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/

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.

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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.
Become a 4-H leader!

4-H volunteers are essential to help youth make the most of a wide variety of learning experiences. Volunteering is an opportunity for you to share your personal interests by demonstrating experience in subjects as varied as robotics, food and nutrition, public speaking, agricultural science, community service and more.

With a variety of options, you can decide on the level of involvement that fits your skills and schedule:

- Lead youth through a community club
- Serve as a chaperone, board member, judge or camp leader
- Develop and support service opportunities for youth in your own community
- Teach using curriculum developed by WSU or other land grant universities.
- Work with other adults to create fun and exciting programs.

To volunteer now
For information and a volunteer application, contact the Asotin County Extension Office
Phone: 509-243-2009
Email: jreed@co.asotin.wa.us or kim.belanger@wsu.edu

Enrollment for the 2018-2019 4-H year begins Oct 1, 2018

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 3rd, 2018. Congratulations to all the youth that participated. The top winners are:

<table>
<thead>
<tr>
<th>Seniors</th>
<th>Intermediate</th>
<th>Juniors</th>
<th>Cloverbuds</th>
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<tbody>
<tr>
<td>1st—Elliot Marks</td>
<td>1st—Lacee Sanford</td>
<td>1st—Berklie Sheppard</td>
<td>Abby Snyder</td>
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<tr>
<td>2nd—Racheal Spinelli</td>
<td>2nd—Grace Cronan</td>
<td>2nd—Keegan Heath</td>
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<td>3rd—Austin Smith</td>
<td>3rd—Daniel Snyder</td>
<td>3rd—Marcus Hocking</td>
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<tr>
<td>4th—Levi Lathrop</td>
<td>4th—Annie Petty</td>
<td>4th—Jonah Snyder</td>
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Asotin County 4-H Leader of the Year

Nominations due to the Extension Office by Aug 1st

Do you know an outstanding leader who deserves recognition?
Nominate them as Leader of the Year

The leader of the year award recognizes outstanding 4-H adult, teen, and youth leaders.
Candidates for Leader of the Year are individuals that have made significant contributions of time and effort to Asotin County 4-H. All enrolled 4-H volunteers are eligible for this award.

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/

For more information on 4-H events and deadlines, see the complete 4-H Calendar:
http://extension.wsu.edu/asotin/4h-youth-development/4h_members_page/

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The Asotin County Youth Commission 17th annual Youth Awards Night was held on May 14th at Clarkston High School. The Youth Awards Night recognizes outstanding youth, adults, groups and organizations that are making a difference in Asotin County. They were nominated by teachers, community leaders, youth, family and friends. Congratulations to all!

**Outstanding Youth Organizations**
* The Green Apple Project (1st place overall)
* Northwest Children’s Home (Special Recognition)
* LMS AVID Program - received the “Fan Favorite” Award of $100 from the Asotin Co. Youth Commission
* The Learning Club at Grantham Elementary
* USA Basketball Open Court Program

**Outstanding Youth Groups**
* Asotin Junior Fire Fighters (1st place overall)
  Anna Aarstad, Brad Bailey, Cameron Balzer, Nicole Conner, David Daily, Mason Devorak, William Frye, Matthew Heier, Bryce Hukriede, Colton Lawless, Caitlyn Paris, Nick Rogers, Wyatt Weissenfels
* Asotin County Junior Fair Board (Special Recognition)
  Anna Aarstad, Tyler Nichol, Dylan Pederson
* Muddy Buddyz 4-H Club (Special Recognition)
  Levi Lathrop, Austin Smith, Rachael Spinelli, Tristan Spooner, Chastin Spring

**Outstanding Adults**
* Marty Schlader—Lincoln Middle School teacher (1st place)
* Kim Belanger—4-H Coordinator (Special recognition)
* Marcia Barkley—Asotin Elementary Para Pro (Special recognition)
* Kim Dugger
* Ruth Monahan

**Outstanding Youth**
* Zachary Payton—Lincoln Middle School student (1st place)

**Graduating Youth Commission Members Recognition**
* Anna Belanger
* Dean McCray
* Taylor Ziegler

Together We Make a Difference
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 - 1:00; May 16—Sept 26
Asotin Co. Courthouse basement, 135 2nd St, Asotin
Call 509-243-2009 for more information
http://extension.wsu.edu/asotin/master-gardeners/

Brown Bag Garden Series—May, June and July

Bring your lunch and discuss garden-related topics with the Asotin County Master Gardeners
Wednesdays from 12:00-1:00 in the Lions Gazebo at Upper Beachview Park in Clarkston (2nd and Adams Streets).

July 11: Effective Watering
July 18: Growing Herbs
July 25: Tomato Tasting

Clarkston Farmer’s Market

Stop by the Master Gardener information table at the Clarkston Farmer’s Market on the first and third Saturday of each month, June-September:
July 2 & 21, Aug 4 & 18, Sept. 1 & 15.

