



Announcements

JULY

9, 10, 11- Sewing Machine Repair with Ray White, Franklin County Public Works Building, 3416 Stearman Ave., Pasco, WA. This is an intensive three day "hands-on" basic training course where you will actually diagnose and service a malfunctioning sewing machine(s) after receiving the training. Contact Sally Walter at 509-529-7447 or waltera@wwics.com for more information or visit Ray's website for details at <http://www.whitesewingcenter.com/learn.php>.

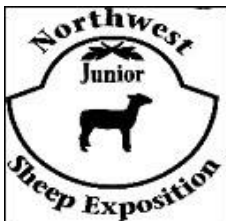
Registration is due by July 5 with a \$375 class fee. Registration forms are available at the WSU Extension office, 328 West Poplar, Walla Walla.

9 – AUG 3 Intensive Spanish Institute, Walla Walla Community College. College students may earn 8 WWCC credits or 80 clock hours. A four week course for high school students will earn 16 transferable community college credits that will satisfy most universities' college admissions.

Beginning and intermediate Spanish classes will be held July 9-20. Advanced beginning and advanced intermediate classes will be held July 23-Aug. 3. Classes are Monday-Friday, 8:30 a.m.- 4:30 p.m.

To register or for more information, contact Cynthia Selde at 509-529-5959 or cselde@wsu.edu.

19-21 Northwest Junior Sheep Exposition, Grant



County Fairgrounds, Moses Lake, WA. This event includes classes for market lambs, prospect lambs, and breeding sheep as well as educational displays. A Sheep Skill-A-Thon will test one's knowledge and

skill in sheep husbandry. 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.

21 Media-Smart Youth Training, WSU Extension meeting room, 328 W. Poplar, Walla Walla, WA, 8 a.m. - 5 p.m. Every day, 11 to 13 year-olds spend nearly seven hours using media, including television, computers and video games. They

encounter up to 40,000 marketing and advertising messages per year that focus primarily on candy, cereal, and fast food. This eight-hour training will focus on media analysis, media production, nutrition, and physical activity. Participants will learn how to implement and facilitate the program with young people in their community.

The cost is \$35.00 and includes a notebook, lunch, and breaks. Sponsors: WSU 4-H, Met Life Foundation, Washington Afterschool Assoc., Food \$ense, and EFNEP. Registration deadline July 13. For more information or to register, contact Betsy Fradd at fradd@wsu.edu or 253-445-4543.

AUGUST

8 - Watercolor Class with Joyce Anderson, WSU Extension office, 328 West Poplar, Walla Walla. Pre-registration with \$10 fee required by July 31. Session times TBA. Open to all youth in 3rd through 12th grade. For more information call 509-524-2685 or email bbryce@wsu.edu.

SEPTEMBER

8 – Walla Walla Community Hospice 6th Annual Pond & Garden Tour Visit ten of Walla Walla's outstanding gardens all of which have a pond or other water feature. Tickets for the fund raising event are \$20 per person, and will be on sale beginning August 8. Call 509-525-5561 or visit <http://www.wwhospice.org> for more information.



29 - Meat Goat Program Day, Walla Walla Regional Airport Community Room, 9:00 a.m. - 3:00 p.m. Join us for a day of discussion on meat goat business planning and marketing. Sessions will include goal setting, business planning, budgeting, WSDA regulations, and a marketing panel.

Please pre-register at the Extension office or by phone 509-524-2685 by September 14. Registration fee is \$15 but is offered free to 4-H and FFA youth. Pizza and pop will be available for purchase at lunch time; brown bags are welcome.

Updates

GARDNER NEW WSU VICE PRESIDENT

John C. Gardner, vice president for Research and Economic Development for the University of Missouri system, will become the vice president for Economic Development and Extension for Washington State University on July 1.

In making the announcement, WSU President Elson S. Floyd praised Gardner's long and distinguished career in economic development, agriculture and research and said he is the right person to coordinate the university's efforts in helping build the state's economy.

eXtension SOLUTIONS TO WILDLIFE DAMAGE

Do you have moles in the lawn or squirrels in the attic? The *eXtension Wildlife Damage Management* web site is an excellent resource for anyone needing information about managing wildlife problems. The web site has been developed through the collaboration of nationally recognized wildlife biologists, nuisance wildlife control operators, educators, and people interested in the field of human-wildlife relations.

