



Asotin County

WASHINGTON STATE UNIVERSITY
EXTENSION

Newsletter

April - June 2020

Welcome to the WSU Asotin County Extension Newsletter!

This is a quarterly newsletter highlighting events and topics of interest to residents of Asotin County and the surrounding areas.

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 5:00
(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.

Events featured in this newsletter may be cancelled or re-scheduled due to the corona virus. Please check our website or call the office for current information:

<https://extension.wsu.edu/asotin/> 509-243-2009

Thank you for your patience.

2020 CENSUS: YOU MATTER. GET COUNTED!

Every ten years, the United States conducts its Census with one big task in mind: to count every resident. Some members of our community may feel nervous about giving information about themselves and their families to the government. However, there are several key reasons to participate that benefit our community:

- ◆ Federal funds get distributed based on the information collected by the Census, funds that support agriculture, education, roads, human services, hospitals and more
- ◆ Businesses and nonprofits also use census data to decide where to target growth, create jobs, and offer services. In addition, local governments use the data for planning and safety.
- ◆ Residents can also use the data to support our community through neighborhood projects
- ◆ Lastly, policymakers use the data to set legislative districts that determine how all of us are represented in Olympia and Washington, DC.

Census data impacts funding for things like:

- | | |
|---|---|
| * Education programs and grants | * Libraries |
| * Public transportation | * Community Centers |
| * Medicare and Medicaid | * School meal programs |
| * Supplemental Nutrition Assistance Program | * Parks, playgrounds, recreational facilities |

What you will receive and when:

- March 12-20th Invitation to respond online to the 2020 census.
- March 16-24th Reminder Letter
- If you Haven't Responded Yet: March 26th - April 3rd Reminder postcard
- April 8th - 16th Reminder letter & paper questionnaire
- April 20th - 27th FINAL reminder postcard before follow up will be done in person.

For more information go to the website: <https://2020census.gov/>

Cancellation of the Asotin County Fair

The 2020 Asotin County Fair and Rodeo was officially cancelled due to the Federal, State and Local restrictions put in place to help prevent the spread of the COVID-19 Virus. We can assure you that this was a difficult decision to make and was made with the best known information at the time. The ultimate goal is to prevent the potential spread of this virus and to help keep 4-H youth, families (including parents and grandparents), volunteers and others associated with the Asotin County Fair healthy.

We have roughly 300 youth who have been working hard and have incurred significant costs for their animal projects with the hope they would be able to sell them during the fair. The Livestock Sales Committee has come up with a plan for these participants to help them with the sale of their animal and we are seeking buyers who will join with us to ensure these youth do not experience a financial hardship due to this pandemic.

We are encouraging all 4H/FFA participants to sell privately if they can. If you or anyone you know is interested in buying a sheep, goat, hog, or steer please contact a 4H/FFA leader to arrange for the sale. Contact the WSU Asotin County Extension Office for 4-H/FFA leader contact information: Call 509-243-2009, or email jreed@co.asotin.wa.us.

Negotiations and proceeds from all private sales will solely be between the buyer and the owner of the animal without any involvement from the Livestock Sales Committee. All arrangements for pickup and slaughter will also be between the buyer and seller.

If you are not interested in purchasing an animal, but would like to help, the Livestock Sales Committee is working with the Lewiston Livestock Market to sell any animals not sold privately. We will be reimbursing the participants equally by species regardless of the weight of the animal. Our hope is to then use our safety net to distribute monies to the participants to bring them as close as we can to the cost they've likely incurred.

You can find our support form on our website at www.asotinfairsale.com

Please indicate on the form if you would like your donation made to a specific participant or to our committee safety net. You can mail your form and donation to:

Asotin County Livestock Sales Committee, P.O Box 392, Asotin, WA 99402

In unprecedented times like these, it is even more important for us to come together as a community and we sincerely appreciate your continued support of our Asotin County youth. If you have any questions, please feel free to reach us at asotinfairsale@hotmail.com.



Dr. Universe: Why are dogs important to humans?
Stephani R., 9, Washington State



Dear Stephani:

Dogs are important to humans in all kinds of ways. The connection between the two goes back thousands of years.

A long time ago, wolves would trail along after humans on hunting trips and eat any scraps they could find. Eventually these wolves evolved into dogs that helped protect the hunters and gatherers.

Ever since then, dogs have had all kinds of jobs. They work on farms where they guard the land and also round up livestock like sheep and cows. Dogs also provide humans with company. Just petting a dog can create a real physical change in the human body.