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.
Brown Lawn Care: Reasons For Dying Grass And How To Treat
By: Mary H. Dyer,
https://www.gardeningknowhow.com/lawn-care/legen/reasons-for-dying-grass.htm

If you’re wondering about reasons for dying grass and how to revive a dead lawn, there are numerous possible causes and no easy answers. The first step to brown lawn care is figuring out why it happens in most cases.

Drought: This a big problem across much of the country these days, and drought is one of the primary reasons for dying grass. Many people opt not to water their lawns during the summer, but this may be a mistake when there isn’t enough rain to keep the roots alive. Grass naturally goes dormant after two to three weeks without water, and most lawns can tolerate drought for four to six weeks, although it will turn brown. However, extended periods of hot, dry weather may kill the lawn.

How to revive a dead lawn? Bad news: If the grass is totally dead due to drought, there’s no way to bring it back. However, reviving brown lawns that are simply dormant usually occurs within three to four weeks of regular irrigation.

Thatch: If your lawn turns brown in spots when summer rolls around, you may have a problem with thatch – a thick layer of decomposed plant matter, roots and partially decomposed stems that builds up under the roots. Thatch usually isn’t caused by clippings, which decompose quickly and add healthy nutrients to your lawn. To determine if you have too much thatch, dig a 2-inch deep chunk of grass. A healthy lawn will have about ¾-inch of brown, spongy thatch between the green grass and the surface of the soil. Read more about controlling thatch here: https://gardeningknowhow.com/lawn-care/legen/lawn-thatch-control.htm

Improper Mowing: Mowing the lawn too short can stress the grass and cause it to turn dry and brown. As a general rule of thumb, remove no more than one-third the height at each mowing. Although a length of 2 ½ inches is okay, 3 inches is healthier during summer heat. Mow regularly and don’t allow the grass to become too long.

Improper Watering: Water your lawn deeply about once a week, or when the grass looks slightly wilted, providing about an inch of water each time. Avoid frequent, shallow irrigation which results in weak roots that can’t tolerate summer heat. Don’t water if the lawn doesn’t need it.

Insects: If your lawn is brown, pull up a small area of turf. Pest-infested grass pulls up easily because the roots are damaged. Pests tend to invade overly watered, excessively fertilized lawns or neglected lawns. Keep your lawn healthy, but don’t pamper it. Grubs are the most prevalent lawn pest. Read more about grubs here: https://gardeningknowhow.com/plant-problems/pests/insects/get-rid-of-grub-worms.htm
Brown Lawn Care: Reasons For Dying Grass And How To Treat (continued)

**Salt damage:** Salt damage may be the reason if the brown lawn is adjacent to a street, driveway or sidewalk. A good soaking should help dilute the saline concentration, but you may have to reseed the lawn if the damage is too severe.

**Pet spots:** If your brown grass is limited to small areas, a dog may be going potty on your lawn. Water the grass thoroughly to bring it back to health and teach your puppy to relieve himself in a better spot.

**Fungus:** Sporadic brown spots in the lawn could be the result of a fungus. There are many types of fungi that can affect lawns, the most common of which can be found here: https://gardeningknowhow.com/lawn-care/lgen/grass-fungus.htm

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**Planting Fall Vegetables**

https://www.bhg.com/gardening/vegetable/vegetables/fall-vegetable-gardening/

Summer might be high season in the vegetable garden, but autumn brings wonderful rewards as well. Fast-growing salad crops will revive the most bedraggled fall gardens, and good care can keep sweet root crops and cabbage cousins growing for several weeks beyond the first frost. The tips below will help you extend your vegetable season long beyond the heat of summer.

The secret to having great fall garden vegetables is timing. That means thinking a little differently because you have to plan backward. Start with your area's average first fall frost date. Then look at the number of days to harvest for planting fall vegetables. You should be able to find that number on the seed packet or in the catalog description. Use that number to count back from the first frost date. Then add two weeks, because many fall vegetables grow more slowly as days shorten in fall.

Here's an example: If your first fall frost typically occurs around October 31 and you want to grow 'French Breakfast' radishes, which mature in about 25 days, you'd plant them around September 22.

Make room for your fresh crop of fall vegetables by ripping out any varieties that are no longer performing well (such as tomatoes that have succumbed to disease or peas that have burned out from the heat) or you have already harvested (potatoes, onions, or sweet corn, for example). Pull any weeds so they don't steal moisture and nutrients from your new young plants.

If your fall garden vegetables have a lot of clay in the soil of the garden, it's helpful to work in some organic matter, such as compost, to get your fall vegetables off to a great start.

