



## Announcements

### SEPTEMBER

**22 - Experience 4-H!**, booth at Farmer's Market, Fourth and Main Streets, Walla Walla, WA, Saturday from 9 a.m. to 1 p.m. See article page 4.

**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.

### OCTOBER

**1 - Heritage Barn Registration Deadline.** See *Washington Heritage Barn Register* article below.

**3-5 Beef 300**, Pullman, WA, WSU Meat Lab. Learn to produce consistent, high quality, wholesome beef at the farm, stocker, feedlot, packing plant, and retail levels. This three day workshop will provide hands-on training illustrating value-determining factors influencing prices received for beef and beef products marketed through various outlets. It will provide an overview of management, environmental, nutritional, and genetic factors contributing to muscle quality attributes and increase understanding of the links in the production chain from farm to table.

Class size is limited and registrations close on September 12. Workshop fee is \$150.00. Registration forms are available at Walla Walla County Extension office.

**29 - Beekeeping Class**, Walla Walla County Extension meeting room, 8:45 a.m. - 4:30 p.m. The instructor, Jim Miller, has a Masters Certificate

from Washington State Beekeepers Association. Agenda topics include The Honey Bee; The Hive and Its Components; The Flower, Pollen, & Nectar; Diseases of Bees; Spring Start Up, Summer, Extraction, & Winter; Marketing.

Pre-registration with \$20.00 class fee required by October 17. Contact WSU Extension at 524-2685 or [fouts@wsu.edu](mailto:fouts@wsu.edu) for more information.



## Updates

### CONGRATULATIONS TO THE TEN WALLA WALLA FAIR EXTENSION DRAWING WINNERS

Charlie Drury  
Ken Guyer  
Margaret Sampson  
Jean Ponti  
Sharon Gerbino

Carlyn Kraft  
Shauna Delay  
Reilly Roach  
Michalene Winkler  
Brian Cramer

Each person won a free copy of *Fire-resistant Plants for Home Landscapes*, a new publication by Oregon State University, Washington State University, and University of Idaho. You may pick up your free copy at the Walla Walla County Extension Office at 328 West Poplar in Walla Walla.

## Farming & Livestock

### WASHINGTON HERITAGE BARN REGISTER

Created with the passage of SHB 2115 in May 2007, the Washington Heritage Barn Register commemorates barns as historically significant resources representing the agricultural, economic, and cultural development of the State of Washington.

The legislation essentially does two things:

1. creates the Heritage Barn Register – owners can nominate their historic barns to be designated as official Heritage Barns; and
2. provides matching grants to owners of designated Heritage Barns for projects aimed at the stabilization and rehabilitation of the historic structures.

There are three important dates associated with program: **Oct. 1** is the deadline for barn owners to submit nomination forms. **Nov. 2** is when a committee will designate eligible barns as Heritage Barns. **Nov. 30** is the tentative deadline for submitting grant application forms.

Please visit the Dept. of Archaeology & Historic Preservation website at <http://www.dahp.wa.gov/pages/HistoricSites/HeritageBarnRegister.htm> to find a press release about the program, a one-page information sheet, and the Heritage Barn Nomination Form.



For additional information, contact Chris Moore, Field Director for the Washington Trust for Historic Preservation at 206-624-9449 or [cmoore@wa-trust.org](mailto:cmoore@wa-trust.org).

### **PASTURE GRASS VARIETIES FOR LIVESTOCK**

Do you plan to establish or renovate your pasture this fall? It is important to consider the type of livestock that will utilize the pasture now and in the future as well as the annual rainfall, available water rights, soil types, weed pressure, as well as the ability to rotate animals, mow, and spray the pasture.

Selection of the proper species or mix is an important step in establishing a pasture that meets the needs of your animals and works for your property. Allowing adequate time for establishment, providing enough moisture, and managing weeds will give your pasture the start it needs.

**Kentucky bluegrass** is a sod-forming grass which can handle low stocking rates. Mixing with a short legume, such as clover, works well. It can be slow to establish, requires 20 inches of moisture annually, and is not usually grown for hay due to its low productivity and short stature.

