WASHINGTON STATE UNIVERSITY
WALLA WALLA COUNTY EXTENSION
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Newsletter

January 2012

Announcements

JANUARY

10 Cereal Grain Seminar, Walla Walla Regional Airport, 8:00 a.m. Program topics include:

- Agronomic Crop Problem Identification
- Clearfield Program Information and Requirements
- Cheat Grass Bacteria Research Results
- Rattail Fescue and Prickly Lettuce Research
- Soil-borne Wheat Mosaic Virus

Pesticide recertification credits have been requested for Washington and Oregon. Pre-register by Friday, January 6. Fee is $25 and includes lunch. Registration forms available at Walla Walla Extension office 509-524-2685 or meagon@wsu.edu or http://wallawalla.wsu.edu.

11 & 12 Washington State Hay Growers Association Conference, Kennewick, Three Rivers Convention Center. Register at http://www.wa-hay.org or call 509-585-5460. Speakers will discuss hay economics and production and the current hay market situation.

24 Oilseed Crop Production Workshop, Odessa Community Center. Topics include canola production and research, as well as oilseed crop rotation, research and supply chain. Registration and agendas at http://www.css.wsu.edu/biofuels

26 Oilseed Crop Production Workshop, Colfax, Hill Ray Plaza. See Odessa information above.

FEBRUARY

2, 3 Pre-License Pesticide Training, Pasco, TRAC, 8:00 a.m. to 5:00 p.m. You must pre-register at least 7 days prior to the course at http://pep.wsu.edu/examrequest.

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

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

FEBRUARY (con't)

4 Washington State Swine Information Day, February 4, 2011, Pillar Rock, Moses Lake, WA. Contact Sarah M. Smith 509-754-2011, Ext. 413 or smithsm@wsu.edu.

8-12 Northwest Flower & Garden Show, Seattle, Washington State Convention Center, 7th & Pike. See designer gardens and attend free hands-on demonstrations and seminars. For more information, visit http://www.gardenshow.com or call 253-756-2121.

11 Women in Agriculture Conference, Walla Walla, WWCC Water & Environmental Center, 8:00 a.m.-4:00 p.m. Keynote speakers include Lyn Garling of Over the Moon Farm and Rita Emmett, speaker, consultant, facilitator and author of several books including *The Procrastinator's Handbook*. Over the Moon Farm is a small, grass-based organic farm central Pennsylvania that raises hay, rotationally-grazed dairy heifers, pastured chicken, turkey, eggs, and pigs. For more information, visit http://WomenInAg.wsu.edu.

15, 16 Pre-License Pesticide Training, Moses Lake, Big Bend Community College, 8:00 a.m. to 5:00 p.m. See February 2, 3 above for more information.

22, 23 Pre-License Pesticide Training, Spokane, Mirabeau Park Hotel, 8:00 a.m. to 5:00 p.m. See February 2, 3 above for more information.

MARCH

1 4-H Scholarship Applications Due

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

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

1, 2 Pre-License Pesticide Training, Colfax, WA McGregor Company, 8:00 a.m. to 5:00 p.m. See February 2, 3 above for more information.

MARCH (con't)

1-4 Sewing & Stitchery Expo, Puyallup Fair & Events Center, 110 9th Ave SW. Choose from more than 100 daily seminars and hands-on classes and browse the booths over 200 exhibitors. Call toll free 866-554-8559 or visit http://www.sewexpo.com.

12 4-H AND FFA YOUTH BEEF FIELD DAY, Lewiston Livestock Market, 9 a.m. The registration fee is $6 per youth or adult. Contact Mark Heitstuman at 509-243-2009 or heitstuman@wsu.edu.

26 4-H AND FFA YOUTH SHEEP AND GOAT FIELD DAY, Asotin County Fairgrounds, 9 a.m. The registration fee is $6.00 per youth or adult. Contact Mark Heitstuman at 509-243-2009 or heitstuman@wsu.edu.

Updates

ONLINE PRE-LICENSE PESTICIDE TRAINING

Authorized pre-licensing training is now available online at http://pep.wsu.edu/plt/PLOnline.html

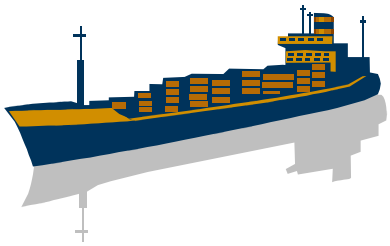
PESTICIDE RECERTIFICATION TRAINING

Pesticide recertification one-credit courses are available for purchase online at http://pep.wsu.edu/RecertOnline.html

Locations for 2012 Recertification Courses:
January 23, 24 – Wenatchee Convention Center
January 30, 31 – Yakima Convention Center
February 1, 2 – Pasco TRAC, Holiday Inn Express
February 13, 14 – Pullman, Schweitzer Engineering
February 16 – Moses Lake Big Bend Community College
February 21, 22 – Spokane, Mirabeau Park Hotel

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

STATE LAUNCHES EXPORT WASHINGTON PROGRAM



Exports drive Washington State's economy, accounting for over 30% of economic growth over the past decade and contributing to almost half of the new jobs created over the past 30 years.

