



Announcements

JANUARY

11-12 Pacific Northwest Direct Seed Assoc. (PNDSA) Conference, Kennewick, WA, Three Rivers Convention Center, 7016 Grandridge Blvd. Representation is needed from the Pacific Northwest. PNDSA board member nominations will be accepted until noon, January 11, 2007. Voting for new board members will take place at the Annual Meeting. For more information, see www.directseed.org or contact (208) 883-3645 PNDSA@directseed.org

16 Farm Succession & Estate Planning Workshop, Wenatchee, Session 1. An opportunity to make-up this first session before attending session 2 offered in Walla Walla on February 13. See February 13.

17-18 Washington Hay Conference, Kennewick, WA, Three Rivers Convention Center, 7016 Grandridge Blvd. "Putting the Pieces Together" is the theme for the 2007 Washington State Hay Growers Association (WSHGA) annual educational conference and trade show, co-sponsored by WSU Extension and the WSHGA. Visit www.wa-hay.org or call WSHGA at 509-585-5460 for a list of session discussions and speakers.



The trade show will feature over 40 vendors representing seeds, fertilizers, soil and tissue testing, hay analysis, haying equipment, irrigation systems, twine,

hay sheds, tarp systems and Ag lenders. Pre-registration can be done on-line at www.wa-hay.org or by mail. Contact the WSHGA office at 509-585-5460 for more details.

20 Cattlemen's Workshop, La Grande, OR, Blue MT. Conference Center, beginning at 9:00 a.m. Many nationally recognized speakers will be featured addressing *The Challenges & Opportunities We Face in the Beef Cattle Industry*, *Proper Heifer Development Strategies*, *The Impact of Biofuels on the Beef Industry*, *Discussion of the*

2006 Beef Quality Audit, and the *Value of Proper Vaccination Techniques*. Contact Randy Mills at 541-278-5403 or randy.mills@oregonstate.edu.

21-23 Northwest Alfalfa Seed Conference, Las Vegas. Excellent research updates and top notch speakers on industry and Ag related issues as well as some great entertainment will make this a conference you will want to attend. For more information, visit www.nwasga.org or contact 509-585-5460 or agmgt@agmgt.com

23 Umatilla County Cereal Grain Seminar, Pendleton; Umatilla Co. Extension 541-278-5403

24 Walla Walla County Cereal Grain Seminar, Walla Walla Elks Club. Topics include *How Weeds Get Spread Around*, *2006 Walla Walla County Soybean Experience*, *Rodent Control in Agricultural Cropland*, *Hard Red Wheat Fertility*, *Variable Rate Fertilizer Technology*, *Walla Walla County Weeds*, *Cereal Leaf Beetle Update & Control*, *Plantback Restrictions for Oilseed Crops*, and *Changes to the Pesticide Licensing Program & Common Licensing Problems*. Five Washington and five Oregon pesticide recertification credits are offered. Please preregister by January 22 at WSU Extension 509-524-2685. Registration fee is \$13.50 and includes lunch.



31 Walla Walla County Conservation District Annual Meeting, Walla Walla Regional Airport

FEBRUARY

13 Farm Succession & Estate planning Workshop, Walla Walla Regional Airport, Session 2. This workshop, sponsored by the Western Center for Risk Management Education, is designed to help area farm families write farm succession plans and do estate planning. Topics for the second session include understanding estate laws, holding a successful family meeting and getting through hurdles that arise in the process. Preregister by February 9 at the Walla Walla WSU Extension office. For more information contact John Fouts at 509-524-2685 or fouts@wsu.edu.

28 Pre-Expo All-Day Workshops, Sewing & Stitchery Expo, Puyallup, WA. Popular sewing experts will spend a full day teaching new techniques in a hands-on format. Classes have limited seating so sign up early. Registration for each one-day workshop is \$95. For more information, stop by the Walla Walla Extension office for a brochure, call (253) 445-4632 or visit www.sewexpo.com

MARCH

1 Scholarship Applications Due

- Burgess 4-H Scholarship
- Blue Mt. Foundation 4-H Scholarship
- State 4-H Scholarship Applications Due