**Annual and perennial ryegrass** are bunch-type grasses. They establish easily and have high forage quality. They need well-drained soil and a minimum of 30 inches of moisture annually. Grazing lower than 4 inches may damage the plant and ryegrass is not overly tolerant to drought, heat, and winter cold. Use endophyte-free varieties. Do not use turf varieties.

**Smooth brome** forms a dense sod by spreading rhizomes. It is winter hardy, drought and heat

tolerant but it can be slow to establish. Plants should be grazed when they are between 4 - 6 inches or after they reach 10 inches to prolong yield.

**Intermediate Wheat Grass** is a sod-forming grass that is drought tolerant. **Crested wheatgrass** is a medium height bunch grass that is very tolerant to drought, shade, cold, and high elevations. It is slow to establish, taking up to two years. **Tall wheat grass** is a tall, vigorous bunch grass that is well adapted to saline and alkaline soils. It is late maturing but has good longevity and hardiness, although it has poor palatability at late maturity and low yield.

**Orchardgrass** is a bunch grass that grows well with a range of soils as long as there is a minimum of 20 inches of moisture annually (16 inches for Paiute). Orchardgrass matures early but it is not overly tolerant to drought, heat, or winter cold and may thin out over time. It should be grazed frequently to maintain adequate quality.

**Tall fescue** is a bunch-type grass that spreads from short rhizomes. It has good forage quality, is drought tolerant, and is easy to establish but it is not winter hardy and low palatability can sometimes be a problem. Plants should be grazed between 4 - 6 inches or after they reach 10 inches. Select endophyte-free and low-alkaloid varieties.

**Hard fescue**, a bunch grass, does well on low fertility sites and in shaded areas. It is drought tolerant and tolerates medium acid soils, making it more adapted to forest and foothill regions rather than open prairies. It tolerates close grazing but is slow to establish and the forage can be low yield and of poor quality.

Check with your local county Extension office or conservation district for recommendations on forage species adapted to your area. For more information, visit <http://www.attra.org/attra-pub/sustpast.html> or <http://www.tarleton.edu/~range/Home/home.htm>



Source: *Pasture Grass Varieties for Livestock* by Debbie Moberg, WSU Extension, Walla Walla County. See the *WSU Livestock Round-Up* summer 2007 newsletter at <http://animalag.wsu.edu/newsletters/index.html>

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

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## MANAGING FOR PROFIT IN AN ERA OF HIGH FEED PRICES

Livestock producers' profitability is being adversely affected by rising feed prices. This is forcing producers to re-examine all of their management strategies.

The current feedstuff prices are high due to unprecedented demand because of the expansion in U.S. bio-fuel policy with its goal to almost triple ethanol production over the next few years. Market adjustments to increased corn demand extend well beyond the corn sector to the supply and demand of other crops, such as barley, and are adversely affecting livestock prices.



It is unlikely that livestock producers' profitability will be rescued by higher sale prices, at least in the near term. Producers need to examine cost management options such as least cost rations to address profitability concerns. Decisions to modify ration formulation depend on economics, the producer's forage resource base, potential animal health consequences, alternative feedstuff price, quality and availability, and on-farm storage and handling capability. Unfortunately, as the cost of substitute feedstuff rises, the economic effectiveness of the least cost ration strategy is diminished.

A second management response could be to adjust herd size relative to the resources on the farm. A common approach is reducing breeding inventory levels by culling the more unproductive animals from the herd. High cow slaughter numbers typically works to decrease the future supply of calves providing a positive stimulus on future calf prices. Some producers may take advantage of cyclic price trends by actually expanding breeding stock inventory with an expectation of future price increases.

A higher culling strategy may allow some producers to take better advantage of increasing feeder gains on forage. If adequate forage is available, stocker operators may take their cattle to heavier weights than they would normally. Cattle can spend more time grazing to heavier weights prior to entering the feedlot because their cost of gain is cheaper on grass.

Since there is little that can be done to individually affect prices, livestock producers must rely on management response to address profitability.

