



Announcements

SEPTEMBER

2-6 Walla Walla Fair & Frontier Days, "Harvest Moon & Country Tunes". For more information, visit <http://www.wallawallafairgrounds.com/>.

4 Walla Walla Sheep Producers Picnic, 6:30 p.m. at 356 Chamberlin Rd, Walla Walla, WA. Hot dogs and smores will be on the menu. For more information call Jane Pumphrey at 509-529-0140.

5 4-H Day at the Fair Enjoy the 4-H parade float and join 4-H members at the Fairgrounds for special activities during the day.

12 Walla Walla Community Hospice Pond & Garden Tour, 9 a.m. – 5 p.m., \$20. Tour ten unique gardens which incorporate ponds, creeks and other water features in the design. For more information, visit <http://www.wwhospice.org/> or call 509-525-5561.

OCTOBER

1-3 Lamb 300, Pullman, WA, WSU Meat Lab.



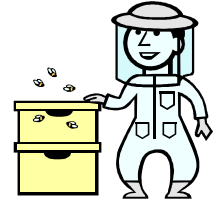
Topics and activities include live animal and ultrasound evaluation, measuring and influencing muscle quality and tenderness, quality and product quiz, microbiology and food safety, carcass and retail fabrication, and a taste panel.

Registration fee is \$150 due by September 1. For additional information, contact Jan Busboom, WSU, at 509-335-2880 or busboom@wsu.edu

3 Experience 4-H! at Farmers Market, Walla Walla, 9 a.m. to 1:00 p.m. Come visit with club members and learn what fun it is to be in 4-H.

3, 10, & 17 or 4, 11, & 18 Bee Keeping Class, Walla Walla County WSU Extension Office, 10:00 a.m. to 3:00 p.m. A series of beekeeping classes by Jim Miller, Master Beekeeper, will be offered the first three Saturdays in October. The same series will be repeated on the first three Sundays in October. \$45 per person. \$55 after September 28.

At the first session, learn about honey bee queens, workers, and drones; flowers and honey bees; beekeeping equipment; and apiary location.



The second session covers what happens inside the hive; pests, predators, and diseases; treatments; and starting the season.

Topics for the final class include how to install a new hive; nectar flow; pulling the honey; and getting ready for winter.

Brochures and registration forms are available at the WSU Extension office or online at <http://wallawalla.wsu.edu>.

23-25 SE District Teen Rally, Meadowood Springs, near Walla Walla. All teens 7th grade and above are invited to attend. You do not have to be a 4-H member to participate. See article in "4-H" section.

Updates

RECYCLING MAKES A DIFFERENCE



According to a new Ecology publication, *Focus on the Benefits of Recycling*, Washington's recycling levels from 2007 showed important environmental and economic gains. For example, the seven million tons of material collected for recycling in Washington in 2007 saved energy equivalent to about one billion gallons of gasoline. This is about a third of all energy used in Washington businesses annually. In addition, recycling reduces greenhouse gas emissions, conserves natural resources, creates green jobs, and lessens emissions of air and water pollutants.

Source: *The Closed Loop Scoop*, Washington Dept of Ecology

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HOW “SWINE” GOT INTO THE NEW H1N1 FLU

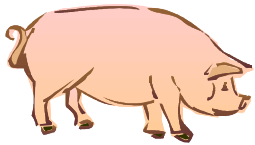
Although initially labeled “swine flu,” the human cases of new H1N1 flu virus (sometimes referred to as Pandemic Flu) have not been associated with sick pigs. Only a part of the new H1N1 flu virus is of swine influenza origin – the other two components of the new flu virus come from avian and human influenza A viruses.

The unfortunate mislabeling of the new H1N1 flu virus caused a great deal of confusion among the public and had a major economic impact on the swine industry. It is a misconception that this new flu comes from contact with sick pigs or can be acquired by eating pork and pork products.

At this time, there has been no detection of the new H1N1 in pigs in the United States. This new strain however, has caused mild to moderate influenza type illness in two herds in Canada and one herd in Argentina. Officials from both countries are still trying to understand how these herds became infected but believe that they were probably exposed to a human carrier.