To take full advantage of the site, register at www.extension.org and choose Wildlife Damage Management. Be sure to check out the following:

- **Frequently Asked Questions** allows users to submit queries about wildlife management.
- **Ask the Expert** provides an answer to questions with a usual response within 24 hours.
- **Glossary & Diseases** list terms and illnesses that are commonly found in wildlife damage management.

NEW RESOURCES FOR CHECKOUT

The Walla Walla Extension office has a lending library of many videos, DVDs, and notebooks on not only 4-H, farming and livestock topics but also health and personal development, children and parenting, gardening, water quality, food safety and nutrition, family living, gardening, pesticide management, and more.

Some new arrivals:

Forest Practices Illustrated – Washington State Department of Natural Resources



Forest practices habitat conservation plan, protecting cultural resources, forest road construction and maintenance, timber harvest issues: riparian and wetland management, threatened and endangered species, reforestation, forest chemicals, and harvest systems.

Beginner's Guide to Raising & Showing Chickens (DVD)– Allison MacLeod

Choosing chicks, flock care, showing chickens, winning at showmanship, and butchering.

Exercise: A Guide from the National Institute on Aging Exercises, motivation, safety, self-tests, benefits, and nutrition.

NAIS and Horses: The facts surrounding the National Animal Identification System as it applies to the horse industry in the U.S.

Equine species Working Group; March 2007.

The history of NAIS, equine diseases of concern, methods of identification, potential benefits of a national equine ID program, FAQ, and the current status of NAIS.

4-H Horse Show Organizational Guide – Colorado State University

4-H philosophy, arena safety, timetable, job descriptions, equipment checklist, computing high point scores, and sample judge contracts, show bills, and score sheets.



Farming & Livestock

WASHINGTON GRAIN ALLIANCE FORMS

The newly formed Washington Grain Alliance will represent the Washington Barley Commission (WBC), Washington Wheat Commission (WWC) and the Washington Association of Wheat Growers (WAWG).

Tom Mick, current administrator of WWC, was hired to be the Alliance's CEO. Mr. Mick will coordinate activities of the staff and facilitate programs, policies, and assets of the individual organizations. Each entity will maintain its own name and board of directors, and will hold separate meetings.

The Washington Grain Alliance staff will work on a team basis to cover the work load of all three groups. The staff will be maintaining separate books and budgets.

This is a great move by all three organizations to make cereal grain industries in Washington more effective. By being jointly managed, they will speak with one voice, maintain their grassroots involvement, and be strategically positioned for the future.

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

WSU EXTENSION NEWSLETTER
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WSU EXTENSION
WALLA WALLA COUNTY
328 WEST POPLAR
WALLA WALLA, WA 99362

CENTRAL WASHINGTON ANIMAL AGRICULTURE TEAM



Visit <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.

Some topics in the current newsletter include:

- ◆ *It's Fly Season Again!*
- ◆ *Colic= A Pain in Your Horse's Belly and a Pain in Your Neck!*
- ◆ *Official Scrapie Identification: Requirements for Sheep and Goats*
- ◆ *Controlled Grazing: A Proven Management Tool*
- ◆ *Grazing for Weed Control*
- ◆ *The Other Kochia: Forage Kochia*

ASPARAGUS TRADE FACTS

Washington State produces approximately 53 million pounds of asparagus annually, adding around \$28 million to the state's economy. The 175 producers in Washington raise 40 percent of all the asparagus grown in the U.S. on approximately 10,000 acres in the Columbia Basin, Yakima Valley and in the Walla Walla area. This level of production ranks Washington state second in the nation, behind California. Asparagus is ranked 24th out of Washington state's top 50 agricultural commodities.

The growing season in Washington state runs from March to June, while January through May marks the peak season for total U.S. production. However, imports from Chile, Mexico, and Peru allow consumers to purchase asparagus year round. In 2004, the U.S. imported \$176 million of asparagus from Central and South American countries.

Source: Samantha Graf, IMPACT Communications Specialist, Washington Asparagus Commission, the National Agricultural Statistics Service, USDA Foreign Agricultural Service, Dole 5-A-Day program.

