



Asotin County

WASHINGTON STATE UNIVERSITY
EXTENSION

Newsletter *July–Sept 2017*

Welcome to the WSU Asotin County Extension Newsletter! This is a quarterly electronic newsletter highlighting events and topics of interest to residents of Asotin County and the surrounding area. This newsletter can also be viewed on our website: extension.wsu.edu/asotin/

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Contact Us

Office location: 135 2nd St, B107 in Asotin
(Basement of the Asotin County Courthouse)

Hours: Mon-Fri 8:00 to 4:00
(closed 12:00 to 1:00)

Mailing address: PO Box 9, Asotin, WA 99402

Phone: 509-243-2009

FAX: 509-243-2018

Website: extension.wsu.edu/asotin

Mark Heitstuman, County Director
heitstuman@wsu.edu
mheitstuman@co.asotin.wa.us

Kim Belanger, 4-H Coordinator &
Food Sense Educator
kim.belanger@wsu.edu
kbelanger@co.asotin.wa.us

Janice Reed, Office Manager
jreed@co.asotin.wa.us
janice.reed@wsu.edu

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

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.

Do you have an event or subject you would like added to our newsletter or website?
Would you like to be removed from our Extension Newsletter email list?

Contact the Extension Office
Phone: (509) 243-2009 Email: jreed@co.asotin.wa.us.

4-H News/Events and Youth Opportunities

For information on 4-H events and deadlines, see the complete 4-H Calendar:
http://extension.wsu.edu/asotin/4h-youth-development/4h_members_page/

Extension Youth Activity Camp (EYAC)

Our annual Youth Activity Camp is July 17-21 at Grantham Elementary School in Clarkston. Lunch is provided by the Summer Food Program from 12:30 –12:50. Session 1 classes, from 1 to 2:50 pm, are Bugs, Bees, & Birds, 4-H Stem—Rockets, Drones and Motion and Busy Kids. Session 2 classes, from 3:10 to 5:00 pm, are Robotics Adventures, Cookin and a Craftin, and Archery & Shooting Sports. Class size is limited and classes are first come first serve.

Registration forms are available at local libraries, the Lewiston Community Center and the Asotin County Family Aquatic Center as well as online at: <http://extension.wsu.edu/asotin/> under 'Calendar of Events'. For more information contact the Extension Office at 509-243-2009 or email kim.belanger@wsu.edu.

Join 4-H



Interested in enrolling your child in Asotin County 4-H? It's easy, just follow these steps:

Choose a project. There are many projects to choose from in 4-H. Visit the "Projects and Publications" page. Each club has leaders that help the youth with certain project areas. Asotin County does not have leaders available for all the projects 4-H has to offer. If you, or someone you know is interested in becoming a 4-H leader, please contact the Asotin County 4-H office.

Choose a 4-H Club

Pick a 4-H club and contact the 4-H leader to determine if they have openings for the projects you want your child to enroll in. (Visit the "Become a 4-H member" page). Asotin County 4-H has lots of 4-H Clubs located in Clarkston, Asotin and Anatone. Each club offers certain projects. Review the "Asotin County 4-H Clubs" page and find which club you may be interested in joining. If there are any openings, contact the organizational leader of that 4-H Club, or you can just contact the WSU Asotin County Extension office and we'll help you through the process.

Information on the 4-H program, projects, and clubs are available at:
<http://extension.wsu.edu/asotin/4h-youth-development/>

Registration for 2017-2018 begins on Sept 1st. The registration deadline to participate in the 2018 Asotin County Fair is Nov 2, 2017. The Extension Office can assist you in choosing a club that is right for your child.

Asotin County 4-H Leader of the Year Nominations due to the Extension Office by August 1st



The 4-H leader of the year award recognizes outstanding 4-H adult, teen and youth leaders. Do you know an outstanding leader who deserves recognition? It is easy to nominate them, just fill out the 1 page form. The nomination forms are available at the Extension Office or can be found online at: <http://extension.wsu.edu/asotin/4h-youth-development/become-a-4h-leader/>

Asotin County Youth Commission Annual Awards Night

Each spring the ACYC to recognize many of the youth, adults, and youth organizations that give back to our community. On May 30th they held their 16th annual Youth Awards Night. Thank you to the many volunteers and the people that took the time to nominate them for their important contributions to our youth.



