



Announcements

APRIL

26 Plant Sale at the Native Plant Demonstration Garden, Walla Walla, Blue Mt. Humane Society, 7 E. George St., 10 a.m. – 3 p.m.

27 – MAY 3 Native Plant Appreciation Week

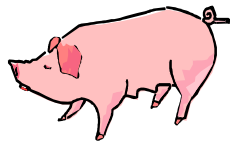
Visit <http://www.wnps.org> for details.

MAY

1 Crop Insurance Changes for Wheat, Walla Walla Regional Airport, Blue Mountain Conference Room, 7:30 p.m. There will be a presentation by Dave Paul from Spokane USDA Risk Management Agency, in regards to changes for crop insurance for wheat in Walla Walla County.

1 Northwest Jr. Sheep Exposition entry deadline. See article under July 17.

10 WSU Pig Sale, Pullman, WA at the WSU Cattle Feeding Lab beginning at 10:00 a.m. These pigs will be of the right age and weight for September shows.



Approximately 200 pigs are available. Visit <http://www.ansci.wsu.edu/facilities/images/CattleLab.pdf> for driving directions. For terms of sale, see http://www.ansci.wsu.edu/Facilities/swine/Documents/sale_rules.pdf For more information, email attimm@wsu.edu.

10 Grazing & Irrigated Pasture Field Day, Selah, WA, 6810 N. Wenas Road. Topics include fly control, fence and managed intensive grazing, pasture aeration, thistle control, and frost seeding using livestock to renovate pastures. For more information, contact Frank Hendrix, Yakima County Extension at 509-574-1600.

27 Pacific Northwest Livestock Judges & Show Management School registration deadline. See article under June 26.

31 Porkapalooza, Goldendale, WA, Klickitat County Fair Grounds, 8:30 a.m. to 4:00 p.m. This educational workshop for 4-H and FFA youth to learn what it takes to raise a market hog. Topics include selection, nutrition & feeding, fitting and

showing, health, and quality assurance. A \$5.00 pre-registration fee includes lunch and is due **by May 16**. For more information, call Klickitat County 4-H at 509-773-5817 or email klickitat@wsu.edu.

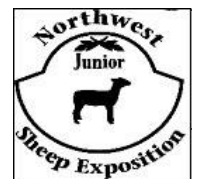
JUNE

18 WSU Walla Walla County Cereal Grain Variety Tour, Walla Walla County, 8 a.m. The tour begins with the Fall plot location farmed by Jason Beechinor (about six miles north of Walla Walla just off the Lower Waitsburg Road on Martin Road). Look for a sign. The Spring trial plot is farmed by Alan Ford and is located about 1 mile west of Prescott. It's on the east side of Highway 125, just north of the Touchet River Bridge.

26-28 Pacific Northwest Livestock Judges & Show Management School, Pullman, WA. This event will enhance your understanding of exhibition food animal evaluation and positive youth development. Update and fine tune your judging skills, review show ring procedure and protocol, and learn about the latest issues in animal agriculture and show animal production and standards. Registrations must be postmarked **by May 27**. Information and registration forms are available at <http://grant-adams.wsu.edu> or by contacting Sarah Smith at 509-754-2011, Ext. 413 or by email at smithsm@wsu.edu.

JULY

17-19 Northwest Junior Sheep Exposition, Moses Lake, WA, Grant County Fairgrounds. Participants learn about desirable market traits of meat and wool and will gain a better understanding of the economics related to producing market lambs. Exhibitors can sharpen their skills in showmanship, fitting sheep, judging sheep and wool. **Entry deadline is May 1.**



Premium books and entry forms are available at <http://grant-adams.wsu.edu> or by contacting Sarah Smith at 509-754-2011, Ext. 413 or by email at smithsm@wsu.edu.

31 WSDA Photo Contest Deadline See POULTRY PHOTO CONTEST under *Updates*.

Updates

2007 CENSUS OF AGRICULTURE



More than 1.8 million completed 2007 Census forms have been received so far. "The Census really is every producer's opportunity to be a voice for their own business, their community and their industry", says David Knopf, director of the U.S. Department of Agriculture's National Agricultural Statistics Service (NASS) Washington Field Office.