The critical management information needed to evaluate and implement alternative production practices is to determine the operation's break-even price.

For information on enterprise budgeting and break-even prices, see:

[http://agalternatives.aers.psu.edu/farmmanagement/enterprise/enterprise\\_budget\\_analysis.pdf](http://agalternatives.aers.psu.edu/farmmanagement/enterprise/enterprise_budget_analysis.pdf) or [http://www.agecon.ksu.edu/rdjones/Ag\\_Update/current.pdf](http://www.agecon.ksu.edu/rdjones/Ag_Update/current.pdf)

Source: *Managing for Profit in an Era of High Feed Prices* by Dr. Shannon Neibergs, WSU School of Economic Sciences. Read the entire article in the *WSU Livestock Round-Up* summer 2007 newsletter at <http://animalag.wsu.edu/newsletters/index.html>

## OREGON SMALL FARM NEWS

The *Oregon Small Farm News* is a free online newsletter that includes information for both commercial small farms as well as non-commercial small acreages. Topics focus on organic/biological farming, conventional farming, marketing methods and resources, land stewardship, and more. The contents for the current issue are:

- *Oregon Small Farm News Expands Eastward and Outward*
- *Managing Summer Weeds in Pastures*
- *OSPUD: New Organic Potato Production Research at OSU*
- *Out of Control Algae*
- *Exploring Value-Added Agriculture*
- *It Is All in the Soil Survey*
- *Farm Profile: Lefever-Holbrook Ranch*
- *Irrigated Pastures*
- *Small Farms are Big Business in Central Oregon*
- *News and Notes*
- *Marion County Manure Exchange Program*

To take a look at *Oregon Small Farm News*, go to <http://smallfarms.oregonstate.edu> and click on the newsletter icon. You may subscribe to receive an email alert when a new issue is available.

## 4-H

### EXPERIENCE 4-H! AT FARMER'S MARKET

Find out what 4-H is all about. Various 4-H club representatives will be on hand so that you can talk to 4-H members about their experiences in 4-H. Find out what club projects are available and how you can learn life skills with hands-on activities. 4-H is fun and includes individual project work, public presentations, community service, leadership, teamwork, and social events.



Adult volunteers are needed to assist youth in developing their project skills. 4-H provides leaders with training and leadership materials to help guide youth through their 4-H projects. Positive youth-adult partnerships provide a safe environment, physically and emotionally. Caring adults act as advisors, guides, and mentors.

Come join in the fun at Farmer's Market, Saturday, Sept. 22 from 9 a.m. to 1 p.m.

## *WSU Learning Center*

WSU programs available at Walla Walla Community College:

- **BSN & Masters in Nursing\***  
WSU Nursing Faculty and Advisers  
WWCC Room 72; phone: 524-5152
- **BA in Elementary Education\***  
WSU's BA in Elementary Education  
WWCC Room 110; phone: 524-5145  
Midge Crawford, Coordinator

\*Students may have to travel to Tri-Cities for one or more classes.

For more information about all of WSU's programs, call or visit:

WSU Learning Center  
500 Tausick Way — Rm 73  
Walla Walla, WA 99362  
phone: 509-529-5959; e-mail: [cselde@wsu.edu](mailto:cselde@wsu.edu)  
Cynthia Selde, Coordinator

## *Master Gardeners*



Would you like to become a Master Gardener? The Extension office is taking applications for the 2008 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.

In return for their training, new Master Gardeners are required to complete 50 hours of volunteer service to the Master Gardener Program between the months of January and October.

For more information or to pick up an application, contact the WSU Extension office at 328 West Poplar in Walla Walla, 509-524-2685 or [meagon@wsu.edu](mailto:meagon@wsu.edu).

Come visit with our Master Gardeners through October 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*

### **FALL GARDENING**

Fall is a good time to plant perennials, shrubs, vines, and spring-blooming bulbs (tulips, daffodils, crocuses). Bulbs can even be planted as late as January. They'll still come up but may bloom later or not until the following year.