Organizations

Nominated for Organization Recognition Award

Asotin County FairBoard, Clarkston LDS Church, Clarkston United Methodist Church,

Special Organization Recognition Winners

Royal Family Kids Camp
Young Life/Wyld Life

** Royal Family Kids Camp also received the “fan favorite” award and was given a \$100 donation from the Asotin County Youth Commission

Adult

Nominated for Adult Excellence Award

Judy Akers, Dale Bonfield, Shawn Bowman, Chris Bunce, Mike Cooper, Doug Jones, D.R. Schnider, Evan Southwick, Mary Lou Franzese, Ashlee Grunenfelder, Allison Hays, Tami Heath, Glen Landrus, Tammy Long, Keesje Mills, Elaine Nagle

Adult Excellence Award Winners

Sharon Hoseley, Grantham Elementary
Hager Meade, Grantham Elementary
Lisa Ubachs, Asotin County 4-H Leader

Youth

Nominated for Youth Excellence Award

Anna Aarstad, Logan Heflin, Levi Lathrop, Myka Lee, Tyler Nichol, Dylan Pederson, Dawltin Phillips

Youth Excellence Award Winners

Tycie Peery – Clarkston High School
Daniel Young – Clarkston High School

Graduating seniors, Logan Heflin and Matthew Ubachs, were also recognized for their years of commitment and hard work with the Youth Commission.

Master Gardeners and Gardening



Office Plant Clinics

Gardening, Plant, and Insect Problems?

FREE diagnosis and advice from the Asotin County Master Gardeners

Bring your plant samples and pictures for diagnosis

Wednesdays, 10:00 - 2:00; May 10—Sept 27

Asotin Co. Courthouse basement, 135 2nd St, Asotin

Call 509-243-2009 for more information

<http://extension.wsu.edu/asotin/master-gardeners/>

Brown Bag Lunch Series

Bring your lunch and discuss garden-related topics with the Asotin County Master Gardeners.

Wednesdays, 12:10-12:50 in the Lions Gazebo at Beachview Park in Clarkston.

July 5—Lawn to lettuce: raised beds

July 12—Making hand lotion

July 19—Preserving veggies: fermentation

July 26— Tomato tasting



Clarkston Farmer's Market

Stop by the Master Gardener's information table at the Clarkston Farmer's Market on the first and third Saturdays of each month, June-September. The market is located in the parking lot of Twin River Bank (5th and Sycamore Streets) and is every Saturday from 8:00 am to Noon.

Like 'Clarkston Farmer's Market' on Facebook.

Summer Garden Checklist

By: Justin W. Hancock . Adapted from— <http://www.bhg.com/gardening/yard/garden-care/summer-garden-checklist/>

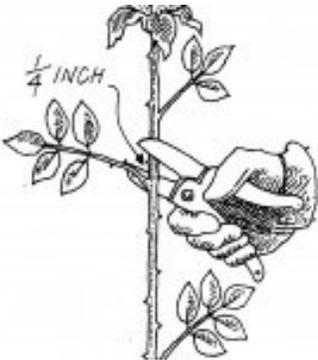
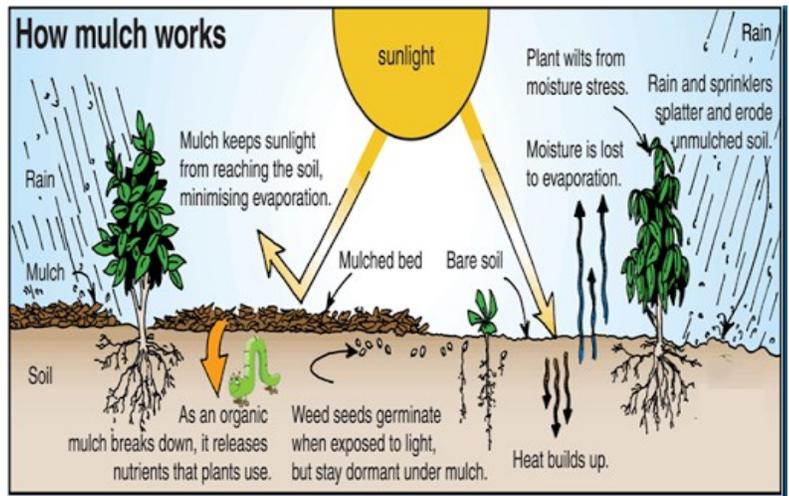
Use these timely guidelines to keep your garden looking beautiful through the summer.