The Census of Agriculture, conducted every five years, is the only source of consistent and comprehensive agricultural data for every state and county in the nation. That information is used by town planners, policy makers, agribusinesses and others to make important growth-generating decisions.

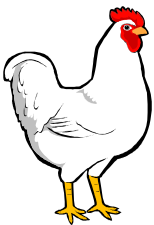
If you haven't returned your census, there is still time to be counted. Producers can return their Census forms by mail or, for the first time, they have the convenient option of responding online. For more information, or for assistance with completing the 2007 Census of Agriculture, call toll-free (888) 424-7828 or visit <http://www.agcensus.usda.gov>.

WSU VETERINARY EXTENSION WEBSITE

WSU College of Veterinary Medicine has developed a new Veterinary Medicine Extension Website. The website has information about different species and animal health concerns, the WSU Veterinary Extension Newsletter, and schedule of events. The website is located at <http://vetextension.wsu.edu>

POULTRY PHOTO CONTEST

The Washington State Department of Agriculture (WSDA) wants a photo of your bird for their 2009 Avian Health Calendar. Entry deadline: July 31, 2008. Digital photos preferred – must be at least 2 megapixels (approx. 1640 X1230 pixels) or larger. Entries will be judged on: diversity of species, diversity within species, background of photo, and neatness of bird. Submit to: Jeff Larsen, WSDA, 1111 Washington Street SE, 2nd Floor, Box 42560, Olympia WA 98504-2560, jlarsen@agr.wa.gov.



Farming & Livestock

NEW WHEAT DISEASE SHOWS ITS COLORS

A new wheat disease, Soilborne Wheat Mosaic Virus (SWMV), is occurring in southern Walla Walla and northern Umatilla counties according to Tim Murray and Dick Smiley, WSU and OSU pathologists, respectively. Growers and field consultants are seeing the yellow patches of wheat mainly in the Spofford area of Oregon and in the Mill Creek and Russell Creek areas east of Walla Walla. The wheat foliage exhibits mosaic symptoms similar to Wheat Streak Mosaic, which is already known to occur in the region.

In Oregon, this virus was first detected in winter wheat in the Willamette Valley in 1994 and in winter wheat in western Umatilla County in 2005 and 2006. The disease is transmitted from root to root by the fungus *Polymyxa graminis*.

Resistant varieties have been developed in the Northern Plains states and in New York. For now locally, our control options are limited. Sanitation between fields is important since the pathogen can be transmitted from field to field on dirty equipment. Other management options are unlikely to be helpful.



Variety selection with resistance to SBWMV is the only real defense we have against the disease. Wheat breeders in Washington and Oregon are already in the planning stage of breeding resistant varieties for the Pacific Northwest.

Efforts will continue over the next couple of weeks by university researchers, Extension staff, and crop consultants to determine the extent of the problem. If you are experiencing these types of symptoms in your wheat crop, feel free to contact John Fouts, Walla Walla County Extension at 509-524-2685 or fouts@wsu.edu for additional information and to provide us with a location of the affected fields.

Sources: Dr. Dick Smiley, Columbia Basin Ag Research Center; Dr. Tim Murray, WSU Dept. of Pathology

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

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STRIPE RUST UPDATE

Xianming Chen, USDA-ARS Plant Pathologist at WSU in Pullman, reports that stripe rust has just shown up in the Horse Heaven Hills area and in relatively low incidence compared to the rust situation this time last year. There was no rust found in the Connell area. The low rust incidence and severity are due to the relatively low temperatures so far. As the weather is predicted to warm up next week, stripe rust will develop in these areas. Growers should check their fields in two weeks, and consider using fungicides when rust incidence and severity reach 5 to 10%.