That's what I found out from my friend Alexa Carr, a Washington State University researcher who investigates the bonds between animals and humans.

Along with fellow scientists, she has discovered that when people pet a dog, they have fewer stress chemicals in their body—hormones called cortisol. We also know that when a person is looking into a dog's eyes the body also releases a kind of chemical that is linked to love and connection with another being.



Dogs can also help humans navigate their world. They help guide people who have lost their sight. They assist people who have diabetes or seizures. A lot of service dogs can sense when something is wrong and alert their owners. Some of them can even open fridges and bring food to their human.

A dog can use its sensitive nose to help humans, too. At airports, some dogs sniff out luggage to make sure people aren't bringing anything they shouldn't on the plane. In some cases, dogs can even sniff out cancer in people.

It turns out there are also dogs on our planet that help scientists, Carr said. They sniff out animal

poop to help scientists learn more about different species. We can learn a lot from the DNA we find in an animal's poop. Some dogs sniff out orca poop that floats in the ocean to help us learn more about the whales.

Dogs are there for us when we lose someone we love and often look at us when we talk to them. They are also good at helping people, including veterans, with their mental health. Carr said there are a lot of factors that go into understanding how humans and dogs work together. We are still learning a lot about the relationship.



"People are important to dogs, too," she said. "It is a relationship that goes both ways."

People can give dogs ear scratches, take them to the park, feed them, and walk them. Taking a dog for a walk can also help a human get exercise and stay healthy. While I may be a little biased when it comes to all things cats, it's no wonder dogs really are your best friends.



What do dogs do to help in your life? Why are they important to you? Tell us about it sometime at Dr.Universe@wsu.edu.

Sincerely,
Dr. Universe

4-H News/Events and Youth Opportunities

7th through 12th graders are encouraged to enter the **2020 Congressional District Art Competition** and represent Washington State's 5th Congressional District.

The winning student will be invited to Washington, D.C. for a ribbon-cutting ceremony and will have his or her artwork ***displayed in the U.S. Capitol for one year.***

Southwest Airlines offers each first-place **Congressional Art Competition** winner two **round-trip** tickets to attend the reception in June.

Our congresswomen's office will also arrange tours of the Capitol and White House.

Students grade 7-12 are encouraged to submit various styles and types of art, ranging from paintings and drawings to photography and mixed media pieces.

The artwork must be original in design, no more than 15 lbs., no larger than 26" X 26" X 4" (including the frame), and be prepared for hanging.

Three runners-up will have their artwork on display in the Congresswoman's Spokane, Colville, and Walla Walla offices.

Each student may submit one piece of artwork. Accepted mediums for the two-dimensional artwork are as follows:

- Paintings: oil, acrylics, watercolor, etc.
- Drawings: colored pencil, pencil, ink, marker, pastels, charcoal (It is recommended that charcoal and pastel drawings be fixed.)
- Collages: must be two dimensional
- Prints: lithographs, silkscreen, block prints
- Mixed Media: use of more than two mediums such as pencil, ink, watercolor, etc.
- Computer-generated art
- Photographs

This is the national link for the 2020 competition— <https://www.house.gov/educators-and-students/congressional-art-competition>

This is the link for 2020 entry information. Submission due May 1 - <https://mcmorris.house.gov/congressional-art-competition/>

Here is link to 2019 winner— <https://mcmorris.house.gov/mcmorris-rodgers-announces-america-agustin-jacinto-as-the-winner-of-the-2019-congressional-art-competition/>

Here is link to 2018 winner (Anna Belanger, Asotin County) - <https://mcmorris.house.gov/mcmorris-rodgers-announces-winner-of-2018-congressional-art-competition/>

JoAnn “Pay It Fourward” Campaign is Bobbin Along

JOANN stores are empowering the next generation of makers by *Paying It Fourward* for 4-H. Through yearly in-store donation campaigns, custom 4-H products and digital experiences, JOANN customers and 4-H supporters are helping to inspire a child's creativity and bring 4-H to more kids across the country.