The Washington State Department of Commerce has launched the Export Washington program to help increase the number of Washington state businesses actively exporting. Although small businesses make up about 95 percent of Washington businesses, only 4 percent of Washington businesses currently export.

The new Export Washington program represents a $1.6 million investment in Washington's small businesses, making it possible for them to expand into high-potential overseas markets. It is funded by the U.S. Small Business Administration's State Trade and Export Promotion (STEP) grant program. The Washington State Legislature previously allocated $3 million over three years for export training and other assistance.

Companies engaged in exporting during the current slow recovery from recession showed a pattern of growth in the past one to two years, while non-trading companies generally declined in the same period.

Commerce officials estimate that 100 companies will benefit from the new Export Washington program. The program has three main components:

- Washington State representatives in Europe and China will provide direct sales, marketing and distribution assistance for state small businesses.
- The Export Finance Assistance Center of Washington will provide training activities aimed at increasing the number of banks that participate in export finance programs.
- A voucher program will help Washington small businesses "go global" by paying for training and marketing activities.

For more information:

http://www.choosewashington.com/business/export/Pages/default.aspx

http://governor.wa.gov/news/news-view.asp?pressRelease=1517&newsType=1

http://www.choosewashington.com/business/export/ExportVoucherProgram/Pages/default.aspx

Farming & Livestock

PNW STRIPE RUST FALL INFECTION

A stripe rust infection check was made November 3 in winter wheat fields in Whitman, Adams, and Lincoln counties and the Horse Heaven Hills region in Benton County in Washington. Wheat ranged from non-emerged to early jointing (Feekes 5). Only fields with big plants (Feekes 3-5) are checked as big plants were more likely to be infected.

Stripe rust pustules were found in 6 out of a total of 15-20 fields: two fields west of St. John and east of Sprague along HW 23 in Whitman County; one field along Stromberger Rd in Lincoln County near the Adams County border; one field along Doerschlag Rd; one field along Danekas Rd about five miles east of Ritzville in Adams County and one field in Horse Heaven Hills in Benton County. Each of these fields had only 1 or 2 leaves with rust pustules.

In contrast to the big hotspots found in the Horse Heaven Hills region and other regions in Washington in early November 2010, the rust infection level and distribution found this November were much lower. This level of stripe rust infection was expected based on the dry weather conditions in September 2011.

The level of stripe rust infection in winter wheat fields before the winter helps to predict the disease situation for the next year. There is no action for growers to take for most of the regions in the PNW until next February or March; except for selection of spring wheat cultivars (resistant cultivars should be always considered).

As the weather starts getting cold, stripe rust spores on the leaf surface will be killed and the fungus will sleep as mycelium within the infected but not sporulated leaves during the winter. Some of the sleeping rust mycelia may be killed by harsh winter weather but some will survive. The level of the survival will depend on how cold and how much snow cover accumulates during this winter. A colder than normal winter has been predicted for the Pacific Northwest this year. If this prediction is correct, stripe rust infection should not be as bad as last year. The first forecast for stripe rust in the PNW for 2012 will be made in February.

Source: Xianming Chen; November 4, 2011

WINTER PLAN FOR IRRIGATED PASTURES

The largest management variables in achieving high cost-effective levels of irrigated forage production are fertility and fertility timing. A fertility plan should be one of the highest priorities in a managed intensive grazing program. Every dollar spent on fertilizing may result in up to $19 of forage production, depending on forage plant species, population and several other variables.

Studies show timing of fertilizer application is important in irrigated pasture production. An application of approximately 70 pounds of available nitrogen when annual centigrade degree days reach 200 show an increase annual pasture production by 30% when compared to applications later in the growing period. Degree days are regionally variable and should be calculated using public access weather stations near the pasture site (http://www.weather.wsu.edu/). For example, 200 degree days may occur in mid-January in the Walla Walla region while it takes until the first part of February in the Yakima region.

Best management practice includes the use of soil samples annually, prior to developing a fertility management plan. Having 70 pounds of available nitrogen available at 200 degree days is important.

A second application of 50 pounds of nitrogen should be applied to irrigated pasture around the time when the region is cutting hay for the first time. June 1st in the Yakima region, is advised. The third application of 50 pounds of nitrogen should be timed around August 1 to capture the second growth curve of cool season forage species and aid in meristem production for the next season. Sulfur and phosphorus can be important fertility additions.