BRUCELLOSIS IN MONTANA CATTLE HERD

Montana, certified as Brucellosis free since 1985, confirmed the disease in May in a cattle herd near Bridger, MT. Brucellosis in cattle is extremely contagious and causes fertility problems and the birth of sick calves.

In January 2006, Idaho was classified as a "Class A" brucellosis state after detecting the disease in two herds in the winter of 2005. A state will lose its federal class free status when two herds have tested positive for the disease in a twelve month period. To regain class free status, a state may reapply after one year of the last detected brucellosis case.

Washington has been classified as a class free brucellosis state since 1988. To protect the Washington herd and the cattle industry, imported cattle are required to have a health certificate indicating they are brucellosis-free prior to entering the state. It typically costs states millions of dollars when they lose their class free status.

Wyoming lost its class free status after testing positive for the disease in 2003 and 2004. The executive vice president for the Wyoming Stock Growers, Jim Magagna, reported the State of Wyoming spent about \$4 million, mostly to help cover the cost of additional brucellosis testing. The cost to ranchers has been at least \$5 million so far, which includes costs for testing, more handling of livestock, sales losses, and other factors.

PREVENTION: A Young Person's Guide to Keeping Animals Safe and Healthy

A new booklet from Ohio State Extension provides a short youth-oriented course concerning those basic medical principles essential to keeping animals safe and healthy -- farm isolation, traffic control, hygiene, and sanitation. Readers are shown how common or unusual diseases are reduced when animals are protected from direct or indirect contact with other animals (wild or domesticated), people, and equipment from other locations. Further, they are informed about the many reasons why an animal's environment and surroundings need to be hygienic and sanitary. To download your copy, visit:

<http://www.vet.ohio-state.edu/assets/pdf/depts/prevMed/extension/PreventionBooklet.pdf>

4-H

SUMMER PROGRAMS

4-H activities continue through the summer. Dog obedience classes have begun and will continue each Saturday through the end of June. Watch for quilts at the Fair made during summer 4-H quilt camp the end of June. Horse camp for youth with disabilities included two days with large animals and a third day with mini horses and a small animal petting zoo. Three exchange students from Japan



will be hosted by Walla Walla 4-H families for a month beginning in mid July. Watercolor painting classes are planned for August open to all youth in third through twelfth grades.

Master Gardeners

Come visit with our Master Gardeners at the Walla Walla Extension office on Tuesdays from 2:00- 4:00 p.m or Thursdays from 9:00 -11:00 a.m. Master Gardeners will also be at the Farmer's Market on Saturdays.

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.

Home & Garden



PLANTS FOR BEES

By providing patches of flowers, we can improve our environment for bees. Native plants are very attractive to bees but many garden plants provide good foraging. Choose several colors of flowers – bees are particularly attracted to

blue, purple, violet, white, and yellow. Flowers planted in clumps of one species will attract more pollinators than individual scattered plants. Provide a range of flower shapes to benefit different species. A diversity of plants flowering all season will support a wide range of bee species that fly at different times of the season.

Some bee favorites include aster, basil, black-eyed Susan, currant, English lavender, goldenrod, lupine, marjoram, mint, Oregon grape, penstemon, rosemary, tickseed, and yarrow.

Source: Matthew Shepherd, The Xerces Society

WHAT CAN YOU DO ABOUT GLOBAL WARMING?

According to the Environmental Protection Agency, global warming is an average increase in the temperature of the Earth's atmosphere which can contribute to changes in global climate patterns. Global warming can occur from a variety of causes, both natural and human induced. In common usage, "global warming" often refers to the warming that can occur as a result of increased emissions of greenhouse gases from human activities.

Washington is especially vulnerable to climate change because of our dependence on snow pack

for summer stream flows and because the expected rise in sea levels threatens our coastal communities.



Here are some easy things we can do to reduce use of fossil fuels and to help slow climate change:

Drive Less: More than half of our carbon dioxide (CO₂) comes from vehicles, so use public transit, carpool, bike, walk, or work from home if possible. You save 1 pound of CO₂ for each mile of driving you eliminate. Choose a fuel efficient vehicle for your next car.

