



Announcements

MARCH

4,5 Pre-License Pesticide Training, Colfax, WA
McGregor Company, 8:00 a.m. to 4:30 p.m. You must pre-register at least 7 days prior to the courses enroll at

http://events.SignUp4.com/Exam_Exam. For directions and training agendas, visit pep.wsu.edu; for registration questions call 509-335-2830 or pest@wsu.edu; license information at WSDA 877-301-4555.

6 4-H and FFA Livestock Nutrition Clinic, Walla Walla, NW Farm Supply, 870 N 4th Ave., 4 p.m. Free clinic for all 4-H members, leaders and parents with market livestock projects. Free bag of Purina Show Feed to each youth that attends; training on livestock nutrition; and "Ask the Expert". For more information and to RSVP, call 509-529-3253.

7 Chocolate Festival, Walla Walla, Marcus Whitman Hotel, 6 West Rose, Noon to 4 p.m. Family fun tasting event. Admission \$3; tasty samples 50¢ each. All proceeds go to the Lillie Rice



Center that provides employment, training and support services to individuals with developmental disabilities. Registration deadline is March 2. For more info contact Cyndy Knight at cyndyk@lilliericecenter.org.

14 Youth Sheep & Goat Field Day, Asotin County Fair Grounds, 8:00 a.m.-3:00 p.m. Workshops on health care, quality assurance, feeding & nutrition, selection, along with fitting & showing for your goat or sheep project. Cost is \$6/person includes lunch. **Registration is due by March 6th**. Contact Mark Heiststuman at Asotin County Extension at heitstuman@wsu.edu or (509)243-2009 for more information.

21 Super Saturday, Walla Walla, St. Patrick's Community Bldg., 408 West Poplar, 9:30 a.m. – 2:15 p.m. Youth in grades 1-12 are welcome. You do not have to be in 4-H to attend. Pre-registration required. See 4-H section for details.



21 4-H & FFA Youth Beef Field Day, Lewiston Livestock Market, 8:30 a.m–3:00 p.m. This interactive youth field day provides the latest information on raising beef projects for youth, parents and leaders. **Pre-registration due by March 13th**. \$6/person includes lunch. For information contact Mark Heiststuman at heitstuman@wsu.edu or 509-243-2009.

28 4-H & FFA Youth Swine Field Day, Asotin County Fairgrounds, 8:00 a.m. – 3:00 p.m. Health care, feeding & nutrition, selection, fitting & showing and more. \$6/person includes lunch. **Pre-registration due by March 20**. For more information, contact Mark Heiststuman at heitstuman@wsu.edu or 509-243-2009.



APRIL

4 NW Champion Market Goat Sale, Ellensburg, WA, Kittitas Valley Event Center, 12:00 noon. 2015 April Fools Boer Goat sale for 4H & FFA, Prospect Wether Jackpot classes for youth, two sanctioned ABGA shows, special Group classes for fun, and ABGA-registered goat inspection by ABGA judges. Educational seminars & raffle. For more information, contact Leslie Bader-Robinson at lbader1@yahoo.com or visit <http://www.cascadebqa.org>.

14 Great Explorations, Whitman College Cordiner Hall, 8:20-1:40. Event designed to provide 5th through 8th grade girls with an informal, and hands-on experience with careers that utilize science, technology, engineering and math. Along with an opportunity to meet and form personal contacts with women in these exciting careers. Follow this link for the brochure and registration form: <http://wallawalla-wa.aauw.net/files/2012/09/GE-2015-Broch-Web-Page.pdf>

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Updates

Avian influenza is a highly contagious viral disease of chickens, turkeys, pheasants, quail, ducks, geese, guinea fowl, and many wild birds. It can often be carried by wild waterfowl without showing symptoms. Direct contact with infected birds, contaminated objects/ equipment, and aerosol (short distances) can spread the virus which is found in feces, saliva, and respiratory secretions.

The many different strains of the avian influenza virus are broadly categorized into low pathogenic (LPAI) and highly pathogenic (HPAI), based on how severely ill the virus makes chickens. HPAI causes the greatest number of deaths in domesticated poultry.