“Pay It Fourward”

JOANN stores across the country help 4-H clubs receive critical resources to bring more hands-on programs to local youth. This year, from March 1 through April 30, visit your local JOANN store and purchase a “Pay It Fourward” tear away at register for either \$1 or \$4 and help to Inspire a Child's Creativity through 4-H. If you donate \$4, JOANN will give you a coupon to use on a future purchase **Custom 4-H Fabric**. A limited selection of fabric is also available at Shop4-H.org

Purchase a variety of custom 4-H fabric at JOANN Stores nationwide or online and visit the [JOANN website](https://www.joann.com) for unique 4-H inspired crafting ideas. For each fabric sold, 4.5% will go toward creating more hands-on programs for kids in local communities. Share your creations on social media with **#JOANNLOVES4H!**



Master Gardeners and Gardening

Upcoming Master Gardener Events

- Office Plant Clinics—May thru Sept. Basement of Asotin County Courthouse
- Brown Bag Garden Series— Thursdays, May 21 thru July 30. Beachview Park in Clarkston
- Information table at the Clarkston Farmer's Market—June thru Sept

For details on Master Gardener events go to the web page:

<https://extension.wsu.edu/asotin/upcoming-events-and-workshops/>

Request to be added to the email list by emailing Janice at jreed@co.asotin.wa.us.

Clarkston Community Garden Plant Sale

Saturday, April 25 from 9:00 to 2:00

Thank you to Clarkston Albertsons for hosting the event in their parking lot!

Veggies, lots of tomatoes, flowers, ornamental trees and shrubs for sale.

This is a yearly fundraiser with funds used to maintain the garden.

40% of the Clarkston Community Garden is devoted to growing produce for the Asotin County Food Bank. Over one ton of food is donated yearly.

The Clarkston Community Garden is located at 1440 Fair St (behind Walla Walla Community College in Clarkston. The Garden is open to the public on Tuesdays from 8-11 am. A Master Gardener is on hand to give tours and answer questions. For more information call 509-758-6849.



Asotin County CattleWomen's Association Plant Sale

Join the Asotin County CattleWomen for their 20th Anniversary plant sale.

May 8 & 9 from 8:00 to 4:00 at the Asotin County Fairgrounds in Boyd Hall

Thanks to Schurman's Hardware for their support.

Thanks to Clarkston FFA for growing seedling in their greenhouse.

Vegetables, herbs, perennials, exotics, and house plants for sale.

Master Gardeners will be there to help you with your plant questions.

LC Valley Beekeepers Association will be there to answer questions.

Funds from the plant sale are used to support Asotin County 4-H and FFA programs

18th Annual ACCD Tree/Plant Sale

April 9th: 9 a.m. to 6 p.m.*

April 10th: 9 a.m. to 4:30 p.m.*

Pre-orders are due by April 7th at 4:30 p.m.

Conservation tree and plant species are of limited quantities so don't forget to pre-order! Remaining quantities are available for purchase during the April 9-10th in person sale. Pre-order will be available during these days and times for pick up. Additional order forms can be found on our website. <https://asotincd.org/>



**The In-Person sale days may be impacted by COVID-19. Updates will be provided on the ACCD website and sent out to the Tree Sale mailing list if any changes are implemented to the Tree Sale activities*

The Benefits of Growing a Vegetable Garden

There is no comparison between the taste of a garden fresh tomato and a grocery store bought one that's devoid of flavor. The nature of the American food system is that grocery store produce has often been grown hundreds of miles away, meaning it can be days between harvest and your table. This process results in the quality of the produce often being compromised.

Though growing your own vegetables can seem overwhelming to some, it's actually much simpler than it sounds. Even if you don't have a yard, consider starting a patio garden or even an indoor herb garden on a windowsill. You'll be amazed at how many tomatoes or peppers you can grow out of one pot!

If you still aren't convinced, consider these benefits of backyard gardening:

- **Improve your health.** Consuming more fresh fruits and vegetables is one of the most important things you can do to stay healthy. When you pick vegetables right from your garden, the vitamin content will be at its highest. Also, you are reducing the risk of eating vegetables that contain harmful chemicals—you know exactly what you're eating. In addition, getting kids involved in the gardening process will make it more likely for them to try the vegetables.
- **Save money on groceries.** One of the benefits of enjoying garden vegetables is a reduced monthly food bill. You can grow organic vegetables for a fraction of the cost in the stores.
- **Get outdoor exercise.** Gardening is a physical activity and pulling weeds, planting, and digging can burn up to 400 calories per hour. Gardening is also a good mental exercise and helps keep your mind sharp.
- **Gardening is a natural stress reliever.** Being outside in the fresh air and sunshine can improve mood and make you feel rejuvenated and overall happy. Growing your own produce also gives you a great sense of accomplishment.