Stop Idling: Don't idle your vehicle engine if you are stopped for more than 10 seconds (unless you are in traffic).

Weatherproof Your Home: Install storm windows and close curtains at night to reduce heat loss and energy use. Upgrade insulation in walls, basements and attics to save up to 30% of your energy bill.

Change Your Lights: Replace regular light bulbs with compact fluorescent light bulbs and turn out lights when you leave a room.

Cut Hot Water Use: Turn your hot water heater thermostat down to 120 degrees and wrap your hot water heater in insulation. Use low-flow showerheads and wash clothes in cold or warm water. Run the dishwasher and washing machine only with full loads.

Adjust Your Thermostat: Moving your thermostat down just 2 degrees in winter and up 2 degrees in summer could eliminate about 2,000 pounds of CO₂ a year by reducing power use. Install a programmable thermostat for best efficiency. Turn the heat down before sleep at night or when leaving the house.

Turn Off Power: Some TV models use more electricity when they're off than when they're operating. Plug them and other appliances into a surge protector; switch off the surge protector after you turn off the appliances. When you buy new appliances, look for power-saving Energy Star ratings.

Purchase Green Power from your utility to support clean, renewable electric power. For more efficient, clean energy, consider an energy-efficient furnace, geothermal heat pump, or solar roof top panels.

Plant Trees and Vegetation: Trees absorb CO₂ and give off oxygen. One tree will absorb over a ton of carbon dioxide during its lifetime. Trees and bushes make effective wind breaks; they can

reduce winter heating costs by 40 percent and summer cooling costs by up to 50 percent. Just three properly placed trees can save homeowners between \$100 and \$250 a year in heating and cooling costs, according to some estimates.

Reuse and Recycle: Reuse items and recycle your waste newsprint, cardboard, glass, metal, and recyclable plastic containers. It takes less energy to make products from recycled goods than from new raw materials.

Shop Smart: Buy products with less packaging and reusable or recyclable packaging.

Source: Global Warming – WA State Dept of Ecology

WSU Learning Center

WSU AT HOME - WSU DISTANCE DEGREES & CERTIFICATES

- BA in Business
- BA Business/Management Information Systems
- BA in Humanities
- BA in Criminal Justice
- BA in Social Sciences
- BA in Human Development
- MS in Agriculture
- Graduate Certificate in Instructional Design
- ESL Endorsement for Teachers
- Professional Certification for Teachers
- Professional Writing Certificate
- Volunteer Management

For more information call 1-800-222-4978 or visit <http://distance.wsu.edu> or visit Cynthia Selde, Coordinator at the WSU Learning Center at Walla Walla Community College, 500 Tausick Way Rm 73, Walla Walla, WA 99362; 509-529-5959 or cselde@wsu.edu.

Family Living

WASHINGTON STATE RANKED FIFTEENTH

America's Health Rankings, released by the United Health Foundation, ranks Washington State 15th in the nation. Problem areas for Washington include low public health funding and low childhood immunization rates. Washington continues to have a low rate of smoking, low premature death rates, and low infant mortality. Unfortunately for 2006, motor vehicle deaths, occupational fatalities, and the number of uninsured increased.

The Washington Health Foundation maintains that Washington can move into the top ten state health rankings if we:

- insure all Washington's children and see that they receive timely immunizations
- increase the proportion of our high school students who graduate on time
- increase investments in Washington's public health infrastructure
- increase the share of Washington's women who receive timely prenatal care and timely mammograms

For the complete report, visit <http://www.whf.org/>.

NEW WHOLE GRAIN STAMP



The 2005 Dietary Guidelines recommend that all adults should eat at least three servings of whole grain each day – or 48 grams. All grains start out as

whole grains. If, after processing, they retain all three parts of the original grain — the germ, the bran and the endosperm — in their original proportions, they still qualify as whole grains.

To help consumers, the Whole Grains Council has created a new whole-grain stamp. This black and gold stamp can be anywhere on the package. Each "Stamped" product guarantees you at least half a serving of whole grains. The stamp makes it easy to get your recommended three servings or more of whole grains each day. Eating three whole grain food products labeled "100% Whole Grain" does the trick – or six products bearing ANY Whole Grain Stamp.