1-4 Sewing & Stitchery Expo, Puyallup, WA, Western Washington Fairgrounds; presented by WSU Pierce County Extension. Learn, Shop, Enjoy! Learn the sewing industry's biggest starts and respected authorities share the newest techniques and trends in more than 100 daily seminars. Take home the very latest in fabrics, notions, machines, and resources when you browse the booths of more than 200 exhibitors. A variety of hands-on classes provide one more opportunity to indulge your creative passion, explore emerging techniques and make new friends. For more information, stop by the Walla Walla Extension office for a brochure, call 253- 445-4632, or visit www.sewexpo.com



31 Walla Walla Fair & Frontier Days Steer Weigh-In, Jamie Kibler's at 8 a.m., 900 lbs max.

Updates

ELSON S. FLOYD APPOINTED THE TENTH PRESIDENT OF WSU

Elson S. Floyd, president of the four-campus University of Missouri, will succeed WSU President V. Lane Rawlins, who will retire June 30 after serving as WSU president for seven years. A native of Henderson, N.C., Floyd holds a bachelor of arts degree in political science and speech, a master of education degree in adult education, and a doctor of philosophy degree in higher and adult education, all from the University of North Carolina at Chapel Hill.

Founded in 1890 as Washington's land-grant institution, WSU is classified by the Carnegie Institution as one of 96 public and private universities with very high research activity. Today,

WSU provides world-class instruction on four campuses – in Pullman, Spokane, the Tri-Cities, and Vancouver – to a diverse population of more than 23,000 students, who choose from the many fields of study offered in the university's 10 colleges and Graduate School. The university's operating budget for the 2005-2007 biennium is about \$1.5 billion, with more than 5,800 employees statewide.

NEW EMPLOYEES AT LOCAL WSU EXTENSION

Elizabeth Schnell, a work study student from Walla Walla Community College, joined the office staff in October. Elizabeth is working toward an AAAS Executive Administrative Assistant degree and plans to graduate this spring.

Kerri Robinson is the new part-time 4-H program assistant who will be helping Jeanie with after-hours 4-H programs. Kerri began in November and is currently helping at Garrison Night School and with special interest 4-H programs.

PRIVATE APPLICATOR PESTICIDE TESTING

Many people who use, sell, or consult on the use of pesticides are required to be licensed by the Washington State Dept. of Agriculture (WSDA). This requirement does not generally apply to homeowners who use home and garden pesticides on their own property. To learn more about pesticide licensing or to determine if you need a license, go to <http://agr.wa.gov> and select *Pesticides & Fertilizers* and then *Licensing & Education*. You may also call, toll free, WSDA Pesticide Licensing & Exam Scheduling at 1-877-301-4555.



WSU Extension in Walla Walla County has pesticide exam study manuals for most of the WSDA exams. Study materials may also be purchased directly from <http://pubs.wsu.edu>. The Extension office administers exams for Private Applicator, Limited

Private Applicator, and Rancher Private Applicator. These exams are offered most days during working hours by appointment.

Farming & Livestock

FARMER'S TAX GUIDE AVAILABLE

IRS Publication 225, *Farmer's Tax Guide*, for use in preparing 2006 returns is now available at the Walla Walla WSU Extension office.

VOLUNTARY ID SYSTEM STRESSED BY USDA

U.S. Dept of Agriculture (USDA) has stressed support for a voluntary National Animal Identification System (NAIS) instead of a mandatory system. USDA's four guiding principles behind the NAIS are:

1. Avoid unnecessary burden to livestock producers
2. Avoid growth in government
3. Maintain flexibility
4. Keep data in private hands

Updates indicated that all three key components of the NAIS – premises registration, animal identification, and animal tracking – are being implemented. In particular, reports indicated that increased numbers of premises are being registered as part of the NAIS, with about 2,000 additional premises being signed up per week.

A 'bookend' approach as an interim step in reaching a complete animal ID tracking system is being recommended. 'Bookend' refers to the fact that an animal would be identified at two opposing points in its life; i.e., at its farm of origin and then either at slaughter or if it is diagnosed with a reportable animal disease. It was noted that Canada started a 'bookend' system before progressing to a more complete national animal identification system.

Confidentiality of information; incentives for participation; private versus public animal tracking; outbreak; opposition by animal-owning entities outside mainstream animal agriculture; responsibility for animal event reporting; need for infrastructure support; cooperative agreements; and impacts of small and large livestock operations on disease-control efforts have been major topics of discussion by USDA and producer groups.