Weed—Many pesky weeds love summer heat and quickly take the jump from tiny to gigantic. It's important to pull them from your garden, because weeds steal moisture and nutrients from your plants. Many weeds also encourage insect pests and diseases to pop up in your garden. Weeds are easiest to pull when they're young and small. They also come out of the ground easiest when the soil is moist. Another reason to get them while they're young: You can stop weeds from producing seeds. A single dandelion plant can produce 2,000 seeds in a year. A weed such as lamb's quarters can produce 150,000 seeds in a year. That's a lot of future weeding you can save yourself from doing!



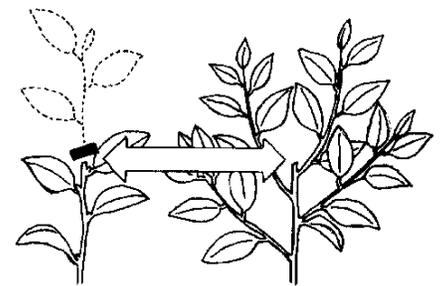
Summer Garden Checklist (continued)

Mulch—Spreading a 2-inch-deep layer of mulch over your soil is one of the best things you can do for your garden. The mulch blankets the ground, shielding the soil from the sun. This keeps it cooler, so your plant roots are happier, and prevents moisture loss from evaporation. Happily, there's not a single best type of mulch. Anything made from organic matter -- shredded wood, pine straw, a mix of grass clippings and shredded leaves, etc. -- is going to help your soil in the long run as it decomposes and adds to your soil.



Remove faded flowers—Remove spent blooms from many of your annuals and perennials, and you might see more flowers! Called deadheading, this process prevents plants from producing seeds so they put more energy into beautiful blooms. Deadheading cuts back on future efforts, too, for plants that self-seed. Perennials (such as columbine, coneflower, cup plant, false sunflower, garlic chives, and verbena) and annuals (such as datura, flowering tobacco, kiss-me-over-the-garden-gate, larkspur, and spider flower) can self-seed to the point of being weedy in the garden.

Pinch back late perennials—Keep mums, sedums, asters, and other fall-blooming perennials standing tall by pinching the top inch or two of new growth. You can do so up to the Fourth of July. Pinching the tops of the plant typically gives you a more compact, sturdy specimen. It may also give you more blooms from the sideshoots that develop, though the blooms are typically a little smaller and appear a couple of weeks later.

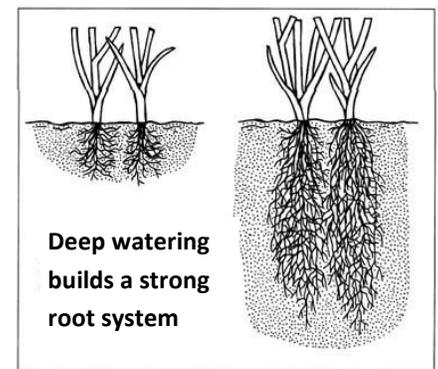


Removing terminal shoot activates buds in immediate area of cut into growth

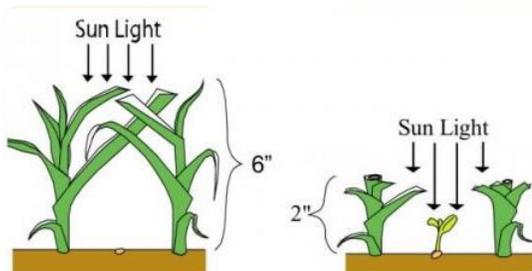


Watch for pests—Like weeding, keeping an eye on pests and diseases in your yard should be done all year. But midsummer seems to be particularly popular for these gardening obstacles. Some of the more common midsummer problems to watch for include: Black spot, Cucumber beetles, Grasshoppers, Japanese beetles, Powdery mildew, Rust, Squash bugs, Tomato hornworms.

Water—Most common garden plants prefer an average of 1 inch of water a week. It's best to apply that inch all at once to encourage plant roots to sink down more deeply in the soil. When watering, apply water directly to the ground rather than getting a plant's foliage wet; water sitting on the leaves can lead to disease. Soaker hoses are great for this!



Deep watering builds a strong root system



Raise your Mower—Raise the height of your lawn-mower blade if you have cool-season grasses such as Kentucky bluegrass, ryegrass, or fescues. More leaf surface keeps the plants healthier during hot, dry weather.



THE BUZZ



During summer and early fall we spend a lot of time outdoors having picnics, at the beach, and camping. We are likely to encounter many insects that can sting us. Here is a brief guide to some of the stinging insects you may see.



