



Announcements

JANUARY

3 Dog Obedience Clinic, Walla Walla. Robin



German's instruction includes the proper care of a dog and the use of basic commands for training your dog. Classes are held on Saturdays, Jan. 3 – Feb. 7. Fee is \$10 per dog when pre-registered by Dec. 31. Late registration is \$25 if space is available. Call Walla

Walla Extension at 509-524-2685 or email meagon@wsu.edu for more information.

13 Cereal Grain Seminar, Walla Walla Elks Lodge, 7:30 a.m. – 3:05 p.m. Pesticide recertification credits will be available. Program topics include:

- Switchgrass in Dry Areas & Other Alternatives
- Precision Pesticide Application
- WSU Biofuels Cropping System Project
- WSU Extension Grain Variety Program
- Herbicide Resistance in Prickly Lettuce
- Weed Management in Peas, Lentils & Garbanzos
- Mediterranean Snail, A New Threat to Wheat
- Waste Pesticide Disposal & Container Recycling
- Walla Walla Weeds & WA Weed Free Hay Program

Pesticide recertification credits available. Pre-registration is required by Friday, January 9. Fee is \$20 and includes lunch. Contact WSU Extension at 509-524-2685 or fouts@wsu.edu.

Jan 14 & 15 Washington State Hay Growers Association Conference, Kennewick, Three Rivers Convention Center. Register at <http://www.wa-hay.org> or call 509-585-5460. Speakers will discuss hay economics and production and the current hay market situation.

21, 22 Direct Seed Conference, Kennewick, Three Rivers Convention Center. For more information or to register, visit <http://www.directseed.org> or call 208-883-0190

27,28,29 Pre-License Pesticide Training, Moses Lake, 8:00 a.m. to 4:30 p.m. This WSU training focuses on 8 of the 26 WSDA exams. All exam categories will be available on testing day (day 3).

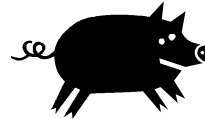
For directions, training agendas, or to register, visit <http://pep.wsu.edu>; for registration questions call 509-335-2830 or email pest@wsu.edu; license information available at WSDA 877-301-4555 or <http://agr.wa.gov/PestFert/LicensingEd/default.htm>

FEBRUARY

2 CORE Pesticide Safety Training, Milton-Freewater, Blue Mt. Community College, 8 a.m. to noon. For more information, contact Clive Kaiser at clive.kaiser@oregonstate.edu or 541-938-5597.

3,4,5 Pre-License Pesticide Training, Pasco, TRAC, 8:00 a.m. to 4:30 p.m. See January 27, 28, 29 above for more information.

6 Swine Information Day, Pasco, Red Lion Hotel,



9:00 a.m.-5:00 p.m. This educational session will address critical and emerging swine production issues in the Pacific

Northwest. For more information, visit <http://www.animalag.wsu.edu/>.

9,10,11 Pre-License Pesticide Training, Moscow, ID, University Inn, 8:00 a.m. to 4:30 p.m. See January 27, 28, 29 above for more information.

10,11,12 Sustaining Agriculture in the PNW, Richland, WA, Shilo Inn. This conference will review participants' experiences with sustainability, highlight lessons learned and craft a plan to sustain Pacific Northwest agriculture and rural communities. It is open to everyone interested in sustainability. For more information, contact Don Nelson, nelsond@wsu.edu or 509-335-2922.

17,18,19 Pre-License Pesticide Training, Spokane, Mirabeau Park Hotel, 8:00 a.m. to 4:30 p.m. See January 27, 28, 29 above for more information.

18-22 Northwest Flower & Garden Show, Seattle, Washington State Convention Center, 7th & Pike. See designer gardens and attend free hands-on demonstrations and seminars. For more information, visit <http://www.gardenshow.com> or call 1-800-569-2832.



23 Good Agricultural Practices, Session II, Richland. Second in a workshop series for on-farm food safety. Participants will have the opportunity to work with the speaker to address food safety issues specific to their farming system. For more information, contact Karen Killinger, Ph.D. at 509-335-2970 or karen_killinger@wsu.edu. To register, contact Cathy Blood at 509-335-2845 or blood@wsu.edu

26,27, 28, & March 1 Sewing & Stitchery Expo, Puyallup, WA Fairgrounds. Choose from more than 100 daily seminars and hands-on classes and browse the booths over 200 exhibitors. Call toll free 1-866-554-8559 or visit <http://www.sewexpo.com>.