NEW BEEF SIRE SELECTION MANUAL AVAILABLE

A newly published 76 page Beef Sire Selection Manual is currently available on the National Beef Cattle Evaluation Consortium (NBCEC) website at www.nbcec.org (click on Education on the left-hand side of the homepage, then click on New: Sire Selection Manual). The NBCEC is an organization of universities that have been involved in beef cattle genetics over the last several decades. This manual incorporates information on both proven programs, as well as on new genetic technology.

It is intended to be a reference to help producers understand the important genetic concepts that are the tools for profitable beef cattle breeding.



CENTRAL WASHINGTON ROUND-UP

The latest issue of the electronic newsletter, the Central Washington Round-up, is now available at <http://animalag.wsu.edu>, under the current news

section of the home page. This electronic newsletter is published by the Central Washington Animal Agriculture Team, comprised of WSU Extension educators in the fields of animal science, range management, agronomy, and entomology.

Topics for the most recent issue include:

- Pregnant animal care
- Body condition and reproduction in beef cows
- Hay quality testing: what does it mean?
- Forage residual height in irrigated pastures
- Post-fire grazing considerations
- Western cow/calf management guide online
- Online pork production information
- New online horse resource

COMMODITY WEBSITES

Agricultural commodity commissions or organizations have a wealth of consumer information available on their internet web pages. Depending on the commodity, there is information on how to select, use, cook, and store the food product. In the case of fruit commissions, variety, and availability information is also available. All pages have nutritional information.



USA Pears (WA/OR) www.usapears.com

Washington Apples www.bestapples.com

Northwest Cherries and Soft Fruits (peaches, nectarines, plums) www.nwcherries.com

Washington Potatoes www.potatoes.com

Washington Beef www.wabeef.org

U.S. Lamb www.americanlambboard.org

U.S. Pork www.porkboard.org

Source: *Family Living Ideas*, 9/05 Grant/Adams Co.

WSU EXTENSION NEWSLETTER
PUBLISHED 4-6 TIMES ANNUALLY
VOLUME 2007, NO. 1
WSU EXTENSION
WALLA WALLA COUNTY
328 WEST POPLAR
WALLA WALLA, WA 99362

Postmaster send address
changes to:
WSU EXTENSION
328 WEST POPLAR
WALLA WALLA, WA 99362

WSU SMALL FARMS TEAM

The Small Farms Team works with communities and individuals across Washington to foster a profitable farming system, to promote land and water stewardship, and to ensure that all Washingtonians have unrestricted access to healthy food. On the Small Farms Team website you will find resources for farmers and the general public alike. Visit <http://smallfarms.wsu.edu> regularly to keep up to date with the latest events and news in our farming community, to learn about sustainable community-based food and farm systems, and to see what exciting projects the WSU Small Farms Team is working on right now.

WSU Small Farms Team provides research-based information and educational programs for farmers, consumers, decision-makers, and others involved in local food systems. The team is a statewide affiliation of professionals from WSU, state agencies, and non-governmental organizations.

Primary goals are to:

- Build public support for agriculture
- Preserve Washington farmland for food and fiber production
- Help farmers adopt practices that are sustainable- economically, socially and environmentally
- Unify farmers and consumer in developing local markets and community food access.



4-H ACHIEVEMENT PROGRAM HONORS

The 2006 4-H Achievement Program was held at the Walla Walla Fairgrounds on November 19. The evening included a potluck dinner and silent auction. 240 awards were given to 4-H members and volunteers. Awards were given for demonstrations, project records, community service, club participation, State 4-H Fair participation, and other 4-H accomplishments. The silent auction brought in approximately \$2800 to be used for 4-H educational programs, teen event opportunities, and awards.

4-H WORKSHOP VOLUNTEERS NEEDED

Do you have a favorite hobby or special interest that you would like to share with others? The 4-H youth program is looking for adults to present educational workshops during 4-H Super Saturday on March 17. Workshops are approximately 50

minutes long and may be on any topic. In the past, workshops have included: crafts, flower arranging, dog grooming, woodworking, pack goat training, fishing, quilting, foods, horse first aid, etc. If you have a hobby or interest you would like to share with our 4-H youth, please contact the Extension office as soon as possible.