Honey bee



Natural honeybee hive in a tree



Honeybee swarm

Honey bees measure about 15 mm long and are light brown in color. They are usually oval-shaped creatures with golden-yellow colors and brown bands. Swarms are docile and unlikely to sting. A honeybee can sting only once. When it stings, its barbed stinger and the attached venom sac are ripped from its body, killing it. So the honeybee stings only as a last resort, sacrificing its life to protect the colony.



Bumblebee



Bumblebee nest

Bumblebees build their nests underground, often in ceilings and walls of basements.

Bumblebees are about one inch in length. They are bulbous and hairy with yellow bands on the thorax and abdomen. They eat pollen and nectar and like honeybees, they play an important roll in pollinating our flowers and vegetables. Bumblebees are not aggressive but will defend their nest if threatened. They can sting repeatedly and painfully. Stings are usually limited to unintentional contacts such as bare feet in grass.

Protect the Bees!

Remember, Honeybees and Bumblebees are important pollinators and are not aggressive. Stay out of their way and they will leave you alone. If you have questions or need assistance with bees, contact the Valley Beekeepers Association.

John Freeman: 758-6338 Larry Nelson: 758-1363



THE BUZZ



Yellowjacket



Yellowjacket nests are built entirely of wood fibers and consist of multiple stacked combs completely enclosed by a paper envelope. Nests of most species are underground in rodent burrows or other soil cavities.

Yellowjackets are a type of wasp. They vary in size from 1/3 inch to 3/4 inch and have a distinct yellow and black striped pattern. Unlike bees, they are shiny and bare of hair. They are carnivores, feeding on other insects and are attracted to meat.

Even though yellowjackets and their relatives are beneficial insects they can pose danger when nest placement or worker feeding habits put these insects in close proximity to people. Like many other flying insects, adult yellowjackets feed on sugary substances such as flower nectar, fruit, and the occasional soda when they find an open can. Reducing sting probability around the home often is a matter of avoiding places where encounters are likely and eliminating foods that attract these insects to back yards. Yellowjackets are aggressive and will chase you if disturbed. They can sting multiple times. Homeowners should remove garbage frequently, keep trashcans covered, and ensure all doors and windows have screens that are in good condition. People should also avoid wearing sweet-smelling perfumes as the scent attracts yellowjackets.



Paper wasp



Paper wasps build distinctive umbrella-shaped paper nests seen hanging upside down from door-frames, eaves and other protected places. Nests are open-combed

Paper wasps resemble yellowjackets but have a slimmer, longer body shape and long legs. Their legs even dangle below the body in flight. Paper wasps are beneficial predators. They do not scavenge on non-living foods as do nuisance yellowjackets, but instead prey on caterpillars and other soft-bodied leaf-feeding insects. During summer you will often find them around your yard's water puddles and ponds. Paper wasps are fairly docile but will sting to defend their nest when provoked.

Agriculture and Natural Resources

Asotin County Noxious Weed Control Board Update

By Andrew Wolfe, Noxious Weed Coordinator

Summer is here and the Asotin County Noxious Weed Control Board is working to help you manage your invasive plant problems and put taxpayer dollars back on taxpayer lands.



Figure 1:
Common crupina flowers

We were surprised to see the abundance of one of our very few Class A weeds (weeds designated for mandatory eradication,) **Common Crupina**, at a location near Buffalo Eddy where aerial control applications had been made last year. The infestation was identified in the nick of time but vigilance demands continued surveying. If you are on the beaches up river on the Snake keep an eye out for flowers like these. With your help the Weed Board can continue to preempt infestations like these and work toward their diminished presence in our county.

Mediterranean Sage is a second Class A noxious weed that the ACNWCB has targeted for eradication. This plant is easily mistaken for the widely known common mullein plant in the rosette stage but Mediterranean Sage blooms far differently and is a more severe threat due to its proclivity to ‘tumble’. It can be differentiated by its serrated leaf margins and white blossoms.



Figure 2: Serrated leaf margins



Figure 3: White blossoms

The ACNWCB is set to conduct a release of approximately 10,000 Yellow Starthistle Hairy Weevils to combat this year’s infestation that has flourished due to 2017’s protracted and wet spring season. Additionally, aerial applications are set to attack some of the county’s largest infestations. A harsh winter and wet spring have served to the end of a diminished weevil population and an invigorated yellow starthistle population—this is not the year to let starthistle go unchecked and the ACNWCB is here to assist you in this and other battles you face with noxious weeds on your property. If you are not already on the mailing list call or email Andrew J. Wolfe to be added to receive ACNWCB updates and to learn about how you can take advantage of the programs and assistance we have to offer. Be sure to find and like us on Facebook as well as browse our website, <http://www.co.asotin.wa.us/noxious-weed-control/>, for additional resources.