MARCH

1 Scholarship Applications Due

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

Contact WSU Extension at 509-524-2685 or meagon@wsu.edu for more information.

Updates

2008 FARMER'S TAX GUIDE AVAILABLE

Walla Walla County WSU Extension now has free copies of the IRS publication #225, *Farmer's Tax Guide* for use in preparing 2008 returns. Stop by the office at 328 West Poplar for your copy. You may also download a copy at <http://www.irs.gov>.

PESTICIDE RECERTIFICATION TRAINING

Locations & Dates for 2009:

January 15,16 – Wenatchee Red Lion Hotel
January 22,23 – Yakima Clarion Hotel
January 28,29 – Moses Lake Big Bend Community College (1/28: Grant County Weed Meeting)
February 4,5 – Pasco TRAC, Holiday Inn Express
February 10,11 – Moscow, ID University Inn
February 18,19 – Spokane Mirabeau Park Hotel

Classes are from 8:30 a.m.-3:30 p.m. for 6 credits (Washington and Idaho) For Oregon credits see http://oregon.gov/ODA/PEST/recertification_index
For detailed agendas, directions, and parking information, visit the website <http://pep.wsu.edu/rct/ewrctdates.html>

THIRD QUARTER ISSUE OF CHOICES ONLINE

Choices is an online magazine published by the American Agricultural Economics Association (AAEA) for readers interested in the policy and management of agriculture, the food industry,

natural resources, rural communities, and the environment. To view *Choices*, visit <http://www.choicesmagazine.org/magazine/issue.php>

In this issue, *Choices* provides insightful ideas about biofuels, energy, agriculture, and the environment.

FREE CALF SCIENCE PRODUCER COURSE

The new Calf Science Producer course is the first of many online courses WSU will offer through the Veterinary Medicine Extension unit. The Calf Science courses are intended for producers, students of animal science and veterinary medicine, and veterinarians. These courses highlight the results of research and the relevance of that research to calf rearing.

To view the course, follow this link:

<http://vetextension.wsu.edu/courses/calfscience/producers/index.htm>

Be sure to browse around the Calf Science

<http://vetextension.wsu.edu/programs/bovine/calfscience/index.htm> and Vet Med Extension

<http://vetextension.wsu.edu/index.htm> homepages for plenty of relevant information as well as current projects and programs at WSU.

NEW DAIRYBEEF CURRICULUM ONLINE



View a free new Dairy Beef program online at:

<http://www.bqa.wsu.edu/DairyBeeF/index.htm> in English and

Spanish! There are versions for

Producers and Farm Workers. You may comment by email at VetExtension@vetmed.wsu.edu

UNWANTED HORSE SURVEY

The problem of unwanted horses is being studied through a nationwide initiative of the Unwanted Horse Coalition (UHC) with help from equine associations, veterinarians, breeders, state and local law enforcement, horse owners, rescue/retirement facilities, and other facilities using horses. The first step is an online survey — and everyone with an interest in the welfare of horses is encouraged to respond at <http://survey.ictgroup.com/uhcsurvey/>.



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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

APPLE MAGGOT UPDATE

Following the first apple maggot catches in Rooks and Howard Tietan Parks last August, only one more adult fly was trapped during the saturation trapping efforts instigated following the initial catch. Luckily no other life cycle stages were found in the fruit samples taken from the trees where the apple maggots were caught.



Both trees at Rooks Park were removed and the stumps treated so no re-growth can occur. The Howard Tietan Park site will receive increased trap monitoring and either mechanical or chemical control next season. All three sites will undergo a ground chemical control to insure there are no overwintering pupa life cycles.

Since first detected in 1979 in Portland, Oregon, the apple maggot has spread and infested apples in many parts of the Pacific Northwest. While apple maggot can render the fruit on your apple tree inedible, pockets of unsprayed "backyard" trees pose a serious threat to the commercial apple industry in the Northwest. Commercial growers face added costs for insecticides to protect their fruit from apple maggot. They also risk restrictions from overseas markets that strictly enforce pest quarantines. Homeowner cooperation and assistance in controlling this pest are critical to protecting the Northwest tree fruit industry.