A good information on vegetable gardening can be found in the publication '**Home Vegetable Gardening in Washington**'. This full-color guide to growing vegetables in a Washington home garden setting covers growing conditions, how to plant seeds and transplants, ways to arrange vegetables, integrated pest management, etc. This publication can be downloaded for free at:

<https://pubs.extension.wsu.edu/home-vegetable-gardening-in-washington-home-garden-series>

The WSU publications web site has many free publications on gardening:

<https://pubs.extension.wsu.edu/>

Clarkston Community Garden

Interested in planting a vegetable garden but don't have the space or knowledge? The Clarkston Community Garden can help!

The garden is located at 1440 Fair Street, in Clarkston, behind Walla Walla Community College. Volunteers are usually at the Garden on Tuesday mornings from 8:00 to 10:00, weather permitting.

A 10x4 bed rents for \$20.00 per year which includes water for the bed.

The CCG has been in existence for 10 years and located behind WWCC for 6 years. Approximately 45% of the area of the Garden is devoted to growing natural, healthy, fresh produce for valley area food banks.

All are welcomed and volunteers are always needed. We need new ideas and new members! Monthly meetings are held at the Clarkston Lion's Club, 615 1/2 Sycamore, Clarkston on the second Tuesday of each month at 6:00 pm.

For bed rental or general garden information, contact:

Ken Roberts, 509-758-6849 or John Freeman, 509-758-6338



Canker Removal Now is Critical for Fire Blight Management this Year

Originally published by Washington State Tree Fruit Extension Fruit Matters at: treefruit.wsu.edu

Fire blight cankers left in the orchard are the source for new infections next spring. Remove them now!

Where does Fire Blight Come from?

Erwinia amylovora, the fire blight pathogen, overwinters in cankers in the orchard. Bacteria overwinter in living tissue surrounding cankers formed at the base of spurs or shoots killed the previous season. Cankers will also form where cuts were made to remove infected shoots during the growing season.

Cells of the *Erwinia* pathogen survive primarily in the canker margins where diseased bark tissue meets healthy bark tissue. Frequently, the pathogen inside many of these cankers dies out over the course of the winter, but in 20% to 50% of cankers active cells of the pathogen survive until the next bloom period. In spring, during periods of high humidity, the pathogen oozes out of the canker margins. This ooze is attractive to insects (e.g., flies) as a food source who then move the infectious ooze to the flowers.

Fire blight cankers are considered annual cankers. While the canker itself is not likely to move further the ooze in the spring is the source for new infections.

What do Fire Blight Cankers Look Like?

Cankers are areas of dead tissue. There are other types of cankers, but fire blight cankers are reasonably easy to identify. They are greyish, lavender-ish, and sometimes almost black. The tissue may be somewhat sunken and cracked. The cankers are associated with shoots that were killed last year. In the winter the bacteria is not active and is living in the living tissue at the edge of the canker.

Pruning

It is best to prune the cankers before the tree is shaped for structure, and remove the blighted prunings from the orchard as they can be a source of pathogen cells in spring. Compared to cuts made in summer, winter removal cuts can be made closer to the visible canker edge because the pathogen is confined to the cankered area. Cut at the next "horticulturally sensible" site below the canker. Focus your efforts in blocks where you had fire blight last year. But after a year like this one it is best to check all of your blocks.

Contact

Tianna DuPont
WSU Extension Specialist, Tree Fruit
tianna.dupont@wsu.edu
(509) 663-8181 ext 211



One drop of ooze from a fire blight canker is enough to infect a whole orchard. Photo T. DuPont, WSU



Overwintering canker. Photo credit Mark Longstroth, Michigan State University



Fire blight bacteria overwinter in the tissue at



Bee efficiency boosts diversified farming

December 3, 2019

The more diverse a farm's plant population, the more beneficial it is for pollinators like honey bees.

By Scott Weybright, College of Agricultural, Human, and Natural Resource Sciences

The more diverse a farm's plant population, the more beneficial it is for bee pollinators, and the more efficiently those pollinators work.

Those are the conclusions in a new paper published in the journal *Ecology Letters* by former Washington State University graduate student Elias Bloom.