Food \$ense

FOOD SENSE PROGRAM GROWS



The WSU Food \$ense program continues to grow in demand and personnel. Food \$ense personnel will teach nutrition education to approximately 56 elementary classrooms throughout Walla Walla County

this school year. The program is also partnering with Walla Walla Community College and the County Health Department to bring nutrition education to low income adults.

The increase in programming has allowed the Food \$ense program to hire two new educators. Brenda Reardon joins Christa Leitch as a Food \$ense Program Assistant. Alma Vargas is the new Food \$ense Program Assistant for bilingual classes.

Home & Garden

TREES & DROUGHT

Even though our area has recently received ample precipitation, the effects of previous years' drought will linger for some time.

How can I tell if a tree has succumbed to drought or to other causes?

Indicators of drought stress include entire branches, tree tops, or entire trees whose needles turn brown or red all at once. In contrast, a tree's inner needles turning brown is a normal occurrence. Sometimes, the damage may not be apparent until the growing season after the dry conditions have occurred.

What are some things I can do to prevent drought loss?

- Prevent soil compaction by keeping heavy vehicles and equipment away from trees.
- Reduce or remove competing vegetation, especially around young trees.
- Plant trees that are well-suited to your site.
- Do not fertilize during dry conditions, as fertilizer increases foliar growth and water demand.

Should I water my trees?

Landscape trees can be watered during times of drought, but to conserve water, irrigate infrequently, slowly, and deeply. It is not practical to water trees in a forested setting, but for young or recently planted trees, apply mulch to conserve water.

Adapted from *Forestry Questions About Drought* by Amy Grotta, King County Extension

POST-STORM TREE CARE & CLEANUP

Winter storms can wreak havoc on many landscape trees, but it is quite possible that more trees will be damaged as a result of clean-up than were damaged directly by storms. Topping, the practice of removing large branches and tops of trees, and improper pruning actually creates future hazards rather than eliminating them. A previously topped tree is much more likely to break or uproot in a storm than a tree that has a normal branch structure.

Sarah Griffith manages the State's Urban and Community Forestry Program. She recommends using an arborist whose name and company are familiar to your community, even if that means waiting longer for services.



“Healthy, well cared for trees are the best defense against tree damage when the next storm blows through the state,” says Griffith. Standing trees with some branch damage should be evaluated by a Certified Arborist before a removal decision is made. A Certified Arborist is someone who has passed a

certification exam administered by the International Society of Arboriculture. To see a list of Certified Arborists for hire and tree care tips, visit their website at www.pnwisa.org.

The Dept. of Natural Resources (DNR) offers these tips to consumers seeking a tree service company to deal with downed or damaged trees:

- Hire a company that is licensed, bonded, insured, and employs ISA Certified Arborists. Although Washington requires tree service companies to register with the state, they are not required to adhere to proper pruning standards or even demonstrate pruning knowledge in order to obtain a license.
- Beware of door-knockers; their low prices could prove costly. Most reputable companies have business cards, truck signs, and even uniforms that represent a professional level of service.

- Ask for references, and take your time to select a reputable company. Avoid hiring anyone who will top a tree!

Source: Washington State DNR, No. 06-141



Master Gardeners

WSU Extension still has a few openings for Master Gardener classes. The WSU Master Gardener program is more than a horticulture class or a garden club. It is a volunteer program that enables participants to serve their communities through horticulture.

As a Master Gardener volunteer, you will attend 60 hours of training at WSU TriCities in Richland, WA. Topics include plant science, lawns and turf, weed management, vegetable gardening, tree fruits, berries, ornamentals, soils, sustainable gardening, pruning, integrated pest management, pesticide safety, and plant problem diagnosis.

In return for their training, new Master Gardeners are required to complete 50 hours of volunteer service to Walla Walla County between the months of April through October. The classes are free but a fee of \$125 is charged to cover the cost of reference materials. \$50 is refunded following 50 hours of volunteer service within the first year. Applicants must complete an application, pass a background check, attend an informal interview, and submit the program fee by Monday, January 22 to attend 2007 classes.