Fall is the best time to fertilize, renovate, or plant a new lawn. If you only fertilize your lawn once a year, now is the time to add a balanced, slow release fertilizer with a N(Nitrogen)-P(Phosphorus)-K(Potassium) ratio of 3-1-2.

Divide overgrown hardy perennials and move plants to new spots as desired. Some signs that indicate when division is needed: flowering is reduced with the flowers getting smaller; the growth in the center of the plant dies out leaving a hole with all the growth around the edges; plant loses vigor; plant starts to flop or open up needing staking; or it just may have outgrown its bounds.

Rake leaves and run over them with a mower to use as mulch or put in compost pile.

Spread a 1-to-2-inch layer of compost on soil. Lightly dig in or leave as mulch. Spread mulch if you didn't in spring but not before the middle of November. Plants need to be exposed to cooler soil temperatures in order to "harden off" for winter.

Once frost hits, pull out annuals. Trim back herbaceous perennials (those that die back completely in winter). Leave some top growth to help insulate the roots against cold weather and then prune them to the ground in early spring before new growth begins.

Leave rose blooms on plants until cold weather causes dormancy. Then, prune roses back part way to help prevent cane damage during windy weather. Prune again in late February when the worst of the cold weather is over.

### LOW COST HOME ENERGY SAVING TIPS

- Lower your thermostat at night and whenever the house is unoccupied. Close off and don't heat unoccupied rooms (unless you have a heat pump).
- Lower the thermostat and dress warmer.
- Lower the temperature on your electric water heater to 120 degrees (F). Turn it off when leaving for extended periods of time.
- Set refrigerator temperatures between 37-40 degrees (F). Clean the coils regularly and keep the refrigerator stocked. It takes more energy to cool an empty refrigerator.
- Wash full loads of dishes and air dry.
- When washing clothes, use warm or cold water and rinse with cold. Air dry clothes outside.
- Shut off lights, computers, and other electronic appliances when you're not using them.
- Always use the bathroom or kitchen exhaust fans while showering or cooking and baking to avoid potential moisture problems.
- Use a microwave or toaster oven for smaller items.
- Install a low-flow showerhead. Showers use less hot water than baths; also consider taking shorter showers.
- Close your fireplace damper and seal the opening shut when not in use.
- During the heating season, open south-facing window coverings during the day. Close all window coverings at night to keep the heat in.
- Install foam gaskets behind electric-outlet and switch-plate covers.
- Examine and adjust, if necessary, weather stripping, door sweeps, and thresholds.

Source: *Energy Efficiency Fact Sheet* from <http://www.energy.wsu.edu>

## Family Living

### WHAT SHOULD WE EAT?

Reports in the press are often conflicting and confusing when it comes to deciding what we should eat. Rise in body weight increases the risk of health problems, including type 2 diabetes, cardiovascular disease, renal and liver disease, gastrointestinal disorders, and certain forms of cancer. Dietary factors,



physical activity, and sedentary behavior all play a role in body weight.

Dietary factors related to weight gain include high intakes of dietary fat, drinking sweetened beverages, eating restaurant-prepared foods, and skipping breakfast.

A majority of Americans consume fat in excess of U.S. dietary recommendations for health. Only about one in three Americans met the dietary guideline of less than 30% of calories from fat.

Sweetened beverages are a leading source of sugar in the typical American diet and consumption of them has risen dramatically. Per capita consumption of soft drinks alone has increased from approximately 10 gallons per person in the 1940s to 60 gallons per person in the 1990s.

Fast food and restaurant foods are typically high in calories and fat, lacking in other essential nutrients and served in "super-size" portions. Observational evidence suggests that the more one eats out, the harder it is to avoid weight gain.



Many people skip breakfast and eat more food later in the day. Studies indicate that overweight individuals are more likely to skip breakfast or to eat a smaller breakfast than their leaner counterparts.

To protect against weight gain, eat more fiber, fruits and vegetables, calcium, and dairy products. The following recommendations from USDA are for a 2000 calorie diet. To find the amounts that are right for you, go to <http://www.MyPyramid.gov>

**Make half your grains whole.** Eat 6 ounces of grains every day with at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta.