Bloom and his co-authors, WSU entomology professors Tobin Northfield and David Crowder, looked at pollinator and plant populations on small farms (under 30 acres) and urban gardens in western Washington. "Growing a wide variety of plants boosted the number of bee visits," said Bloom, now a post-doctoral research associate in Michigan State University's entomology department. "People want a silver bullet crop that they can plant that will bring in more pollinators, but that idea just wasn't supported by our data. Having a variety, especially if they're rare in a region, is the best way to increase pollinators." These rare plants, which could be anything that isn't grown by other nearby farms, complement more traditional crops because they may flower at different times of year, or have beneficial traits that help pollinators vary their nutritional intake, he said.

Increasing that diversity also boosts pollinator efficiency by upping the number of visits a bee makes to crops at that farm.

"That means farmers can increase bee visits to their farm without adding more bees," said Bloom, who earned his Ph.D. from WSU in entomology in 2019. "And we showed it works for both honey bees and wild pollinators. If a farmer is thinking about buying more bees, planting more diverse crops could be an alternative."

A third finding of the paper is that giving bees a diversity of resources, like nesting habitat and flowers, in landscapes around a farm can also increase pollinator visits to a farm.

Elias Bloom earned his Ph.D. from WSU in entomology in 2019.

Bloom and his colleagues worked closely with 36 farms and urban gardens to look at the variety of plants each produces, and to measure pollinator visits. Among their partners were Hmong gardeners, originally from Southeast Asia, who now farm in the Seattle area.

"They brought a few plants with them when they immigrated here that you won't find in other gardens," Bloom said. "But they also grow staples found on most farms and gardens nearby, like tomatoes, peppers, or squash. Our research shows that this experimentation to introduce rare plant species may drive plant-pollinator interactions."

That doesn't mean farmers have to seek out rare produce from Asia or Africa, it just means they should consider a wider variety of plants from different plant families.

"You ideally want plants that flower at different times and with different flowers shapes and dimensions," Bloom said. "Some flowers are very small and shallow, which is great for small wild bees. Taking those things into consideration helps boost pollinator visits to your farm or garden."

Bloom's research was part of his Ph.D. dissertation and was funded in part by the National Science Foundation, the USDA, Western Sustainable Agriculture Research and Education, and others.

Media contact:

Elias Bloom, WSU Department of Entomology graduate, Michigan State University Department of Entomology, 517-884-2006, bloomel1@msu.edu



Bee-ware the Giant Asian Hornet!



Treefruit.wsu.edu

Written by Timothy Lawrence, Associate Professor and County Director, WSU Extension, Island County.
April 2020

It seems like every few years, the beekeeping industry is hit with another significant calamity. Those of us who work and study the honey bee, we live in constant concern for the myriad of threats that exist. In the 1980s, the varroa mite forever changed the beekeeping industry and the pollination services they provide. For the last ten years, the USDA has supported surveys of honey bee colonies looking for the presence of two Asian mites, both in the genus *Tropilaelaps*. Fortunately, those surveys have come back negative

However, two different Asian pests have found their way to North America. The Asian giant hornets, *Vespa mandarinia* in Whatcom County and *Vespa ducalis* in British Columbia. If either of these pests become established, it could present an impact perhaps not at the same level as *Varroa* or *Tropilaelaps*, but severe enough to cause significant disruptions

Also, the hornet will generate a public health crisis as well. According to world-renowned authority Justin Schmidt, *V. mandarinia*, is the most venomous and intimidating insect in the world. It is unknown how well established these hornets are in either location. The Washington State Department of Agriculture is determined to find out and eliminate them before they are established. With the queens coming out of hibernation in late March and early April, WSDA is gearing up to assess the extent of the Asian hornet infestation

The USDA, WSDA, and WSU are working with local beekeepers, farmers, and the public to be on the lookout for this pest. A new WSU Factsheet outlines both concerns about the hornet found are Washington *V. mandarinia* and precautions everyone should know if they encounter this massive hornet. WSU has also developed a quick information card to help get out the word. WSDA has set up a website for information about the hornet and where to report sightings.

Resources

WSU Extension Factsheet [Giant Asian Hornet Factsheet](#)

WSU CAHNRS News Article [WSU scientists enlist citizens in hunt for giant, bee-killing hornet](#)

[Report Giant Asian Hornet Sightings to WSDA](#)

Agriculture and Natural Resources

2020 WSU Variety Testing Program PNW Crop Tour Schedule

The 2020 crop tour season will soon be starting and 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 small grain variety and 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. Location maps for the WSU Cereal Variety Trials are available online at <http://smallgrains.wsu.edu/variety>. Washington Grain Commission funds support the trials and the tours, and we look forward to seeing you in the field.