Background on the “Real Swine Flu”

Swine influenza viruses were first isolated in the United States in 1930. They are an economically important cause of respiratory disease in pigs throughout the world, and a human public health risk. The clinical symptoms of influenza in pigs and people are very similar: fever, lethargy, lack of appetite, and coughing. Influenza viruses can be directly transmitted from pigs to people as zoonotic disease agents, and vice versa, from people to pigs. This is most likely to occur when people are in close proximity to pigs, such as in swine production barns, livestock exhibits at fairs, and slaughterhouses.



Because of their unique susceptibility to infection with influenza viruses of both mammalian and avian species, pigs can serve as intermediaries in the transmission of influenza viruses from birds to people. The birds of greatest concern are wild waterfowl, because these species provide an immense natural reservoir of influenza viruses. Replication of avian influenza viruses in pigs may allow them to adapt and be able to efficiently infect mammals, such as people. Pigs can also serve as hosts in which two (or more) influenza viruses undergo “genetic reassortment.” This is



when influenza viruses exchange genes during replication. The influenza viruses responsible for the worldwide 1957 and 1968 pandemics of human influenza were reassortant viruses with genes from both human and avian influenza viruses.

The impact of transmission of influenza viruses from people to pigs should not be under-estimated. Viruses currently circulating widely and causing disease throughout the swine population of the United States all contain human influenza virus genes.

Source: WSDH *Zoonotic Disease Letter*
<http://www.doh.wa.gov/ehp/ts/zoo/zdnewsletter.html>

Farming & Livestock

WALLA WALLA WINTER WHEAT PLOT RESULTS

Grain yield in the Walla Walla soft white winter wheat trial averaged 137 bushels/acre and the hard winter wheat trial averaged 109 bushels/acre.



The Walla Walla nursery was located about midway between Waitsburg and Walla Walla on the Lower Waitsburg Rd on land farmed by Tom and Jason Beechinor. It was seeded on October 6, 2008 following summer fallow. Seed was placed at an 85#/acre seeding rate using a double disc plot drill set on 6-inch spacing.

Base fertilizer was 120#N, 15#P, and 15#S applied in the fall. Based on a spring soil test, 100#N and 15#S were applied to the soft white varieties and 195#N and 29#S were applied to the hard varieties in the spring.

Seeding conditions produced good stands that overwintered well including cold sensitive varieties that were not affected by winter conditions.

Yields ranged from 116 bu/ac to 151 bu/ac for the soft white varieties and from 71 bu/ac to 134 bu/ac for the hard varieties.

Test weights were good with an average of 60.2 lb/bu for the soft white varieties and 60.4 lb/bu for the hard varieties.

Grain protein averaged 11.6% with a range of 10.5 to 12.6% for the soft white varieties and 12.8% with a range of 11.6 to 14.4% for the hard varieties.

Soft white varieties had an average plant height of 36 inches. The average plant height for the hard varieties was 38 inches, and lodging was high for many of the hard varieties.

Results for the spring plot are not available yet.

For complete results of the WSU Extension Uniform Cereal Variety Testing Program go to <http://variety.wsu.edu> or contact the Walla Walla County WSU Extension office.

SMALL FARM LIVESTOCK FEED MANAGEMENT



Feeding a balanced diet, avoiding overfeeding, and providing abundant supplies of cool, clean, and pure water will help to optimize feed and nutrient use on an animal farm.

If all nutrients are in a perfect balance, then there will be no excess and no wastage. It is impossible for all nutrients to be in a perfect balance in commercial or practical diets, but we want to come close to meeting an animal's nutrient requirements. If the diet is balanced except for one underfed nutrient, then the entire production of the animal will be limited to the level of that "limiting nutrient" and all other nutrients will be wasted.

Overfeeding can be harmful to animals and to the environment. Animals that become over conditioned or obese may be unproductive and at greater risk of health problems. Excess feed is often wasted and may remain in the feeding area, become contaminated, and end up in the manure pile.