All of the these garden vegetables are suitable to plant in the fall: Beet, Broccoli, Cabbage, Carrot, Cauliflower, Kohlrabi, Lettuce, Radish, Spinach. Some, such as beets and carrots, might need to be harvested when very small (but still tasty). When shopping for seeds, select the earliest-maturing varieties available.

Get a last blast from your veggie patch with quick crops that go from seed to table in 40 days or less. Sown in September, sprints such as arugula, mustard, spinach, turnips, and crispy red radishes are ready to harvest in little more than a month. Also try pretty Asian greens, such as tatsoi or mizuna, which grow so fast that you will have baby plants to add to stir-fries and soups just three weeks after sowing.
Leafcutter Bees
https://thehoneybeconservancy.org/leafcutter-bee/

Get To Know the Leafcutter Bee
The leafcutter bee shows us how good a bee can be! A genial, efficient, tireless pollinator, the alfalfa leafcutter bee became a hero in the first half of the 20th century when they saved the declining alfalfa seed industry. Alfalfa is a source of high protein for livestock in pasture. Hay mixes and seed production had decreased when pollinating bees lost their habitats to agriculture and land clearing. The loss of alfalfa was threatening a major food nutrient for livestock. Enter the leafcutter bee to save the crop! Today, the alfalfa leafcutter bee is still used extensively to pollinate this crop, and others. Leaf cutter bees are generalist pollinators of summer flowers and vegetables such as melons, peas, squash, tomatoes, beans, and sunflowers.

Leafcutter bees are great pollinators
The Leafcutter Bee is a productive pollinator for summer gardens and flowers. The female carries pollen on the underside of her hairy abdomen, and then scrapes the pollen off within her nesting hole. Because the pollen is carried dry on her hair, it falls off easily as she moves among blossoms. This results in significantly more pollinated flowers than her cousin, the honey bee, who wets the pollen so it sticks to the legs during transport to the hive.

A gentle bee is the leafcutter bee
All leafcutter bees are solitary, meaning each female is a queen who does all of the chores. She can’t gather pollen/nectar, lay eggs, cut holes in leaves for her nest, AND defend her hole... so she doesn’t. The leafcutter bee is extremely gentle and allows you to confidently get inches from her nesting hole without fear of being stung.

Comparing a Leafcutter Bee to a Honey Bee

<table>
<thead>
<tr>
<th>Leafcutter Bee</th>
<th>Honey Bee</th>
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</thead>
<tbody>
<tr>
<td>Does not produce honey</td>
<td>The honey producing champion</td>
</tr>
<tr>
<td>Gentle, will not sting</td>
<td>Will sting to protect the hive</td>
</tr>
<tr>
<td>Emerge later in the summer</td>
<td>Emerge in the spring</td>
</tr>
<tr>
<td>Carry pollen on their abdomens. Dry pollen falls off everywhere, making it an amazing pollinator</td>
<td>Pollen is sticky and carried on back legs. Little pollen falls off. Honey bees are great pollen gatherers, but not great pollinators</td>
</tr>
<tr>
<td>Solitary structured. The female does everything</td>
<td>Hive structured—queens, drones, nurses, sentries pollen and nectar gatherers</td>
</tr>
</tbody>
</table>

Hello Gardeners!
If you see neat, circular shapes cut from leaves, they are only made by me—a leafcutter bee. It won’t harm your plant, so please don’t spray pesticide. Thank you. xx

www.BuzzAboutBees.net/leafcutter-bee.html
Agriculture and Natural Resources

Come and learn about the latest research for restoring ventenata infested natural areas and rangeland. The field day will cover ventenata control trials established since the spring of 2016. You will see the effects of both new and established herbicide options.

Tour Program
The tour will begin at 8 a.m. leaving from Asotin City Park, Washington. We will consolidate transportation at Asotin City Park and visit Washington State University (WSU) Extension Ventenata Research Trials near Anatone, WA. We will have a WSU 10 passenger van if you want to ride with us. All transportation will return to Asotin City Park at noon.
The tour will end with a catered lunch at Asotin City Park. Lunch Sponsored by Bayer Environmental Science.

Registration
There is no charge but please respond to Steve Van Vleet svanvleet@wsu.edu or Mark Heitstuman mheitstuman@co.asotin.wa.us if you plan on attending. We need a head count for lunch and transportation.