— Clark Neely, WSU Cereal Variety Testing

Date	Tour	Time	Contact
3-Jun	Western Whitman Co. - LaCrosse	8:30 AM	Steve Van Vleet, 509-397-6290
3-Jun	Ritzville (Variety trial @ 3:30pm)	1:00 PM	Aaron Esser, 509-659-3210
4-Jun	Horse Heaven	9:00 AM	Clark Neely, 814-571-5628
4-Jun	Connell	5:00 PM	Aaron Esser, 509-659-3210
9-Jun	Pendleton Field Day	7:30 AM	Stewart Wuest, 541-278-4381
10-Jun	Moro Field Day	7:30 AM	Stewart Wuest, 541-278-4381
11-Jun	Lind Field Day	8:30 AM	Bill Schillinger, 509-235-1933
12-Jun	Harrington	10:00 AM	Aaron Esser, 509-659-3210
12-Jun	St. Andrews	4:00 PM	Dale Whaley, 509-745-8531
16-Jun	Fairfield†	8:00 AM	Aaron Esser, 509-659-3210
16-Jun	WSU Weed Science - Pullman	1:00 PM	Drew Lyon, 509-335-2961
17-Jun	St. John	10:00 AM	Steve Van Vleet, 509-397-6290
17-Jun	Lamont	2:00 PM	Steve Van Vleet, 509-397-6290
22-Jun	Eureka**	3:00 PM	Clark Neely, 814-571-5628
23-Jun	Dayton (cereals & legumes)	8:00 AM	Clark Neely, 814-571-5628
23-Jun	Walla Walla**	1:00 PM	Clark Neely, 814-571-5628
24-Jun	Wilke Farm Field Day	8:00 AM	Aaron Esser, 509-659-3210
24-Jun	Reardan	1:30 PM	Aaron Esser, 509-659-3210
25-Jun	Mayview	9:00 AM	Mark Heitstuman, 509-243-2009
25-Jun	Anatone	3:30 PM	Mark Heitstuman, 509-243-2009
29-Jun	Moses Lake - irrigated	8:30 AM	Andy McGuire, 509-754-2011 x4323
29-Jun	Almira†	3:00 PM	Aaron Esser, 509-659-3210
7-Jul	Farmington	8:00 AM	Steve Van Vleet, 509-397-6290
7-Jul	Palouse	2:00 PM	Steve Van Vleet, 509-397-6290
8-Jul	Bickleton†	1:00 PM	Hannah Brause 509-773-5817

**Cooperative trials/tours with Oregon State University and Northwest Grain Growers

† Tentative date

<http://smallgrains.wsu.edu/variety>



Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact the coordination person listed under Contact above at the telephone number listed at least two weeks prior to the event. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

Healthy Living

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

Strengthen your immune system and fight off disease

How can you improve your immune system? On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and boost your immune system? What if you improve your diet? Take certain vitamins or herbal preparations? Make other lifestyle changes in the hope of producing a near-perfect immune response?

Healthy ways to strengthen your immune system

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Quarantine Survival Guide

By Grace Scott. April 1, 2020

<https://www.unh.edu/healthyunh/blog/covid-19/2020/04/quarantine-survival-guide>

How To Peacefully Coexist With Your Family

Now that we are all cooped up in our homes together, it can get pretty crowded pretty fast. This is the first time my entire family of six has lived together long-term in quite a while. We have all had to adapt and figure out how to coexist peacefully together. Being a full-time college student, I have multiple Zoom classes each day and have to find a quiet spot in my house to attend. Many of my family members need to do the same. As you can imagine, this takes a lot of planning and patience as we all have to respect each other's time and space. In the past week of being home together, we have adopted a few habits to help with our transition:

1. **Create a schedule.** Because we all have so many Zoom meetings and classes, we made a master schedule for our fridge. This way, we know when to be quiet or leave the room when someone else is on a call.
2. **Give each other space.** Now that there are so many of us stuck in the house together, it can be easy to get in arguments. Whenever I feel myself getting annoyed, I go outside for a quick walk or go to my room to cool off with a book or some TV.
3. **Help out!** I know we are all super busy with school and/or work, but make sure to assist around the house! Whether that's making dinner, vacuuming, or washing the dishes, anything will be appreciated. If you aren't sure, just ask what you can do!