Source: Butch Bosley, Walla Walla County Horticulture Pest & Disease Board Coordinator; WSU Extension Bulletin #1928

RESEARCHERS IDENTIFY POSSIBLE LIVE TEST FOR BSE

Researchers recently announced a breakthrough that could lead to a live test for Bovine Spongiform Encephalopathy (BSE) infected cattle. Scientists at Canada's National Microbiology Lab identified a consistent difference in the protein pattern in urine from BSE-infected cattle to that from healthy cattle. Currently, BSE can only be identified from brain tissue during slaughter surveillance or after an animal has been euthanized. BSE is caused by a mutant protein called a prion that damages the brains of infected cattle.

Farming & Livestock

NEW LIVESTOCK INSURANCE WEB SITE

In the last several years, cattle feeders and swine finishers have experienced increased volatility in both their output selling price and their major commodity input costs. For cattle feeders, these main risks include changes in fed cattle, feeder

cattle, and corn prices (Mark, Schroeder, & Jones, 2000). The same also holds true for swine as lean hog, corn, and soybean meal markets have been more variable in recent years.

Since the release of Livestock Risk Protection (LRP) Insurance and Livestock Gross Margin (LGM) Insurance by USDA, University of Nebraska-Lincoln has launched the Livestock Insurance web site <http://www.livestockinsurance.unl.edu>.

The new website contains a number of educational materials to aid insurance agents, educators, and producers in understanding LRP and LGM. The user-friendly Web site allows users to view video Webinars, self study guides, and PowerPoint® presentations. The web site also shows producers how to evaluate the use of these insurance products under varying market conditions.

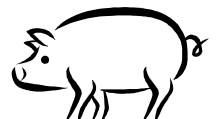
FEEDER CALF VALUE IMPACTS

Montana State University animal scientists analyzed data from the Superior Livestock Video Auction to determine if a premium was being paid for source and age verified feeder calves. They summarized data on 68,665 Montana calves marketed during June and July of 2007. Average sale weight of all calves was 584 lb, and average sale price was \$1.17/lb with an average lot size of 116 calves. Less than one third (31%) of all calves sold were age and source verified. The majority of the calves were steers (60%). When calculated for a 600 lb calf, the premium received per head for source and age verification was \$12.83. Premiums received per head of calves that were vaccinated was \$14.81 and for those weaned was \$17.64. Steers brought \$52.43 more than heifers.

In this time of cost/price squeezes, all cow calf producers would benefit from utilizing value-enhancing records and management techniques such as source and age verification, weaning, and/or vaccination to receive the maximum possible return at sale time.

PRACTICAL IDEAS TO ADDRESS HIGH FEED AND PRODUCTION COSTS

The U.S. Pork Center of Excellence, Pork Checkoff and experts from universities around the country have created a tip sheet addressing rapidly increasing feed and production costs that make it difficult for pork producers to turn a profit.



Download a tip sheet at <http://wsu.porkgateway.org>

WASHINGTON ANIMAL AGRICULTURE TEAM



Visit the Washington Animal Agriculture Team website at <http://animalag.wsu.edu/> for current livestock marketing information, newsletters, livestock health and nutrition, forages, quality assurance, water quality, and manure management as well as links

to local Extension websites.

Financial Fitness

ARE YOU ELIGIBLE FOR EARNED INCOME CREDIT?

The Earned Income Credit (EITC) is a refundable credit for people who work but do not earn high incomes. If you were married, filing jointly with more than one qualifying child, and your adjusted gross income was less than \$39,783 in 2007, you may have been eligible for EITC. Eligible Washingtonians left millions of dollars unclaimed last year by not filing for EITC.

Any refund you receive because of the EIC will not be considered income when determining eligibility for Medicaid and Supplemental Security Income (SSI), food stamps, or low income housing. Taxpayers who qualify for EITC also can get help through the IRS Free File program, which offers free electronic filing for do-it-yourselfers with internet access at <http://www.irs.gov> or at one of the IRS Taxpayer Assistance Centers.

EXTENSION PERSONAL FINANCE WEBSITE

Visit the Extension Personal Finance website at http://www.extension.org/personal_finance for current topics on consumer credit, financial planning, saving and investing, insurance, managing money, and more. Follow links to many other resources on a variety of topics that are part of the eXtension internet resource. Get accurate, timely information that is built on the firsthand knowledge and practice of experts.

Master Gardeners



Would you like to become a Master Gardener? Join fellow gardeners helping our community. The Extension office is taking applications for the 2009 class which begins the end of January.