Poultry affected by avian influenza can show many symptoms, including:

- Decreased food consumption, huddling, depressions, closed eyes.
- Respiratory signs, such as coughing and sneezing
- Decreased egg production, watery greenish diarrhea, excessive thirst
- Swollen wattles and combs
- High mortality and sudden death

The avian influenza strains currently detected in Washington cause no apparent human health concerns. No one in the US has become ill from an infected bird. Avian influenza has been found in other parts of the world, where there have been some cases of human illness from coming in contact with infected birds. It is safe to eat properly prepared poultry products, including meat and eggs.

Keep your distance-Isolate your birds from visitors and other birds. Keep your birds from being affected by wild birds or their feces.

- Keep it clean-Prevent germs from spreading by cleaning shoes, tools and equipment.
- Don't haul disease home- Also clean vehicles and cages.
- Don't borrow disease from your neighbor-Avoid sharing tools and equipment with neighbors.

- Know the warning signs of infectious bird diseases-Watch for early signs to prevent the spread of disease.
- Report sick birds-Report unusual signs of disease or unexpected deaths.
- Making biosecurity a part of your daily routine while caring for your birds can decrease the chance of AI showing up on your doorstep.

Backyard bird owners are also urged to monitor their flock closely and report sick or dead birds to the [WSDA Avian Health Program](#) at 1-8010-606-3056 or USDA at 1-866-536-7593.

Farming & Livestock

What to Plant? Variety Tool Will Help You Decide

With spring planting time quickly approaching, growers will have to make a choice on what to plant. Now, whether you diligently research each variety to make an informed decision months ahead of time or wait until you're pulling up at the seed dealer with your truck is up to you. Thankfully, WSU's Cereal Variety Testing Program (VTP) is here to help.



Each year, the VTP evaluates commercially available wheat and barley varieties and breeding lines from public and private breeding programs in the various production zones of Washington. The data, which includes yield, test weight, protein, plant height, disease reactions, and more, is published on the [Wheat and Small Grains website](http://wheattools.wsu.edu/Applications/Wheat%20Variety%20Selection), <http://wheattools.wsu.edu/Applications/Wheat%20Variety%20Selection> and sorted by variety, test plot location, and precipitation.

Growers can also find information on commercially available varieties through the [Variety Selection tool](#), a dynamic tool that allows users to generate tables based on their preferred market class and precipitation zone. The tool also allows users to completely customize their data tables by rearranging columns, sorting varieties based on specific data points, or removing unneeded information. Growers can then export the table as an excel file if they'd like to save it for offline reference.

In general, it's best to avoid making variety selection decisions based on data from a single year or location. This data can be mis-representative of how a variety performs. A better method is to see how varieties perform over years and across various locations with similar production environments. The Variety Selection Tool, which is updated each year after harvest, presents data as two year averages based on data from across testing locations within a precipitation zone.

Varieties without two-year averages are not included in the Variety Selection Tool, but can be found in the location-specific data sheets on the [Wheat and Small Grains website](#) or on the [Variety Testing Program website](#), <http://variety.wsu.edu/2014/index.htm>.

For more information on the VTP, please contact Ryan Higginbotham at rhigginbotham@wsu.edu. For more information on how to use the Variety Selection Tool, please contact Emily Smudde at emily.smudde@wsu.edu.



4-H

SUPER SATURDAY

Walla Walla County 4-H will be hosting our annual Community 4-H Super Saturday Program on March 21, 2015 from 9 am to 2:15 pm. Join us for a day of fun and hands-on educational workshops for youth in grades 1–12. Open to all youth including non-4-H. Youth will have the opportunity to choose from a variety of classes including karate, marine biology, theater, energy, foods, teen leadership, and more.

Registration begins March 9. Pre-registration and a fee of \$5 per person are required. Youth scholarships are available in case of financial hardship. Some classes have age restrictions. Class sizes are limited and fill-up on a first come (paid), first enrolled basis. Register early! For more information, stop by the WSU Extension office, visit <http://wallawalla.4h.wsu.edu>, call WSU Extension at 524-2685, or email mowens@wsu.edu.