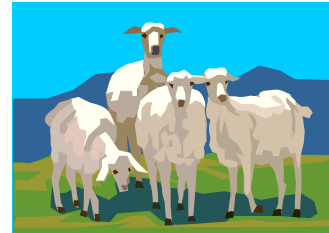
Water is the most abundant, cheapest, and least understood of all nutrients required for livestock production. Water is of concern whenever it is in short supply or contamination is suspected. If subfreezing temperatures turn water into a frozen nutrient, it will mean trouble for domestic livestock.

Distress is often brought on by cold wet winter weather requiring an animal's digestive system and metabolic processes to function at peak efficiency to convert feedstuffs to energy so that they can remain warm, healthy, and productive.

When the weather is hot in the summer, an animals' requirement for water will increase. A lactating dairy cow requires on the average between 15 and 35 gallons of water per day; non-lactating dairy and beef cows require about 15 gallons per day; an adult horse will consume up to 15 gallons per day, which will increase 2 to 3 times when exercising; an adult sheep between 1 ½ and 3 gallons a day; adult swine from 3 to 5 gallons per day; and adult hens about a pint.

A quick rule of thumb is that for every 2 pounds of dry feed intake, an animal should receive one gallon of water. This will vary with stress, weather conditions, heat, cold, disease, productive state, work, exercise, etc., as well as the water and salt content of the feed. Often the first sign that water consumption is inadequate is when animals stop eating. Water is essential to maintain adequate feed consumption.

Level of salt in the water or the diet can influence water requirements as can the presence of heavy metals, nitrates, microbes, and algae. If water is inadequate or contaminated, then animals will use diets less efficiently, eat less, be less productive, and may excrete more nutrients in waste.



For more information on this and related topics, visit <http://www.extension.org>.

Financial Fitness

ENERGY EFFICIENCY = LOWER TAXES

Under the American Recovery and Reinvestment Act of 2009, homeowners can receive tax credits for certain energy-efficiency improvements to existing homes such as additional insulation, new windows and upgraded heating or cooling systems. A tax credit is generally more valuable than an equivalent tax deduction because a tax credit reduces tax dollar-for-dollar, while a deduction only removes a percentage of the tax that is owed.



Eligible improvements include windows, exterior doors, insulation, metal or asphalt roofs and heating/cooling systems that go into service in 2009 and 2010. To qualify, improvements must meet certain specifications under the U.S. Department of Energy's

EnergyStar rating system, she said. Details are available online at www.EnergyStar.gov.

Before investing in a costly household alternative-energy system, however, consider more conservative measures such as weatherizing doors, windows, and attics. An eighth inch gap around your front door may seem insignificant but the area is equivalent to a hole in the wall six inches in diameter. Even if these improvements don't qualify for an official tax credit, you will save money with lower utility bills.

4-H

TEEN RALLY - CSI Walla Walla: Get a Clue

Any teen in 7th grade and above is invited to attend the 2009 SE District 4-H Teen Rally at Meadowood Springs Camp near Walla Walla in the Blue Mountains of Eastern Oregon October 23-25. You do not need to be a 4-H member to register.



JJ Harrison, former teacher and current PRCA rodeo clown extraordinaire, will entertain you with his quick wit and walk and talk antics. This high energy guest speaker will tickle your funny bone. The weekend will also include fun workshops, mystery solving, team building, friends and more!

Registration packets are available online at <http://wallawalla.wsu.edu> or at the Walla Walla County Extension office. Registration fee is \$60 if postmarked by October 1, \$80 if postmarked after October 1.

For more information and updates, see http://wallawalla.wsu.edu/4h/teen_rally.html, call 509-524-2685, or email bbryce@wsu.edu

Master Gardeners

Visit with our Master Gardeners in the WSU Extension booth at Walla Walla Fair & Frontier Days. Master Gardeners will also be answering questions during the annual Hospice Pond & Garden Tour on Saturday, September 12.

