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/

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Contact Us

Office location: 135 2nd St, B107 in Asotin (Basement of the Asotin County Courthouse)
Hours: Mon-Fri 8:00 to 4:00
  (closed 12:00 to 1:00)
Mailing address: PO Box 9, Asotin, WA 99402
Phone: 509-243-2009
FAX: 509-243-2018
Website: extension.wsu.edu/asotin

Mark Heitstuman, County Director
heitstuman@wsu.edu
mheitstuman@co.asotin.wa.us
Kim Belanger, 4-H Coordinator & Food $ense Educator
kim.belanger@wsu.edu
kbelanger@co.asotin.wa.us
Janice Reed, Office Manager
jreed@co.asotin.wa.us
janice.reed@wsu.edu

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.
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/

Extension Youth Activity Camp (EYAC)

Our annual Youth Activity Camp is July 17-21 at Grantham Elementary School in Clarkston. Lunch is provided by the Summer Food Program from 12:30 –12:50. **Session 1** classes, from 1 to 2:50 pm, are Bugs, Bees, & Birds, 4-H Stem—Rockets, Drones and Motion and Busy Kids. **Session 2** classes, from 3:10 to 5:00 pm. are Robotics Adventures, Cookin and a Craftin, and Archery & Shooting Sports. Class size is limited and classes are first come first serve.

Registration forms are available at local libraries, the Lewiston Community Center and the Asotin County Family Aquatic Center as well as online at: http://extension.wsu.edu/asotin/ under ‘Calendar of Events’. For more information contact the Extension Office at 509-243-2009 or email kim.belanger@wsu.edu.

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Join 4-H

Interested in enrolling your child in Asotin County 4-H? It’s easy, just follow these steps:

**Choose a project.** There are many projects to choose from in 4-H. Visit the “Projects and Publications” page. Each club has leaders that help the youth with certain project areas. Asotin County does not have leaders available for all the projects 4-H has to offer. If you, or someone you know is interested in becoming a 4-H leader, please contact the Asotin County 4-H office.

**Choose a 4-H Club**

Pick a 4-H club and contact the 4-H leader to determine in they have openings for the projects you want your child to enroll in. (Visit the “Become a 4-H member” page). Asotin County 4-H has lots of 4-H Clubs located in Clarkston, Asotin and Anatone. Each club offers certain projects. Review the “Asotin County 4-H Clubs” page and find which club you may be interested in joining. If there are any openings, contact the organizational leader of that 4-H Club, or you can just contact the WSU Asotin County Extension office and we’ll help you through the process.

Information on the 4-H program, projects, and clubs are available at:
http://extension.wsu.edu/asotin/4h-youth-development/

Registration for 2017-2018 begins on Sept 1st. The registration deadline to participate in the 2018 Asotin County Fair is Nov 2, 2017. The Extension Office can assist you in choosing a club that is right for your child.
Asotin County 4-H Leader of the Year
Nominations due to the Extension Office by August 1st

The 4-H leader of the year award recognizes outstanding 4-H adult, teen and youth leaders. Do you know an outstanding leader who deserves recognition? It is easy to nominate them, just fill out the 1 page form. 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/

Asotin County Youth Commission Annual Awards Night
Each spring the ACYC to recognize many of the youth, adults, and youth organizations that give back to our community. On May 30th they held their 16th annual Youth Awards Night. Thank you to the many volunteers and the people that took the time to nominate them for their important contributions to our youth.

Organizations
Nominated for Organization Recognition Award
Asotin County FairBoard, Clarkston LDS Church, Clarkston United Methodist Church,

Special Organization Recognition Winners
Royal Family Kids Camp
Young Life/Wyld Life

** Royal Family Kids Camp also received the “fan favorite” award and was given a $100 donation from the Asotin County Youth Commission

Adult
Nominated for Adult Excellence Award
Judy Akers, Dale Bonfield, Shawn Bowman, Chris Bunce, Mike Cooper, Doug Jones, D.R. Schnider, Evan Southwick, Mary Lou Franzese, Ashlee Grunenfelder, Allison Hays, Tami Heath, Glen Landrus, Tammy Long, Keesje Mills, Elaine Nagle

Adult Excellence Award Winners
Sharon Hoseley, Grantham Elementary
Hager Meade, Grantham Elementary
Lisa Ubachs, Asotin County 4-H Leader

Youth
Nominated for Youth Excellence Award
Anna Aarstad, Logan Heflin, Levi Lathrop, Myka Lee, Tyler Nichol, Dylan Pederson, Dawltin Phillips

Youth Excellence Award Winners
Tycie Peery – Clarkston High School
Daniel Young – Clarkston High School

Graduating seniors, Logan Heflin and Matthew Ubachs, were also recognized for their years of commitment and hard work with the Youth Commission.
**Master Gardeners and Gardening**

**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**  
Bring your lunch and discuss garden-related topics with the Asotin County Master Gardeners.  
Wednesdays, 12:10-12:50 in the Lions Gazebo at Beachview Park in Clarkston.  
July 5—Lawn to lettuce: raised beds  
July 12—Making hand lotion  
July 19—Preserving veggies: fermentation  
July 26—Tomato tasting

**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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**Summer Garden Checklist**  
By: Justin W. Hancock. Adapted from— http://www.bhg.com/gardening/yard/garden-care/summer-garden-checklist/

Use these timely guidelines to keep your garden looking beautiful through the summer.