Here are a few products available today that supply about 16 grams (or 1/3 of the daily recommendation) of whole grain:

- 4 Triscuit® crackers
- 2/3 cup of Cheerios®
- 1/3 cup of Wheat Chex®
- 2/5 cup of cooked oatmeal
- 1 slice of whole grain bread
- 1/2 a whole-grain English muffin
- 1/3 cup cooked whole-wheat pasta
- 1/3 cup cooked brown rice, bulgur, barley or other cooked grain

The Whole Grains Council stamp is a voluntary program, so many whole grain products do not yet use the stamp, in which case you'll have to look at the ingredient list to try to figure out how much whole grain is in the product. Look for words such as "whole wheat", "cracked whole wheat", "rolled

oats”, or “whole rye” listed at the beginning of the ingredient list. The closer to the beginning of the list you find whole-grain ingredients, the more whole grains a product contains. Best of all, are the words “100% whole grains” on the front of the package.

Sources: *Environmental Nutrition, Whole Grains Council; University of Missouri Extension*

STRAWBERRIES: TASTY NUTRITION

Ounce for ounce, strawberries have more Vitamin C than citrus fruit. According to the American Cancer Society, foods rich in Vitamin C may lower the risk of cancers of the gastrointestinal tract. They are also rich in potassium and soluble fiber, and they provide a modest amount of iron. One cup of strawberries contains around 45 calories.



Select firm, dry, bright red berries with fresh green caps. Strawberries do not ripen after being picked. Check berries to make sure they are mold-free. If one berry has mold, mold spores will have traveled to other berries.

Use strawberries as soon as possible after harvest or purchase. Refrigerator storage can dull the flavor of the berries. Store loosely covered, unwashed berries in the coldest part of the refrigerator for two to three days at most.

Do not wash berries until you are ready to use them. Leave the berry caps on until after berries are washed to prevent water from soaking into the berry. Removing the cap starts the destruction of vitamin C, so serve your clean berries with caps intact when possible. To wash, place berries in a colander and rinse under gently flowing cold water. Berries that sit in water will lose their color and flavor.

Strawberry Spinach Salad

This salad is loaded with vitamins A and C.

Yield: 8 servings.

- 2 cups sliced strawberries
- 1 large bag pre-washed spinach leaves
- 1/3 cup sugar
- 1 1/2 teaspoons Worcestershire sauce
- 1/2 teaspoon paprika
- 1/2 cup olive oil
- 1/2 cup balsamic or cider vinegar
- 2 tablespoons sesame seeds (optional)

Mix berries and spinach in a large bowl. In a medium bowl, mix dressing ingredients well. Pour dressing over salad.

Chocolate-dipped Strawberries

An elegant but simple treat!

Yield: 12 servings

24 strawberries

1 cup semisweet chocolate chips

2 teaspoons shortening

Rinse and dry strawberries, leaving stems intact. Place chocolate and shortening in a microwave-safe bowl. Microwave on high 1 to 2 minutes until smooth, stirring every 30 seconds. One at a time, dip each berry halfway in the chocolate and place on a sheet pan. Refrigerate until chocolate hardens.

Source: Susan Mills-Gray, Nutrition Specialist, Cass County, University of Missouri Extension

SWEET ONIONS ARE HERE!

Sweet Onion Hamburger/Hot Dog Topping

Courtesy of Pam Castoldi

In large skillet, combine fresh, sliced Genuine Castoldi Walla Walla Sweet onions (2-3 large size depending upon how many you are feeding) with 1-2 pounds of bacon (ends/pieces work well) cut into 1-2 inch pieces. Add fresh ground pepper to taste. Cook on medium heat until onions are caramelized and bacon is done (approximately 15-20 minutes). Drain. Use as a topping for grilled hamburgers/hotdogs, etc.

Dilled Onions

Thinly slice 2 large sweet onions into a wide-mouthed jar. Sprinkle with 1 heaping tsp. dill

Combine in saucepan:

1/4 cup water

1/2 cup white vinegar

1/2 cup sugar

1 tsp salt



Bring to a boil and pour over the sliced onions. Let marinate overnight in the refrigerator. Store in the refrigerator.

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.