Master Gardeners are in the Walla Walla Extension office on Tuesdays from 2:00-4:00 p.m. and Thursdays from 9:00 -11:00 a.m. through October. Bring in your home garden questions or problems or phone in and speak to a Master Gardener. You can also speak with them at Farmer's Market on Saturdays from 9:00 a.m. to 1:00 p.m. until the end of September.

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

TEN TIPS FOR SENIORS



- 1. If a deal sounds too good to be true, it probably is.** Check all the terms before you purchase an item or sign a contract. If you still feel uneasy, check with your family and friends.
- 2. Use direct deposit for your Social Security payments.** Direct deposit is safer, faster and secure. Having your Social Security check electronically deposited guarantees that the bank receives your payment safely and securely. More than 90 percent of the problems with Social Security payments are associated with mail delivery.
- 3. At your death, your debts are your own.** When you die, your creditors cannot force your family to pay for your debts. The creditors you owe can take assets from what is left in your estate, but they cannot force family members to pay out of their own pockets unless they co-signed the debt.
- 4. Update your will when your life changes** — a birth, death, marriage, divorce or other life changing event. Be sure to update your will when your family circumstances change so that someone is not inadvertently left out.
- 5. Don't be a victim of identity theft.** Identity thieves may call you and pretend to be with a company you have a relationship with. If someone from a company you do business with calls you on the phone and asks for important personal information, do not provide it. Instead, call the company's number in the phone book or on the statements they mail you and ask if someone called you. Chances are, it was a scam artist.
- 6. If you get an unexpected check in the mail, read all the fine print before cashing it.** Some companies now send out checks with fine print attached. When the check is cashed, the person named on the check is enrolled in a service with a monthly charge.
- 7. Check your credit report (free!).** Request your free credit report at least once a year to check for identity theft. Thieves sometimes open credit card accounts in seniors' names, charge up large amounts and do not pay. This affects your credit report, which influences whether you can be employed, rent an apartment, buy insurance or get

a loan. Check your credit report free by calling 1-877-322-8228. Don't fall for free credit report services advertised on TV that actually enroll you in a monthly service before you can get your "free" report.

8. Consider signing up for the national do-not-call registry to reduce the number of unwanted calls you receive. To register your phone on the national registry, call 1-888-382-1222. You can still be called by charities, political parties, pollsters, and businesses with which you have a relationship, but telemarketing calls will stop.

9. Read the fine print on gift cards. Gift cards are not all the same. Some cards expire after a certain amount of time. Other gift cards charge fees for transactions or inactivity. If you are going to give someone a gift card, be sure that you understand the fees associated with the card.

10. Know who to contact when you need to complain. You can file a complaint with the Washington State Attorney General's Consumer Protection hotline at 1-800-551-4636 about problems with businesses or if you are the victim of identity theft.

NATURAL YARD CARE FOR FALL

Practice natural yard care to:

Save money on water, waste disposal, and chemicals

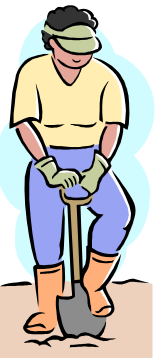
Save time – working with nature is easier, in the long run

Protect your families' health by reducing contact with chemicals

Protect the environment

- Conserve our water supplies
- Keep our rivers, lakes, ground water, and marine waters clean by reducing the need for chemicals
- Recycle yard trimmings at home into free fertilizer

Fall Garden Chores (September – November)



Flower and Vegetable Gardens

- Pull emerging weeds in beds when ground is moist and before they develop deep roots.
- Mulch garden beds with leaves or compost to reduce winter weeds and feed the soil. Or plant winter cover crops in open beds.

- Prepare new planting areas by digging in compost.

Tree and Shrub Beds

- Mulch tree and shrub beds with leaves, wood chips, or bark.
- Plant trees, shrubs, and many perennials in early fall to give them a good start.

Lawns

- Improve thin areas of lawns in late September or early October by aerating, overseeding, and top-dressing with compost.
- Fertilize lawns with "natural organic" or "slow release" fertilizer in September to develop healthy roots and crowd out weeds.
- Plant new lawns in early fall, or mid-spring (when soil is warm).