Consult professionals in your area to plan fertility management.

Source: Frank Hendrix WSU Yakima County Extension, http://animalag.wsu.edu/.

4-H

WALLA WALLA COUNTY 4-H TEENS TAKE HOME TOP HONORS FROM STATE FAIR

The Walla Walla County 4-H program sent 18 Walla Walla Fair Blue Ribbon winners to the Washington State 4-H Fair in Puyallup in September to compete in various categories. Of those 18, four came home with top Washington State Fair awards for their efforts.

Wa-Hi junior Megan Evans came out on top as Grand Champion in the Senior Division for Fashion Revue.

Wa-Hi sophomore Danny Butler, also in Fashion Revue, was Reserve Grand Champion Senior Division.

Wa-Hi freshman Emily Leinweber won Grand Champion Intermediate Division for Fashion Revue and Second Place Intermediate Division Food Judging.

Jacob Leinweber took home the prize for Top Oral Reasoning Senior Division and Third Place Senior Division in the Food Judging Contest.

Other Walla Walla County 4-H youth who qualified in county contests and attended the State Fair were Bailee Butler, Michaela Hedge, Darnelle Larish, Erika Leinweber, Jackson Leinweber, Katie Leinweber, Kayla Leinweber, Monica Miller, Alicia Newcomb, Cecilia Rodriquez, Bethany Voss, Madeline Weaver, Naddile Widner and Samantha Zuger.

Congratulations to all!

Financial Fitness

Do you qualify for free tax preparation services? For more information, contact: Blue Mountain Action Council at 509-529-4980 or Walla Walla Senior Center at 509-525-8353, David Frasco.

Food $ense

SAFE FOOD AFTER A POWER OUTAGE

Minimize food loss and reduce the risk of foodborne illness by knowing how to determine if food is safe and how store food safely.

Keeping Food Safe in an Emergency

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and frozen food at or below 32 °F.

Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. If your freezer is not full, keep items close together to help keep the food cold longer.

If the power is going to be out for a prolonged period of time, use dry or block ice to keep your refrigerator and freezer as cold as possible. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

An appliance thermometer in your refrigerator and freezer will indicate if your food is staying cold enough. **Never taste food to determine its safety!** If the appliance thermometer stored in the freezer reads 40 °F or below, the food is safe and may be refrozen. If a thermometer has not been kept in the freezer, check each package of food to determine the safety. Remember you can't rely on appearance or odor. If the food still contains ice crystals or is 40 °F or below, it is safe to refreeze. Partial thawing and refreezing may reduce the quality of some food, but the food will remain safe to eat.

Refrigerated food should be safe as long as power is out no more than 4 hours. Keep the door closed as much as possible.

Discard any perishable food (such as meat, poultry, fish, eggs, and leftovers) that have been above 40 °F for 2 hours. Be sure to discard any items in either the freezer or the refrigerator that have come into contact with raw meat juices.

For more information on this topic, see: http://www.fsis.usda.gov/Fact_Sheets/keeping_food_Safe_during_an_emergency/index.asp

Home & Garden

HOW TO PICK A HEALTHY NURSERY PLANT

After the holidays, it's time to start planning your garden for spring planting. Research the plants you plan to buy so that you are familiar with their requirements. The "right plant in the right place" can make all the difference between a sickly, spindly plant and a healthy specimen that thrives.

Choosing a healthy plant starts with shopping at reputable nurseries and garden centers. Look for a lush, full set of leaves and a great shape. Pass by thin or "leggy" plants that have grown so tall that

they are too weak to support foliage, flowers or fruit.

Foliage should not be wilting or damaged. Undersized, yellow leaves that prematurely drop are obvious signs of poor health. Brown, dry leaf tips may indicate a plant hasn't been getting enough water. Limp leaves with yellow tips may be a sign of overwatering.

Container plant roots should be full and spread out. However, entangled roots at the surface or a mass of roots growing out from the drainage holes at the bottom of a pot indicate the plant is root bound. A dense cover of weeds and moss over the potting soil can also be a warning sign. On the other hand, too few roots in the pot indicate a recent transplant or may be an indicator that root rot has set in from over watering.

Pick trees with evenly spaced branches and a strong, straight trunk. There should only be one central leader for most trees. If you are purchasing the tree during the growing season, look for green shoots of new growth at the tips of limbs and branches. Check stems and branches for breakage and/or for bark damage. A few broken stems may be pruned away but may be a sign of rough handling. Damage to the bark can become an easy path for disease and eventual decay.

Shrubs should have a symmetrical form with no gaping spaces. There should be no broken branches which can lead to diseases and insect damage.

Examine the plant for evidence of diseases or insects. Be sure to check under the leaves where many insects like to hide. Unless the plant is supposed to have leaves of another color be sure the leaves are a healthy green.