**Vary your veggies** – eat 2 ½ cups every day. Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas kidney beans and lentils. Unfortunately, more than one-third of what counts as vegetables in the U.S. food supply consists of iceberg lettuce, frozen potatoes (mostly French fries) and potato chips. Furthermore, benefits of vegetables may not be attained if they are typically consumed with large amounts of fat added during frying or topped with high-fat dressings or sauces.

**Eat a variety of fruits.** Choose 2 cups of fresh, frozen, canned, or dried fruit every day. Go easy on fruit juices.

**Get 3 cups of calcium-rich foods every day** (for kids aged 2 to 8, it's 2). Go low-fat or fat-free when you choose milk, yogurt, and other milk products. If you don't or can't consume milk, choose lactose free products or other calcium sources such as fortified foods and beverages.

**Go lean with protein** – eat 5 ½ ounces every day. Choose low-fat or lean meats and poultry. Bake it, broil it, or grill it. Vary your protein routine – choose more fish, beans, peas, nuts, and seeds.

Current research suggests that eating breakfast and increasing intake of fruits, vegetables, and low-fat dairy foods, along with increased physical activity and reduced sedentary behaviors are essential to maintain a healthy weight. Be sure to stay within your daily calorie needs and be physically active for at least 30 minutes most days of the week.

Source: *Preventing obesity: What should we eat?*  
University of California Cooperative Extension; USDA MyPyramid.gov

## WALKING: TIPS TO GET YOU MOVING

### Benefits of Walking

- Helps prevent & control diabetes
- Reduces the risk for heart disease
- Helps prevent osteoporosis
- Bolsters immune system
- Helps control weight
- Improves circulation
- Helps breathing
- Combats depression



### Walking for Fitness

- For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes per day. Walking briskly is considered a moderate activity.
- Gradually increase the number of days you walk per week, beginning with only 15 minutes three times the first week; and ultimately reaching a goal of 30-60 minutes per day.
- Recording your progress in a walking log will help you stay motivated.

### Tips on Walking

- Warm-Up: Walk slowly for 5 minutes, then pick up your pace.

- Walk tall with head up, shoulders back, stomach in.
- Focus on quicker, not longer steps.
- Breathe deeply.
- Wear reflective clothes or carry a light.
- Walk toward traffic.
- Cool Down: Slow your pace the last 5 minutes and finish with some flexibility stretches.

### Important Notes:

- *If you experience a problem that can not be relieved see your doctor.*
- *Do not use hand weights while walking; using them could increase your blood pressure and may contribute to joint problems.*

Source: *MissouriFamilies eNewsletter*, 8/27/07,  
<http://missourifamilies.org>

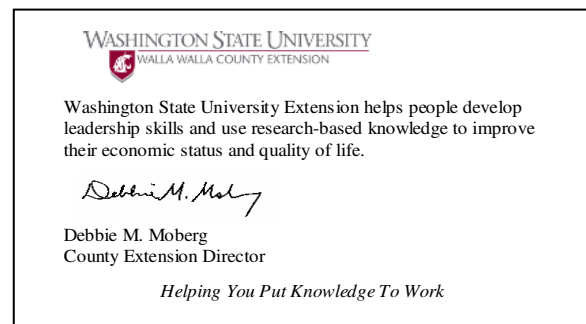
## GOOGLE & MAP QUEST INFORMATION

Google has implemented a new feature which enables you to type a telephone number into the search bar and hit enter and you will be given the person's name and address. If you then hit MapQuest, you will get a map to the person's house.

Everyone should be aware of this! It's a nationwide reverse telephone book. **If a child gives out his/her phone number, someone can now look it up to find out where he/she lives.** The safety issues are obvious, and alarming.

In order to test whether your phone number is mapped, go to: Google (<http://www.google.com/>) Type your phone number in the search bar (i.e. 555-555-1212) and hit enter.

In order to BLOCK Google from divulging your private information, simply click on your telephone number and then click on the Removal Form. Removal takes 48-hours.



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