TOP CHEF

The Walla Walla County 4-H program just finished their Top Chef Food Activities. They hosted 18 food activities including Table Setting, Lunch on the Go, Favorite Foods, Foods for All Occasions and Yeast Breads. All 18 participants received blue ribbons. This is a qualifying event for the 4-H State Fair in Puyallup. We would like to extend a big

thank you to all the judges that graciously donated their time to adjudicating each activity.

Financial Fitness

TIPS FOR 2014 TAX FILING SEASON

Affordable Care Act Quick Summary



Health care: individual responsibility. You must either:

- Indicate on your 2014 federal income tax return that you, your spouse (if filing jointly) and your dependents had health care coverage throughout 2014 (all you have to do is check a box);
- Claim an exemption from the health care coverage requirement for some or all of 2014 and attach Form 8965 to your return; or
- Make a shared responsibility payment if, for any month in 2014, you, your spouse (if filing jointly) or your dependents did not have coverage and do not qualify for a coverage exemption.

Premium tax credit — You may be eligible to claim the premium tax credit if you, your spouse or a dependent enrolled in health insurance through the Health Insurance Marketplace.

Advance payments of the premium tax credit — Advance payments of the premium tax credit may have been made to a health insurer to help pay for the insurance coverage of you, your spouse or your dependent. If advance payments of the premium tax credit were made, you must file a 2014 return and Form 8962.

There is a great deal more nuance about the Affordable Care Act, but the above sentences summarize it nicely. If you are looking for more information, the IRS has an [Affordable Care Act Tax Provisions website](#), <http://www.irs.gov/Affordable-Care-Act/Individuals-and-Families>, that is full of information. However, if you prefer a more relaxed reading of the tax implications of the Affordable Care Act, I recommend [Publication 5157](#), the resource that IRS created for individuals that volunteer to help others with their taxes. It covers most of the topics in a narrative form that I find easier to read than the regular



[Publication 17](#) or the instructions for the individual forms.

Use a Volunteer Income Tax Assistance (VITA) site or Tax Counseling for the Elderly (TCE) Site

These free federal and state tax assistance sites help prepare and file returns for their target audiences. [VITA](#) focuses on people who make \$53,000 or less. [TCE](#) focuses on people over 60 years of age. To find the VITA or TCE site near you, use the [IRS locator tool](#). If you are looking for the online alternative to a free tax preparation site, the [myfreetaxes.com](#) website can help prepare free federal and state tax returns for people with incomes of less than \$60,000.

File a Tax Return Even if you are Not Required

There are three excellent reasons to file a tax return even if you do not have a filing requirement:

First, you might get a refund! You may be able to receive a refund of income taxes withheld from your paycheck or pension; this is money that was withheld to pay tax, but no tax is actually due on the return. Also, there are several refundable tax credits that can generate a refund even if you have no tax to offset with the credit. Some examples include the [Earned Income Credit](#), the [Additional Child Tax Credit](#) and the [American Opportunity Credit](#). You can read more about these refundable credits by clicking the links above.



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Second, you can lower the chance that the IRS will audit you later. The statute of limitations for a tax return is generally three years from the latter of the due date of the return or the date the return was actually filed. If a taxpayer omitted over 25% of their gross income, then the limitation is extended to six years. If the taxpayer files a fraudulent return, the statute never expires. The statute also never expires if you never file an income tax return. If your income is low enough that you do not need to file, then it is *extremely unlikely* that the IRS would later request that you pay tax. However, by just filing a simple tax return, the statute of limitation starts to run out, and the *extremely unlikely* chance that the IRS will request that you pay tax will become a 0% chance (unless you committed fraud).