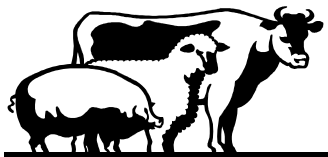
PRACTICAL IDEAS TO ADDRESS HIGH FEED & PRODUCTION COSTS

Rapidly increasing feed and production costs are making it difficult for pork producers to turn a profit. The US Pork Center of Excellence (USPCE), Pork Checkoff, and experts from universities around the country have created a tip sheet addressing current challenges facing the industry. The tip sheet *Practical Ideas to Address High Feed and Production Costs* is available on the Washington State University Pork Information Gateway (PIG) at <http://wsu.porkgateway.org>.

The tip sheet provides strategies to help find ways to cut costs and links to numerous resources within PIG and throughout the web. PIG provides timely information, factsheets, and references about production. The site is free for all users but does require a user name and password.

Source: WA Pork Producers Newsletter, Spring 2008

BUSINESS PLAN GUIDES NATIONAL ANIMAL IDENTIFICATION SYSTEM



USDA's Agricultural Marketing Service (AMS) has developed a draft Business Plan to further the

implementation of the National Animal Identification System (NAIS). AMS encourages participants in voluntary marketing programs such as the USDA Process Verified, the Quality Systems Assessment and the Non-Hormone Treated Cattle Programs to meet the animal identification requirements by using NAIS.

Currently, all AMS partners that have approved marketing programs are actively encouraging the use of premise registration and NAIS compliant Animal Identification Numbers for these marketing

program participants. Using NAIS, producers would at the same time meet the requirements for animal identification and traceability for these AMS marketing programs. Further, use of NAIS along with enrollment in these voluntary AMS marketing programs ensures that cattle are eligible for the AMS Export Verification Program for Japan with an opportunity for significant premiums for cattle producers.

NAIS would single out product derived from these cattle so that it can be labeled properly when presented for sale to American consumers at U.S. grocery stores. This helps meet the objectives of the Country of Origin Labeling (COOL) program by identifying the origin of cattle upon arrival at facilities. Contingent upon the publication of a Final Rule implementing COOL for meat and poultry products, AMS and USDA's Animal and Plant Health Inspection Service will coordinate efforts to develop a COOL "safe harbor" for NAIS participants. Packers that rely upon NAIS to determine the origin of their livestock and poultry will subsequently be recognized by USDA as demonstrating compliance with the COOL program's record keeping requirements.

Additional information about NAIS is available at www.usda.gov/nais and AMS voluntary marketing programs at <http://www.ams.usda.gov/lsg/arc/audit.htm>

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.

4-H

SUPER SATURDAY SUCCESS

On March 15 over 125 4-H youth and adult volunteers participated in our 4-H Super Saturday at Pioneer Middle School. The 27 workshops offered throughout the day included classes on food and nutrition, creative & fine arts, animal care, health and exercise, wildlife and plant identification, and leadership skills development.



4-H DEMONSTRATION CONTEST

The 4-H Public Presentation Contest begins on April 21, 2008. Last year, 79 4-H members gave presentations during the April contest and 70 of those returned to give their final presentation during the May contest. We anticipate having as many participating this year. Public presentations help members develop confidence and poise as well as help them learn more about their 4-H project.

Master Gardeners

PLANT CLINICS & FARMER'S MARKET

Visit the Walla Walla Extension office on Tuesdays from 2:00-4:00 p.m or Thursdays from 9:00 -11:00 a.m. Bring in your home garden questions or problems and speak to a Master Gardener. Problem plant samples may be left at any time during office hours and a Master Gardener will look at the specimen during clinic hours and contact the home owner.

Master Gardeners will also have a booth at Farmer's Market on Saturdays beginning on May 3. Visit with our Master Gardeners and pick up free tip sheets on a number of different gardening topics.