**Weed**—Many pesky weeds love summer heat and quickly take the jump from tiny to gigantic. It's important to pull them from your garden, because weeds steal moisture and nutrients from your plants. Many weeds also encourage insect pests and diseases to pop up in your garden. Weeds are easiest to pull when they're young and small. They also come out of the ground easiest when the soil is moist. Another reason to get them while they're young: You can stop weeds from producing seeds. A single dandelion plant can produce 2,000 seeds in a year. A weed such as lamb’s quarters can produce 150,000 seeds in a year. That’s a lot of future weeding you can save yourself from doing!
Summer Garden Checklist (continued)

**Mulch**—Spreading a 2-inch-deep layer of mulch over your soil is one of the best things you can do for your garden. The mulch blankets the ground, shielding the soil from the sun. This keeps it cooler, so your plant roots are happier, and prevents moisture loss from evaporation. Happily, there’s not a single best type of mulch. Anything made from organic matter -- shredded wood, pine straw, a mix of grass clippings and shredded leaves, etc. -- is going to help your soil in the long run as it decomposes and adds to your soil.

**Remove faded flowers**—Remove spent blooms from many of your annuals and perennials, and you might see more flowers! Called deadheading, this process prevents plants from producing seeds so they put more energy into beautiful blooms. Deadheading cuts back on future efforts, too, for plants that self-seed. Perennials (such as columbine, coneflower, cup plant, false sunflower, garlic chives, and verbena) and annuals (such as datura, flowering tobacco, kiss-me-over-the-garden-gate, larkspur, and spider flower) can self-seed to the point of being weedy in the garden.

**Pinch back late perennials**—Keep mums, sedums, asters, and other fall-blooming perennials standing tall bypinching the top inch or two of new growth. You can do so up to the Fourth of July. Pinching the tops of the plant typically gives you a more compact, sturdy specimen. It may also give you more blooms from the sideshoots that develop, though the blooms are typically a little smaller and appear a couple of weeks later.

**Watch for pests**—Like weeding, keeping an eye on pests and diseases in your yard should be done all year. But midsummer seems to be particularly popular for these gardening obstacles. Some of the more common midsummer problems to watch for include: Black spot, Cucumber beetles, Grasshoppers, Japanese beetles, Powdery mildew, Rust, Squash bugs, Tomato hornworms.

**Water**—Most common garden plants prefer an average of 1 inch of water a week. It’s best to apply that inch all at once to encourage plant roots to sink down more deeply in the soil. When watering, apply water directly to the ground rather than getting a plant’s foliage wet; water sitting on the leaves can lead to disease. Soaker hoses are great for this!

**Raise your Mower**—Raise the height of your lawn-mower blade if you have cool-season grasses such as Kentucky bluegrass, ryegrass, or fescues. More leaf surface keeps the plants healthier during hot, dry weather.
During summer and early fall we spend a lot of time outdoors having picnics, at the beach, and camping. We are likely to encounter many insects that can sting us. Here is a brief guide to some of the stinging insects you may see.

**Bumblebees** are about one inch in length. They are bulbous and hairy with yellow bands on the thorax and abdomen. They eat pollen and nectar and like honeybees, they play an important role in pollinating our flowers and vegetables. Bumblebees are not aggressive but will defend their nest if threatened. They can sting repeatedly and painfully. Stings are usually limited to unintentional contacts such as bare feet in grass.

**Honey bees** measure about 15 mm long and are light brown in color. They are usually oval-shaped creatures with golden-yellow colors and brown bands. Swarms are docile and unlikely to sting. A honeybee can sting only once. When it stings, its barbed stinger and the attached venom sac are ripped from its body, killing it. So the honeybee stings only as a last resort, sacrificing its life to protect the colony.

Bumblebees build their nests underground, often in ceilings and walls of basements.

Protect the Bees!
Remember, Honeybees and Bumblebees are important pollinators and are not aggressive. Stay out of their way and they will leave you alone. If you have questions or need assistance with bees, contact the Valley Beekeepers Association.
John Freeman: 758-6338    Larry Nelson: 758-1363
Yellowjackets are a type of wasp. They vary in size from 1/3 inch to 3/4 inch and have a distinct yellow and black striped pattern. Unlike bees, they are shiny and bare of hair. They are carnivores, feeding on other insects and are attracted to meat.