For best results, be sure to start with quality grown plants that have a look of well-being with good form. The leaves are appropriately colored for the season and are insect and disease free.

Family Living

WINTER SPORT SAFETY

Winter weather brings special challenges and is a time to pay attention to your health when exercising outdoors. Trying to stay warm and protect your skin from the sun is important even if the air and wind are brutally cold. Maintaining an active lifestyle can also be a challenge when the weather turns chilly. Below are a few tips for protecting yourself and your family when exercising outdoors during the cold winter months:

- Be aware of the wind chill factor before planning an outdoor activity. Dress warmly in several layers of loose-fitting, tightly woven clothing. Add a waterproof coat, hat, gloves, a scarf or knit mask to cover your face, and waterproof boots when planning on spending time outdoors.
- Eat and drink wisely. Well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages – they cause your body to lose heat more rapidly.
- Use sunscreen of SPF 15 or higher every day before going outdoors. Be sure to reapply sunscreen every 2 hours while exercising outdoors.
- Teach children not to venture out onto frozen ponds and lakes without checking with an adult about the safety of the ice.
- When hiking, be prepared for weather-related emergencies by carrying an up-to-date emergency kit that includes first-aid supplies, a snack, bottled water, and a small flashlight.

- Notify friends and family before going hiking, camping, or skiing.
- Take a break when you begin to feel fatigue. Watch for signs of cold weather health problems such as hypothermia and frostbite. Symptoms of hypothermia include shivering, confusion, drowsiness, weak pulse and shallow breathing. Frostbite may be present when an individual feels tingling and loss of sensitivity to the affected skin. Get help if any of these symptoms or conditions appear.

For additional information:
http://www.cdc.gov/Features/WinterWeather/

http://www.cdc.gov/family/holiday/

http://www.cdc.gov/niosh/topics/coldstress/5

Source: http://eXtension.org; author Joanne Kinsey, New Jersey Cooperative Extension

HOW LONG DO LEFTOVERS LAST?

The correct answer is *not* "until they are gone." Leftovers have a shelf life that needs to be respected or you could end up with symptoms of food poisoning, also called foodborne illness, similar to the flu.

Generally, refrigerated leftovers should be used within three to four days after cooking. Reheat foods only once and toss if there are any leftover leftovers. The three to four day guide applies to soups, stews, cooked meat and meat dishes, cooked poultry dishes, fried chicken and casseroles. The refrigerated shelf life for gravy and meat broth is only one to two days.

If you don't anticipate using the leftovers in the recommended time span, freeze them to extend the shelf life. Freeze in portion sizes that are easily eaten in one setting. Always thaw frozen leftovers in the refrigerator, not out on the counter.

Guidelines for storing leftovers:

- Put leftovers in small, shallow containers so the food can chill rapidly. If foods are stored while still hot or warm, be sure to allow cool air to circulate to keep food safe. Bacteria grows rapidly between 40 and 140 degrees F, so if a food remains lukewarm for several hours bacteria may start to grow.

- Label the containers with either a "use by" date or with today's date. Make sure your family understands your coding system. Food storage labels that have spaces for both dates are a good idea, as this will ensure there is no misunderstanding of the dating system.

Careless reheating can contribute to foodborne illness.

Tips for reheating leftovers properly:

- Foods should be reheated thoroughly to a temperature of 165 degrees F. This means soups and gravies should be brought to a rolling boil. Food should steam throughout, not just at the edges.

- Be aware that foods cook differently in microwaves versus conventional heat. In a regular oven, hot air makes both the food and its container hot, while in the microwave, the air is cool. Cooking occurs when microwaves cause food molecules to vibrate; the resulting friction creates heat. While microwaves can get food hot enough to kill bacteria that may be present, the microwave doesn't always cook evenly. Since microwaves go about an inch deep in most foods, the center cooks when heat from the outer areas travels inward. Therefore, it is up to the cook to arrange, cover, rotate, stir and turn foods so they reach a safe temperature throughout the food.

- Food continues to cook after the heat turns off, whether it is still in the oven or outside it. Be patient and allow the food to stand to equalize the temperature.

Heating leftovers that have spoiled will not make them safe. Some poisons made by food-poisoning germs are not destroyed by heat. So if your leftovers smell bad or look moldy or slimy, just throw them out. Never taste old leftovers to see if they are safe.

The key points to remember are to promptly refrigerate leftovers, date them, plan to use within three to four days or freeze them, and reheat once until steaming. And then eat and enjoy!

Source: Karma Metzgar, University of Missouri Extension

"It's amazing what you can accomplish if you do not care who gets the credit."

--Harry Truman

WASHINGTON STATE UNIVERSITY
WALLA WALLA COUNTY EXTENSION

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

Debbie Moberg-Williams
County Extension Director

Helping You Put Knowledge To Work