Finally, you may uncover situations where your identity is stolen. If you are not required to file because of a known circumstance (unemployed, receiving only Social Security income, too young to work, etc.), identity thieves that have your name and Social Security number may file a return with you listed as a spouse or dependent. I recently had an older client whose return was rejected by the IRS because a return had already been filed for that tax year with her listed as a spouse; however, her husband had died several years earlier. Thieves had guessed that she would not file a return and filed a fraudulent return listing her as a spouse. I helped the client prepare a [Form 14039 Identity Theft Affidavit](#) that she could file with her paper return alerting the IRS to the fraud. To help combat this theft, the IRS issues [Identity Protection PINs](#) that the taxpayer must file with their return. These PINs provide greater security by requiring another layer of authentication before the return is processed. The IRS is piloting a program [to provide this extra security to all taxpayers](#).



ClipartOf.com/437500

Collect Your Tax Documents in one Place

This tip is simple, but many clients come to the tax site missing a document. Forgetting a W2, photo ID, 1099 INT, last year's property or real estate tax receipts, etc... is common. Putting a folder or large envelope where you open your mail can help organize the documents before you have your taxes prepared. If you receive electronic documents, print them out and place them in the folder or envelope.

If Choosing Direct Deposit, Triple Check Your Routing and Account Number

If you or your tax preparer mistypes your routing or account number on your tax return, then the IRS will likely try to deposit your refund in a bank account that does not exist. In this case, the IRS will usually try to deposit the money several times. If the account does not exist, the money will be returned to the IRS and a paper check will be mailed to the taxpayer. However, it is possible to mistype your routing and account numbers and have the money deposited in an account that does exist that is not your account. If this very unlikely event occurs, there is no formal system for retrieving the money. From the website: [IRS assumes no responsibility for taxpayer error](#). I find it good to repeat that: IRS assumes no responsibility for taxpayer error.

Home & Garden

ROTATE YOUR GARDEN CROPS



Crop rotation is one of agriculture's oldest cultural practices. In a home vegetable garden, crop rotation involves changing the planting location of vegetables within the garden each season. Crop rotation is used to reduce damage from insect pests, to limit the development of vegetable diseases, and to manage soil fertility. Plants belonging to the same family are often susceptible to similar insect pests and diseases, and have similar nutrient requirements. When they are grown year after year in the same area of a garden, they provide insect pests with a reliable food source and disease-causing organisms with a continual source of host plants that they can infect. Over time, insect pest and pathogen numbers increase resulting in more and more damage to vegetable crops. Using crop rotation helps keep insect pest and pathogen numbers at low levels.

Each vegetable is unique in the type and amount of nutrients it extracts from the soil. So crop rotation can even out the loss of different soil nutrients and allow time for nutrients to replenish. Heavy feeders should follow light feeders and surface feeders such as corn should follow deep rooters like brassicas. Plan the crop rotation for your vegetable garden based on the types of vegetables that you grow.

Vegetable crops in the same plant family should NOT be planted in the same area of a garden more than once every three to four years. For example, if tomatoes are planted in a bed or area of a garden one year, vegetable crops such as peppers, eggplant, potatoes and tomatoes should not be planted in the same bed or area the following year because all of these plants are members of the nightshade family.

This length of crop rotation can be difficult to achieve in small gardens, but even changing plant families grown in an area of a garden from year to year is helpful in managing insect pests and diseases. If you are growing the same family of plants in a container year after year, be sure to replace the soil every two years. Each vegetable is unique in the type and amount of nutrients it extracts from the soil. So crop rotation can even out the loss of different soil nutrients and allow time for nutrients to replenish. Heavy feeders should follow light feeders and surface feeders such as corn should follow deep rooters like brassicas. Plan the crop rotation for your vegetable garden based on the types of vegetables that you grow.