Even though yellowjackets and their relatives are beneficial insects they can pose danger when nest placement or worker feeding habits put these insects in close proximity to people. Like many other flying insects, adult yellowjackets feed on sugary substances such as flower nectar, fruit, and the occasional soda when they find an open can. Reducing sting probability around the home often is a matter of avoiding places were encounters are likely and eliminating foods that attract these insects to back yards. Yellowjackets are aggressive and will chase you if disturbed. They can sting multiple times. Homeowners should remove garbage frequently, keep trashcans covered, and ensure all doors and windows have screens that are in good condition. People should also avoid wearing sweet-smelling perfumes as the scent attracts yellowjackets.

Paper wasps resemble yellowjackets but have a slimmer, longer body shape and long legs. Their legs even dangle below the body in flight. Paper wasps are beneficial predators. They do not scavenge on non-living foods as do nuisance yellowjackets, but instead prey on caterpillars and other soft-bodied leaf-feeding insects. During summer you will often find them around your yard’s water puddles and ponds. Paper wasps are fairly docile but will sting to defend their nest when provoked.
Asotin County Noxious Weed Control Board Update
By Andrew Wolfe, Noxious Weed Coordinator

Summer is here and the Asotin County Noxious Weed Control Board is working to help you manage your invasive plant problems and put taxpayer dollars back on taxpayer lands.

We were surprised to see the abundance of one of our very few Class A weeds (weeds designated for mandatory eradication,) **Common Crupina**, at a location near Buffalo Eddy where aerial control applications had been made last year. The infestation was identified in the nick of time but vigilance demands continued surveying. If you are on the beaches up river on the Snake keep an eye out for flowers like these. With your help the Weed Board can continue to preempt infestations like these and work toward their diminished presence in our county.

**Mediterranean Sage** is a second Class A noxious weed that the ACNWCB has targeted for eradication. This plant is easily mistaken for the widely known common mullein plant in the rosette stage but Mediterranean Sage blooms far differently and is a more severe threat due to its proclivity to ‘tumble’. It can be differentiated by its serrated leaf margins and white blossoms.

The ACNWCB is set to conduct a release of approximately 10,000 Yellow Starthistle Hairy Weevils to combat this year’s infestation that has flourished due to 2017’s protracted and wet spring season. Additionally, aerial applications are set to attack some of the county’s largest infestations. A harsh winter and wet spring have served to the end of a diminished weevil population and an invigorated yellow starthistle population—this is not the year to let starthistle go unchecked and the ACNWCB is here to assist you in this and other battles you face with noxious weeds on your property. If you are not already on the mailing list call or email Andrew J. Wolfe to be added to receive ACNWCB updates and to learn about how you can take advantage of the programs and assistance we have to offer. Be sure to find and like us on Facebook as well as browse our website, [http://www.co.asotin.wa.us/noxious-weed-control/](http://www.co.asotin.wa.us/noxious-weed-control/), for additional resources.
The 2017 County Health Rankings compare counties within each state on more than 30 health-influencing factors. The health rankings are based on factors such as health behaviors, health care, social and economic factors, and physical environment. Asotin County is ranked 23 out of 39 counties which is an improvement over last year. This year’s Rankings reveal a disturbing trend: national premature death rates are rising for people in the prime of their lives, largely due to the drug overdose epidemic. To read the full report, go to: http://www.countyhealthrankings.org/

Healthy Eating

Crunchy Chicken Salad
2 cups cooked chicken (chunked)
1/2 cup chopped celery
1/4 cup chopped green pepper
1/4 cup onion
1/2 cucumber
1/2 cup seedless grapes
1 small diced apple
1/3 cup mayo or plain yogurt

Directions:
Chop chicken and veggies and mix in a bowl. Add dressing and mix well.
*Spice up the dressing with curry or spices of your choice.
Add walnuts, almonds, or sunflower seeds if desired.

This versatile, healthy and easy-to-make salad can be used for a sandwich or wrap, served atop lettuce, or eaten on crackers or celery sticks. Perfect for picnics, the beach or camping. Enjoy!

Nutritional Benefits of Honey

Honey is one of nature’s purest foods and is far more than just a natural sweetener. It’s a “functional food,” which means it’s a natural food with health benefits. Raw honey nutrition is impressive. Raw honey contains 22 amino acids, 27 minerals and 5,000 enzymes. Minerals include iron, zinc, potassium, calcium, phosphorous, magnesium and selenium. Vitamins found in honey include vitamin B6, thiamin, riboflavin, pantothenic acid and niacin. In addition, the nutraceuticals contained in honey help neutralize damaging free radical activity. To gain all the benefits of honey, use raw, local honey when available.