Home & Garden

EASY LAWN CARE CALENDAR

December-January

Avoid piling snow on turf areas
Stay off frozen grass

February

Stay off muddy grass areas
When not muddy, gently rake lawn to remove debris
Annual grass pre-emergent weed control (or early March)

March

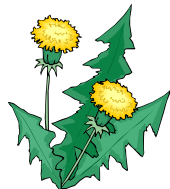
Mow (0-2 times per month)
Dethatch and aerate if needed

April

Mow (4 times a month)

May

Mow (4-6 times a month)
Fertilize
Broad leaf weed control



June

Mow (4-6 times a month)
Fertilize

July

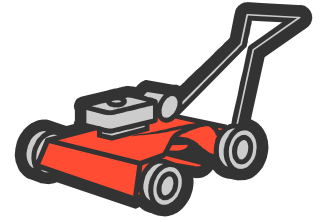
Mow (4 times a month)

August

Mow (4 times a month)

September

Mow (4 times a month)
Fertilize
Broad leaf weed control



October

Mow (2-3 times a month)

November

Fertilize

To remember when to fertilize your lawn, think of holidays: Memorial Day, Fourth of July, Labor Day, and Halloween. The N:P:K ratio of 3:1:2 is recommended and be sure it contains some slow release nitrogen. If you only fertilize once a year, fall is the most important time.

Source: Cindy Mason, Benton-Franklin Master Gardener

WATER WISE GARDEN TIPS

Lower water bills and healthier plants are just two of the many benefits resulting from waterwise practices. Some tips to get you started:

General Landscape

- Use drought tolerant plants which use less water once they are established.
- Select varieties that are native to the area or a region with a similar climate will be naturally adapted for local climate and soils.
- Group plants according to their water requirements to avoid over- or under-watering.
- Add generous amounts of organic matter to the soil. This will improve water penetration and retention which will encourage good root development and lessen the plant's need for water.
- Plant shade trees to help keep the landscape cooler and to reduce water loss. Be sure to water deeply once a week during warm weather (more if temperature is extreme).
- Mulch to reduce moisture evaporation.
- Fertilize sparingly. Excess growth requires extra water.



- Water plants when the soil is dry. Don't be alarmed by a slight loss of quality during extended dry periods.

Lawns

- Irrigate lawns deeply, once or twice a week depending on the weather. Water should reach down 6-8 inches into the soil. Frequent shallow watering encourages shallow roots which are more susceptible to heat damage.
- Set your lawn mower higher, about 2 inches for Kentucky bluegrass. Shaded roots are cooler and require less water.
- Consider reducing the size of your lawn.

Watering

- Adjust sprinklers so that water does not reach the pavement.
- Water early in the day and avoid watering on windy days to decrease evaporation.
- Check your sprinkler system for leaks, overspray and broken sprinkler heads.
- Remove weeds that steal water and nutrients from more desirable plants.
- Adjust your watering to the weather. Don't irrigate if rain is predicted and skip a watering or two after a good rain. Less water is needed during cooler weather.
- Use a broom instead of a hose to clean driveways and sidewalks.



Altering an existing landscape to conserve water may be as simple as relocating a few shrubs or flowering trees to more environmentally suitable locations on the property or improving the shape of plant beds to simplify irrigation.

Food \$ense

HELP YOUR KIDS SPRING INTO FRUITS AND VEGGIES



Spring is a great time to introduce your children to new fruits and vegetables. Eating 5 to 9 servings of fruits and vegetables is easy, especially if you have a plan.

Here are some ways to be sure your kids are getting powerful nutrients from powerful foods that keep them healthy and happy!

- Choose 100% real fruit juice. Just ¾ cup (6 oz) is one serving
- Ask your kids to help make the plan by sharing their favorite fruit/vegetable choice. Be sure you put it on the shopping list.
- Give your kids an opportunity to dip their veggies in something they like (ranch dressing, cream cheese or cheddar cheese)
- If possible, choose fruits and vegetables in season for the best fresh taste. Canned and frozen are always good alternatives.
- Let your kids help make some kid friendly recipes that include fruits and veggies (like broccoli and pineapple mini pizzas).