Benefits of Crop Rotation:

- Interrupts disease and pest cycles - Pests have a harder time finding suitable host plants and diseases are less likely to overwinter and infect next year's crops.
- Manages soil fertility efficiently - Yields are improved because different crops have different nutrient requirements. Changing crops annually balances the uptake of nutrients.
- Improves soil structure - Deep rooted plants improve drainage and aeration and capture sub-soil nutrients.
- Nutrient enhancement - Peas and beans add nitrogen to the soil

Vegetable Family Groupings:

Allium - asparagus, chives, garlic, onions

Apium - carrot, celery, cilantro, dill, fennel, parsley, parsnips

Asteraceae - artichoke, lettuce, Jerusalem artichoke, endive, sunflower

Brassica or cole - broccoli, Brussels sprouts, cauliflower, cabbage, kale, kohlrabi, mustard, radishes, turnips

Chenopodaceae - beet, chard, spinach

Cucurbit - cucumbers, melon, squash, pumpkin, gourd

Laminaceae or mint - basil, mint, oregano, thyme, sage, winter savory

Solanaceae or nightshade - eggplant, potato, pepper, tomato, tomatillo

Nutrient Needs:

Heavy feeders - corn, tomatoes, beets, cole crops, celery cucumber, endive, lettuce, parsley, pumpkin, squash, rhubarb, spinach, sunflower

Light feeders - carrots, garlic, leeks, onion, parsnip, potato, rutabaga, shallot, turnip, herbs, mustard, pepper, chard
Soil builders - peas, beans

Tofu, 3 oz	6.9
Peanut butter, 2 TBL	8.1
Almonds, 1 oz	5.4
Black Beans, ½ cup	7.5
Banana, 1 medium	1.2
Green peas, ½ cup	4.1

* Serving size equals the size of a deck of cards
 Source: Northwestern University, Feinberg School of Medicine

VEGETABLE SEEDING SCHEDULE.

	When to start for planting out	When to set out (# of weeks before or after last frost date)	Optimum temperature for germination	Days to Emerge	Ideal Temperature to grow transplants	
Broccoli Brussel Sprouts	5-8 wks	4 weeks	70-75°	10-15	60°	Keep cool to get sturdy plants, but don't let temperature go below 40°F.
Cucumbers	2-3 wks	1-2 wks after	70°	3-8	70°	Sensitive to transplanting. Trim off extra plants- don't pull.
Onions	8-10 wks	6 wks before	60°	7-14	60°	Keep cool for sturdy plants. When 4" tall, cut with scissors to 2".
Lettuce	5-7 wks	2 wks before	65-70°	3-6	60°	Keep cool for sturdy plants. Lettuce is sensitive to transplanting.
Watermelon	2-3 wks	2-3 wks after	75°	3-8	75°	Sensitive to transplanting. Trim off extra plants- don't pull.
Squash	2-3 wks	1-3 wks	70-75°	6-10	70°	Sensitive to cold. Harden off carefully. Cut off extra plants.
Tomatoes	6-10 wks	2-3 wks	70-75°	6-14	70°	Likes warm days, 70-75° F. Cooler nights, 60-65°F.

Family Living

PURPOSE OF PROTEIN

Protein is powerful! This nutrient is the building block that repairs tissue and builds bones, muscle, cartilage, skin and blood.

The recommended daily allowance (RDA) for protein is about 44 grams for women and 56 for men. Most Americans get more than enough protein in their diet. Often, the protein foods we choose are also high in bad (saturated) fats.

According to the McDonald's USA Nutrition Facts sheet, one Quarter Pounder with Cheese has 29 grams of protein along with 25 grams of fat (12 grams saturated). Fortunately, there are many wise options for meeting protein requirements without adding saturated fats. Here are a few ideas:

Food	Protein in grams
Skim milk, 1 cup	8.3
Ice cream, 1 cup	5.0
Yogurt-low fat, 1 cup	10.7
Cottage Cheese, 1c	28.0
Tuna, 3 oz	21.7
Beef, 3 oz cooked*	27.0
Chicken breast, 3 oz *	18.9

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NEWSLETTER

If you are currently receiving our newsletter by mail, please consider switching to our e-newsletter. Call Becki Green at (509)524-2685 or email at becki.green@wsu.edu to make the switch!





Washington State University helps people develop leadership skills and use research-based knowledge to improve their economic status and quality of life.

A handwritten signature in cursive script, reading "Debbie Moberg-Williams".

Debbie Moberg-Williams
County Extension Director

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.