Family Living

FOOD SAFETY DURING POWER OUTAGES

General Food Safety of Refrigerated Foods

Refrigerated foods that can be held at temperatures above 40° degrees until power returns include: hard cheeses, butter, margarine, fresh fruits, fruit juice, fresh unpeeled vegetables, salad dressing, ketchup, mustard, olives, pickles, jams, jellies, and peanut butter.

For all other products, most refrigerated foods are safe if the power outage was only 2-3 hours and if foods were held above 40°F for 2 hours or less.

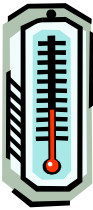
If you are unsure how long products have been held above 40°F, DISCARD the products.

Foodborne pathogens can grow very quickly in some foods held above refrigeration temperatures;

visual appearance and odor cannot be used to assess the safety of food products.

General Food Safety of Frozen Foods:

If foods still contain ice crystals, they can be refrozen safely. Thawed fruits, fruit juices and fruit pies will be safe to eat; however, discard these products if they have come in contact with thawed meat drippings or if they have signs of spoilage, such as off-odors due to fermentation. All other thawed foods should be discarded. The WSU publication PNW 296 - *Freezing Convenience Foods* has information about safety of frozen foods that have thawed.



Appliance Maintenance during a Power Outage: It is recommended to have appliance thermometers in refrigerators and freezers to help assess product safety.

During a power outage, keep freezer and refrigerator doors closed as much as possible. Try to keep the cold air in the freezer (a large, full freezer can hold freezing temperatures for about 2 days, a half-full freezer will keep food frozen for about 1 day) and the refrigerator (if unopened, will maintain a cold temperature for approximately 4 hours).

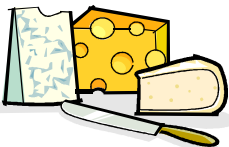
If the power outage is expected to last for an extended period, dry ice and ice blocks can be used to keep foods cold. Handle dry ice with caution. Separate dry ice from food products using a piece of cardboard; place the dry ice on top of the cardboard. Fifty pounds of dry ice will keep a full, 18-cubic foot freezer cold for two days (a general rule is to allow 2-3 pounds of dry ice per cubic foot of freezer space).

Safety of Specific Food Products:

Meat, poultry and seafood products, including hot dogs and lunchmeat. Frozen meats that have intact ice crystals and have an internal temperature less than 40°F may be refrozen. Variety meats, such as heart and liver, should not be refrozen under any circumstances. Meat products at temperatures above 40°F for more than 2 hours are potentially unsafe and must be discarded.

Hard cheese, butter and margarine.

Well packaged products should remain safe; if odors or mold develops, discard the items.



Milk products and mayonnaise. Discard if held above 40°F for more than 2 hours. This category includes milk, cream, yogurt, and soft cheeses. Ice cream should be discarded if it has partially thawed.

Fresh Eggs. Discard if held above 40°F for more than 2 hours.

Further information on food safety during natural disasters can be found at:

<http://www.cfsan.fda.gov/~dms/fsdisas.html#s2>

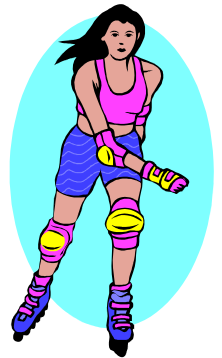
EXCESS CALORIES CONSUMED BY TEENS

A new study by researchers at the Harvard School of Public Health shows America's overweight teens consume 700-1,000 more calories daily than what is required. Overall, teens on average consume 110 to 165 calories than they require each day, leading to an excess of 10 pounds of body weight.

The study suggests the following strategies to prevent excess weight gain during childhood:

- Support longer and more frequent physical education classes that require children to be active for at least half of the class time.
- Reduce the consumption of sugar-sweetened beverages in schools and at home. (Switching one can of soda for water could mean a difference of 150 calories).
- Consume less fast food. Eating at fast-food restaurants has been associated with an additional 120 calories per day.
- Decrease the time spent watching TV to increase physical activity and limit exposure to advertising.

Source: *Study sheds light on excess calories consumed by teens* by T.J. Banes



WASHINGTON STATE UNIVERSITY
WALLA WALLA COUNTY EXTENSION

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

Debbie M. Moberg

Debbie M. Moberg
County Extension Director

Helping You Put Knowledge To Work

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