Beat eggs together in a large bowl. Mix in remaining ingredients. Pour mixture evenly into prepared muffin cups.