WSU Master Gardeners are university-trained volunteers who serve as educators in their communities. Classes are held at WSU Tri-Cities

in Richland on Tuesday afternoons for sixteen weeks. Topics include plant science, soils, sustainable gardening, integrated pest management, pesticides, weed management, lawns, vegetable gardening, tree fruits, ornamentals, pruning, and plant problem diagnosis.

For more information or to pick up an application, contact the WSU Extension office at 328 West Poplar Street in Walla Walla, 509-524-2685 or email meagon@wsu.edu.

Food \$ense



STAYING HEALTHY IN THE NEW YEAR

Staying healthy year around is easier than many people think! Here are some proven ways to keep you healthy:

Handwashing The Center for Disease Control estimates a person can decrease their chance of getting sick by 50% just by washing their hands before eating and keeping their fingers away from eyes, nose, and mouth.

Choosing good foods Adding more fruits and vegetables to your food choices will also increase your chances of staying well! The nutrients found in these foods are beneficial to the body's immune system.

Often fruits and vegetables taste bland this time of year but if you purchase these foods in season, you will find a bounty of flavor! Winter fruits and vegetables in season include: brussels sprouts, guava, kiwi, oranges, pears, tangerines, turnips and of course, the Washington apple.

Movement Keep your body moving to help keep your muscles and bones strong and your mind content. For some, outdoor activities are just too cold this time of year. Fortunately, there are plenty of indoor options to keep your self in shape, both mentally and physically.

Choose traditional exercises like weight training, aerobics, cycling, elliptical, treadmill, or the stair stepper using equipment at the gym or at home. Yoga and tai chi are gentler options. Buy or check out exercise videos to help you get started. There are instructional videos for all levels of fitness. Thirty consecutive minutes of moderate-intensity exercise daily is optimal. Recent studies report that you can get the same benefit from 10-minute segments of exercise three to four times a day. You could do 10 minutes of aerobic exercise with your video before work, walk the stairs for 10 minutes

during your break, take a jog around the block with your dog after work, then end your day with a 10-minute ride on your stationary bike while watching the news.

Home & Garden

ROSE PRUNING

After the first killing frost or before the first big winter storm, it is a good idea to prune back long rose canes in the fall before winter winds can damage or break off canes or loosen the roots.

Take a look at each bush and lop off all of the large candelabras on the end of tall canes. This is the point at which accumulating snow can break the whole cane off. Also big crossing branches need to be removed so that they don't rub and damage each other during winter wind storms. Any long whiplike canes that could cause damage to itself or other plants should be removed.



The best time to do major pruning is in the early spring just as you see the new growth beginning to bud. Pruning too early may cause buds to start growing in mild weather only to

be killed by a late frost. Pruning too late may weaken the plant. It is usually safe to begin major pruning once the Forsythias begin to bloom.

OFFSET SOARING HEATING COSTS

Heating oil users will pay about 36% more on average to warm their homes, according to the U.S. Dept. of Energy (DOE). Homeowners with natural gas will pay almost 24% more than last year.

In many homes, a lot of heat escapes through the roof, cracks in walls, and gaps around windows, doors, and pipes. Ease the shock of fuel costs by taking some relatively inexpensive steps:

- ✓ Check the insulation in your attic, ceilings, exterior and basement walls, floors, and crawl spaces to see if it meets the levels recommended for your area. Insulation is measured in R-values—the higher the R-value, the better your walls and roof will resist the transfer of heat. Visit the website <http://www1.eere.energy.gov/consumer/tips/insulation.html> for DOE recommendations



- ✓ Exposed air ducts in the attic allow heat to dissipate even before it enters the house,

making the furnace work harder, so wrap or cover these ducts with insulation.

- ✓ Weatherstrip your doors and apply caulk around pipes. A few tubes of caulk, which cost \$3 or \$4 each, could save you several hundred dollars.
- ✓ Open south-facing curtains during sunny days to benefit from free solar heat and close drapes at night to help hold in heat.
- ✓ Dress warmly and set the thermostat at 65 to 68 degrees during daytime activity and 60 degrees for nighttime hours. For each degree you lower the thermostat, you can save an estimated 3% in heating fuel costs. Keep in mind that children and the elderly may need higher temperatures.
- ✓ Have a reputable specialist service your furnace to reduce your fuel bill by as much as 10%. If the furnace is fired by oil or gas, make sure the furnace and flue outlets and filters are cleaned or changed and the motor is in working order. Be sure to check furnace filters every two months during the heating season.