Raw Honey
* Crude form immediately taken out of cells of honey combs
* Commonly contains bee pollen and propolis, which enhance health benefits
* Can’t be heated above 95 degrees F
* Is not filtered or pasteurized
* Free from additives

Commercial Honey
* Heavily processed, may be chemically refined
* Filtering and processing eliminates many of the beneficial phytonutrients, including pollen and propolis
* Excessively heated, destroying natural enzymes, vitamins,, and minerals
* Sparkling clear honey is processed, so avoid golden, syrup-like honey
* May contain additives
Summer Nutrition for Kids

Everyone Wins with Summer Foods!

For many children, summer vacation does not mean “Fun in the Sun,” but rather an increased risk of hunger and developmental decline. The Summer Food Service Program (SFSP) provides an opportunity to continue a child’s educational and social development while providing nutritious meals. The SFSP helps children return to school ready to learn.

The Summer Food Service Program is directed toward children and their needs; therefore, meals are not provided for adults. One lunch per child, per day will be prepared at NO CHARGE to all attending children 1-18 years of age. Snacks will be served at some sites listed on the next page at designated times.

We welcome ALL children: summer school children, daycares, summer church camps, community center groups, visiting children from different states, cities and counties.

If you have any questions, please call us at 509.769.6346 or 509.769.6288. It is important to us that everyone who shows up receives a lunch. Days of operation will be Monday through Friday beginning June 12th through August 17th, 2017 unless otherwise specified. No weekends or holidays (July 3-4 there will be no meals served).

**Lunches must be eaten in the designated areas according to the Federal Guidelines. No food may be taken offsite to maintain food safety and Federal Guidelines compliance. Adults may not eat off a child’s lunch.

Meals are available Monday through Friday, June 12th through August 17th, 2017. No Weekends or Holidays (None on July 3-4). Menu items are subject to change. 1% white milk or NF chocolate milk is provided with each meal. Condiments may include mayonnaise, mustard, catsup, low-fat dips. Lunch menu includes at least 2 oz. protein, ¼ cup fruit and vegetable, 1 grain serving, and 1 milk serving with each meal. Snacks will include two food items (including beverage).

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Clarkston School District
Summer Food Service Program

| Designated Serving Sites: | 
| Beachview Park | Arnold Park |
| Chestnut & 2nd Street | Ash & Maple Street |
| Clarkston, WA 99403 | Clarkston, WA 99403 |
| 11:45 a.m. - 12:25 p.m. | 11:30 a.m. - 12:30 p.m. |
| Clarkston High School-Ards Building | Valley Boys and Girls Club |
| 401 Chestnut | 1414 Highland |
| Clarkston, WA 99403 | Clarkston, WA 99403 |
| 9:00 a.m. - 9:30 a.m. - Snack | 12:00 p.m. - 12:45 p.m. - Lunch |
| 11:00 a.m. - 1:00 p.m. - Lunch | 4:00 p.m. - 4:30 p.m. - Snack |

**Grantham School**
1253 Poplar
Clarkston, WA 99403
9:00 a.m. - 9:30 a.m. - Snack
11:30 a.m. - 12:00 p.m. - Lunch
**ONLY June 12th - June 30th**
12:30 p.m. - 1:00 p.m. - Lunch
2:50 p.m. - 3:20 p.m. - Snack
**ONLY July 17th - July 21st**

**SFSP site dates are June 12th through August 17th unless otherwise noted.**

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2 Week Lunch Cycle:

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
</tr>
<tr>
<td>Turkey Sandwich</td>
<td>Variety Wheat Wrap</td>
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<tr>
<td>Baby Carrots</td>
<td>Fruit Juice Treat</td>
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<tr>
<td>Apple Pretzel or Cracker</td>
<td>Melon Treat</td>
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<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>Hummus or Sunbutter Cheese Stick</td>
<td>Ham Sandwich Broccoli Florets</td>
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<td>Sun Chips</td>
<td>Fresh Fruit</td>
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<tr>
<td>Celery Sticks</td>
<td>Fresh Fruit</td>
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<tr>
<td>Raisins</td>
<td>Chicken Dunks Kiwi Fruit</td>
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<td></td>
<td>Fruit Juice</td>
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<td></td>
<td>Graham Snack</td>
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<td><strong>FRIDAY</strong></td>
<td><strong>SATURDAY</strong></td>
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<tr>
<td>Cheese Pizza</td>
<td>Ham Tortilla Wrap Pickle Spears</td>
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<td>Fresh Vegetable</td>
<td>Orange Wedges</td>
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<tr>
<td>Applesauce Cup Treat</td>
<td>Treat</td>
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