Watering

- Reduce watering for cooler weather in September.
- When rains come, shut off and drain watering systems.
- Put away exposed soaker hoses, or re-cover with mulch if left out.

Composting

- Clear out annual garden growth and compost it for spring. Keep pile as moist as a wrung-out sponge.

Source: Washington Dept. of Ecology, publication no. 08-07-064 available at <http://www.ci.mount-vernon.wa.us/imageuploads/Media-3199.pdf>

Food \$ense

BREAKFAST IS FOR BRAIN

Starting your day with breakfast can make a big difference in how well you work, play and feel throughout the day. During our Food \$ense breakfast lesson, kids learn that breakfast allows for longer attention spans and better concentration, as well as better attitudes and behaviors.



What to eat is key, as kids (and adults) need a balance of nutrients, which includes foods from at least three different groups from the Food Guide Pyramid. A banana with peanut butter and a piece of toast are quick to fix and provides protein, B vitamins, and potassium, as well as other helpful nutrients. This easy meal will also supply fuel for the body to burn.

Here are some quick and easy ideas for a healthy breakfast to start your day:

- Fruit yogurt and granola
- Peanut butter and jelly sandwich
- Eggs, fruit, and toast
- Pancakes with fruit and a glass of milk
- Fruit Juice and leftover pizza

Family Living

SCHOOL SUCCESS

Families can help children get the most out of their school years with a positive attitude toward education. Motivated students learn more quickly and achieve more.

- Provide encouragement for schoolwork, progress, and effort. Let kids know that you care about them and how they do in school.
- Be realistic in your expectations. Help your child set goals for the coming school year. Talk with their teachers about schoolwork required and when it needs to be done.
- Encourage a regular time and place for homework. Help children schedule their time so that schoolwork gets done but be sure to allow time for fun, as well.
- When your child becomes frustrated with an assignment, provide supportive advice.
- Promote a love of learning. Take advantage of learning opportunities outside of school. Encourage curiosity and creativity. Read together, explore new places, and discuss issues of the day.
- Provide well-balanced meals and snacks that provide children the energy and nutrition they need to perform well at school. Research has demonstrated that students who skip breakfast in the morning don't perform as well as students who do eat breakfast.
- Carry out discipline with love, limits and respect.
- Be a positive role model for your children. Read, ask questions, and interact respectfully with others. Set goals and get involved in your children's school.



SELECTING THE RIGHT APPLE

There are lots of varieties of apples to choose from. Knowing how to select the best apple for the preparation or eating method can make all the difference.



Many varieties make good eating apples. Select a firm, juicy, tasty, crisp apple variety such as Gala, Fuji, Mutsu (Crispin), Jonathan, Cameo, Golden Delicious, Cortland, Empire, Red Delicious, McIntosh, Braeburn, Winesap, or Pink Lady.

Pies do best with a drier, slightly acid apple and one that does not disintegrate when heated. Braeburn, Cameo, Cortland, Fuji, Golden Delicious, Granny Smith, and Jonagold are good pie varieties.

For oven baking, choose a sweet apple, but one that retains its shape. Braeburn, Cameo, Cortland, Golden Delicious, Gravenstein, Jonagold, Pink Lady, Rome, and Winesap apples work well.

Apples that retain their color when cooked are best for making into applesauce. Some varieties that work well for sauce include Braeburn, Cortland, Fuji, Gala, Gravenstein, Jonagold, McIntosh, and Pippin. Golden Delicious apples make a tasty applesauce, but because they tend to hold their shape when heated, they would work better for stewed apples.

When making juice or cider, a mix of varieties is recommended. The blend brings out the sweetness of some and the tartness of others, making for a rich flavor.

You may have your own favorite. There are many varieties to choose from and it all comes down to a matter of taste.

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 Moberg-Williams

Debbie Moberg-Williams
County Extension Director

Helping You Put Knowledge To Work

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