How much is enough? A serving of fruit or vegetable may be smaller than you think. <http://www.Dole5aday.com> provides these suggestions to determine a serving size:

- 1 medium-sized piece of fruit (banana, apple, orange, pear)
- 1/2 cup cut-up fresh fruit or canned fruit, canned in its own juices
- ¾ cup (6 fluid ounces) 100% fruit juice
- 1/4 cup dried fruit (raisins, dried apricots, prunes)
- 1 cup raw, leafy vegetables (lettuce, spinach) or salad
- 1/2 cup cooked or canned vegetables
- ¾ cup (6 fluid ounces) 100% vegetable juice



Finally, parents shouldn't get discouraged if kids only like a few fruits and vegetables. Serve them what they like, and offer new opportunities for new experiences. Eventually they will try something new.

Fruits and veggies in season this spring:

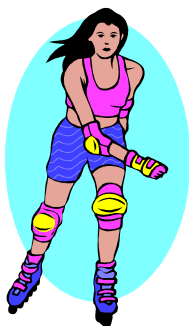
Apricot	Artichoke	Asparagus
Collard Greens	Grapefruit	Green Peas
Guava	Mango	Orange
Papaya	Parsnips	Strawberries
Swiss Chard		

Family Living

REFRIGERATOR TIPS

- Keep your refrigerator at 40° F or below.
- Hot foods can be placed directly in the refrigerator or can be rapidly chilled in an ice or cold-water bath before refrigerating.
- Large pots of soup or stew should be divided into small portions and put in shallow containers before putting into a refrigerator.
- Large cuts of meat or whole poultry should be divided into smaller pieces and wrapped separately or placed in shallow containers before refrigerating.
- Produce crisper drawers help regulate moisture for fruits and vegetables. Vegetables require higher humidity while fruits require lower humidity.
- An adjustable temperature meat drawer maximizes the storage time of meats and cheeses. A meat drawer should be used for EITHER raw or ready-to-eat meat. DO NOT store these together to avoid cross contamination.
- It is best not to store perishable foods on the door of the refrigerator.
- Eggs should be stored in a carton on the shelf.
- Place an open box of baking soda in your frig to help with odors.
- Keep the front grill free of dust and lint to permit free airflow to the condenser. Several times a year, the condenser coil should be cleaned with a brush or vacuum cleaner to remove dirt, lint, or other accumulations. This will ensure efficiency and top performance.

TIME TO SPRING INTO ACTIVE LIVING

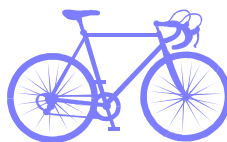


Winter is over and gone with it should be the excuses for not being physically active. The warm weather and the blooming daffodils just beckon us outside. There are a variety of activities the entire family can do to meet daily activity needs.

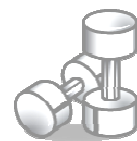
For adults, 30 to 60 minutes of moderate physical activity is recommended most days of the week. Moderate means you should be able to feel you are doing some physical activity. It would be the equivalent of walking two miles in 30 minutes. If you don't have 30 minutes, you can do your physical activity in three ten minute bouts but that ten minutes needs to be moderate exercise. Children need at least 60 minutes of physical activity most days of the week.

If you haven't been active all winter, start slowly and gradually work your way up to 30-60 minutes per day. That will give your body time to adjust and will help prevent soreness and injury.

If you have children, make it a point to exercise or be active with them. Children of parents who exercise are more likely to lead physically active lives than children of parents who do not regularly exercise. Keep in mind that things they like to do are good for both of you. Try taking a long bicycle ride, a hike in the woods or go swimming at the pool.



There are many benefits to be gained from getting regular exercise. It is easier to maintain a healthy weight when you are exercising. People who lead active lifestyles can help lower risk factors for heart disease, high blood pressure, diabetes and some types of cancers. Weight bearing exercise such as walking, running and weight lifting can help make bones stronger and strength training can help make muscles stronger. Many people who exercise regularly say they sleep better and feel less stress when they are exercising.



Your body benefits in the long run when you develop regular exercise habits. Some people feel like they just don't have time to work exercise in to their daily routine. Keep in mind that exercise helps you to have more energy. So, after you exercise, you'll be rejuvenated to finish your other tasks.

Source: Tammy Roberts, University of Missouri Extension

If you haven't got time to do it right, when will you find the time to do it over?

Jeffrey Mayer, American business consultant and author

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.