10 ways to curb your water use while still maintaining a green and vibrant landscape.
https://www.conserveh2o.org/outdoor-water-conservation-tips

- Adjust your sprinklers so that they’re watering your lawn and garden, and not the street or sidewalk.
- Water early in the morning (before 10 a.m.) or later in the evening (after 6 p.m.) when temperatures are cooler and evaporation is minimized.
- Set it, but don’t forget it! Whether you have a manual or automatic system, be sure to adjust your watering schedules throughout the irrigation season.
- Water established lawns about 1 inch per week (a bit more during hot, dry weather). Find out how much to water this week with the Weekly Watering Number.
- Inspect your overall irrigation system for leaks, broken lines or blockage in the lines. A well maintained system will save you money, water, and time.
- Consider replacing some turf area with low water use plants and ornamental grasses. They are easier to maintain than turf, look beautiful, and require far less water.
- Group plants with like watering needs. Creating “watering zones” in your garden will allow you to give each plant the water it requires — not too much or too little.
- Add a shut-off nozzle to your garden hose and save about 5-7 gallons each minute your hose is on.
- Adjust your mower to a higher setting. A taller lawn provides shade to the roots and helps retain soil moisture, so your lawn requires less water.
- Apply the amount of water your soil can absorb. Water thoroughly, but infrequently. If run off or puddling occurs, break longer watering sessions into several short sessions allowing water to soak into the soil between each session.
Healthy Living

It’s Grilling Season! Don’t Get Burned
Food Safety News Release – June 2018, Dr. Stephanie Smith

It is that time of year when we start cleaning up our outdoor grills and preparing for summer fun with friends and family. But before you break out the brats and buns, be sure not to invite unwanted bacteria to the cookout.

Bacteria contribute to a major uptick in foodborne illnesses that peak during the summer months, according to the Centers for Disease Control and Prevention. Bacteria multiply rapidly with warm temperatures and need food and water to survive just like we do, so our food is an ideal environment for bacterial growth. Bacteria that cause foodborne illness, grow the fastest at temperatures between 90 to 110 °F, so those warm summer days allow bacteria to flourish.

Preparing food outdoors adds another level of complexity to safe food handling. At home, our kitchens provide thermostat-controlled cooking, refrigeration, and washing facilities, things that are not often available when cooking outdoors. This increases the likelihood that bacteria will grow rapidly on food, food may cook unevenly, and cross-contamination between food is more likely to occur.

Meats are especially vulnerable to bacterial growth, and are a major culprit in foodborne illness. Many foodborne pathogens are part of the natural flora of animals. For example, E. coli is commonly found in beef, elk, and deer products, while Campylobacter and Salmonella are prevalent in poultry products. Although this news is not pleasant, there are plenty of steps you can take to keep your summer gathering from being memorable for all the wrong reasons.

Shopping
- Separate raw meat and poultry from other items in the grocery cart to prevent the meat from contaminating ready to eat food.
- Promptly refrigerate meat, poultry, and other perishable foods after shopping.
- Freeze meat and poultry that will not be used within the next 48 hours
- Make sure your refrigerator is at the proper temperature (<40° F)
- Store meat in a pan with sides, on the bottom shelf of the refrigerator to keep drippings from contaminating other food.

Preparing Meat
- Thaw frozen meat in the refrigerator, or in sealed packages under cold water.
- Meat defrosted in the microwave needs to be cooked immediately.
- If marinating meat, do it in the refrigerator and never on the counter. Discard marinades that have been in contact with raw meat.
It’s Grilling Season! Don’t Get Burned (continued)
Food Safety News Release – June 2018 Dr. Stephanie Smith

Keep Food Cold
- Always transport meat in a separate cooler filled with ice and away from ready to eat food, when brining food from your home to the event.
- Never leave meat or poultry (cooked or un-cooked) or other perishable foods at temperatures between 40-140°F for longer than 2 hours; 1 hour if the temperature is above 90°F.
- Place side dishes, such as potato salad, on ice and discard if exposed to temperatures between 40-140°F for longer than 2 hours; 1 hour if the temperature is above 90°F

Don’t Cross-Contaminate
- Wash hands thoroughly, before and after handling food, with warm water and soap for 20 seconds.
- Do not use cutting boards, knives, or utensils on ready to eat foods after being in contact with raw foods unless they have been thoroughly washed in hot soapy water first.
- Never use the same dish or utensils to transport both raw and cooked meats unless thoroughly washed in hot soapy water in-between.

Cook to the Right Temperature
Always check for doneness by using a meat thermometer. It is the only way to know if the meat is cooked enough to kill the bacteria that may be lurking inside. Meat color is not an indicator of doneness.
- 145°F – whole cuts of beef, pork, lamb, and veal (must have a resting time of 3 minutes at this temperature)
- 145°F – fish
- 160°F – hamburgers and other ground meat
- 165°F – all poultry and pre-cooked meats (e.g. hot dogs)

Keep meat above 140° F until served

By following these tips, you can ensure your grilling season is a success, and no one gets burned by a foodborne illness.

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/foodsafety/. Follow us on Facebook at https://www.facebook.com/wsuextfs/ or on Twitter at https://twitter.com/WSU_foodsafety.