Source: University of Missouri Extension; Dept. of Energy

Family Living

FOOD SAFETY WHEN USING PLASTICS

Plastics make food storage a snap but not all plastics are safe to use. Storing food in plastics that are not "food grade" can result in unsafe chemicals that leach into food. Cooking in these plastics is especially risky because many plastics are not heat stable.

According to the USDA, "Plastic wrap, foam meat trays, convenience food dishes, and egg cartons have been approved for a specific use and should be considered one-time-use packaging. Bacteria from foods that these packages once contained may remain on the packaging and thus be able to contaminate foods or even hands if reused." Bottles used for soft drinks, juice, milk, water and peanut butter are made from No. 1 or No. 2 plastics and are designed for single use only. Don't continue to reuse them with food or water. Plastic grocery and trash bags are generally not made of food-grade plastic and are also unsafe.

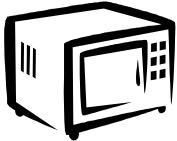


Microwave foods in plastic packaging materials only if the package directs. The American Plastics Council warns that carryout containers from restaurants and margarine tubs should not be used

in the microwave. Inappropriate containers may melt or warp, which can increase the likelihood of spills and burns. Also, discard containers that hold prepared microwavable meals after you use them because they are meant for one-time use. Cold food storage containers such as cottage cheese or yogurt containers are intended for those uses only. They are not heat-stable and chemicals from the plastic may migrate into the food during heating.

Covering food helps protect against contamination, keeps moisture in, and allows food to cook evenly. Microwave-safe plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels are safe to use. Microwave-safe plastic wrap should be placed loosely over food so that steam can escape, and should not directly touch your food. One-inch or greater space between the plastic and the food during microwave heating is a good rule of thumb. Never use plastic storage bags, grocery bags, newspapers, or aluminum foil in the microwave.

MORE MICROWAVE FOOD SAFETY



Microwaving anything that includes raw meat, whether it's frozen or thawed, can cause problems. Microwaves heat unevenly and can leave cold spots in the food that harbor dangerous bacteria, such as *E. coli*, *Salmonella*, or *Listeria*.

Many people wrongly assume all frozen meals are precooked and only need to be warmed. To be safe, you should use a food thermometer to check temperature of microwaved food in several places, especially if the product includes raw ingredients.

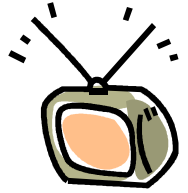
Consumers also need to know the wattage of their microwave. This affects how well it heats food and most cooking instructions are written for specific wattages. Microwaves lose power over time some smaller microwaves may not produce enough power to safely cook some products.

TRANSITION TO DIGITAL BROADCASTING

On February 17, 2009, all full-power broadcast television stations in the United States will stop broadcasting on analog airwaves and begin broadcasting only in digital. The DTV transition will affect those who watch free over-the-air television through a rooftop antenna or "rabbit ears". Federal law requires the switch, which will free up the airwaves for police, fire, and emergency rescue communications, allow broadcasters to offer programming with better picture and sound quality

and offer more programming choices, and allow for advanced wireless services for consumers.

You have three choices:



1. Connect your analog TV to a digital-to-analog converter for a one-time cost of \$40-\$70. The U.S. Government is offering two \$40 coupons per household to help you pay for the boxes. (Please note that these coupons will expire 90 days after mailing). For more information on the coupons, visit <http://www.DTV2009.gov>, or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY). You should not need a new antenna if you get good quality reception on analog channels 2-51 with your existing antenna.
2. Buy a digital television. High Definition TV (HDTV) is not required and you should not need a new antenna if you get good quality reception on analog channels 2-51 with your existing antenna.
3. Subscribe to a paid TV service. If your TV set receives local broadcast stations through a paid provider such as cable or satellite TV, it is already prepared for the DTV transition. However, if you have an analog TV that does not receive local broadcast stations through your paid provider, you will need a digital-to-analog converter box to watch digital broadcasts on that TV.

For more information, visit <http://www.dtv.gov>



"Only a fool argues with a skunk, a mule or the cook."

Funny Short Sayings by Harry Oliver.

WASHINGTON STATE UNIVERSITY
WALLA WALLA COUNTY EXTENSION

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

Debbie Moberg-Williams

Debbie Moberg-Williams
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.