Healthy Living

The **2017 County Health Rankings** compare counties within each state on more than 30 health-influencing factors. The health rankings are based on factors such as health behaviors, health care, social and economic factors, and physical environment

Asotin County is ranked 23 out of 39 counties which is an improvement over last year.

This year's *Rankings* reveal a disturbing trend: **national premature death rates are rising for people in the prime of their lives, largely due to the drug overdose epidemic.**

To read the full report, go to: <http://www.countyhealthrankings.org/>

Healthy Eating

Crunchy Chicken Salad

- 2 cups cooked chicken (chunked)
- 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- 1/4 cup onion
- 1/2 cucumber
- 1/2 cup seedless grapes
- 1 small diced apple
- 1/3 cup mayo or plain yogurt

Directions:

Chop chicken and veggies and mix in a bowl.

Add dressing and mix well.

*Spice up the dressing with curry or spices of your choice.

Add walnuts, almonds, or sunflower seeds if desired.

This versatile, healthy and easy-to-make salad can be used for a sandwich or wrap, served atop lettuce, or eaten on crackers or celery sticks.

Perfect for picnics, the beach or camping.

Enjoy!

Nutritional Benefits of Honey

Honey is one of nature's purest foods and is far more than just a natural sweetener. It's a "functional food," which means it's a natural food with health benefits. Raw honey nutrition is impressive. Raw honey contains 22 amino acids, 27 minerals and 5,000 enzymes. Minerals include iron, zinc, potassium, calcium, phosphorous, magnesium and selenium. Vitamins found in honey include vitamin B6, thiamin, riboflavin, pantothenic acid and niacin. In addition, the nutraceuticals contained in honey help neutralize damaging free radical activity. To gain all the benefits of honey, use raw, local honey when available.

Raw Honey

- * Crude form immediately taken out of cells of honey combs
- * Commonly contains bee pollen and propolis, which enhance health benefits
- * Can't be heated above 95 degrees F
- * Is not filtered or pasteurized
- * Free from additives

Commercial Honey

- * Heavily processed, may be chemically refined
- * Filtering and processing eliminates many of the beneficial phytonutrients, including pollen and propolis
- * Excessively heated, destroying natural enzymes, vitamins, and minerals
- * Sparkling clear honey is processed, so avoid golden, syrup-like honey
- * May contain additives

Summer Nutrition for Kids

Everyone Wins with Summer Foods!



For many children, summer vacation does not mean “Fun in the Sun,” but rather an increased risk of hunger and developmental decline. The Summer Food Service Program (SFSP) provides an opportunity to continue a child’s educational and social development while providing nutritious meals. The SFSP helps children return to school ready to learn.

The Summer Food Service Program is directed toward children and their needs; therefore, meals are not provided for adults. One lunch per child, per day will be prepared at NO CHARGE to all attending children 1-18 years of age. Snacks will be served at some sites listed on the next page at designated times.

We welcome ALL children: summer school children, daycares, summer church camps, community center groups, visiting children from different states, cities and counties.

If you have any questions, please call us at 509.769.6346 or 509.769.6288. It is important to us that everyone who shows up receives a lunch. Days of operation will be Monday through Friday beginning June 12th through August 17th, 2017 unless otherwise specified. No weekends or holidays (July 3-4 there will be no meals served).

**Lunches must be eaten in the designated areas according to the Federal Guidelines. No food may be taken offsite to maintain food safety and Federal Guidelines compliance. Adults may not eat off a child’s lunch.

Meals are available Monday through Friday, June 12th through August 17th, 2017. No Weekends or Holidays (None on July 3-4). Menu items are subject to change. 1% white milk or NF chocolate milk is provided with each meal. Condiments may include mayonnaise, mustard, catsup, low-fat dips. Lunch menu includes at least 2 oz. protein, ¾ cup fruit and vegetable, 1 grain serving, and 1 milk serving with each meal. Snacks will include two food items (including beverage).

Clarkston School District
Summer Food Service Program

Designated Serving Sites:

<p>Beachview Park Chestnut & 2nd Street Clarkston, WA 99403 11:45 a.m. – 12:25 p.m.</p>	<p>Arnold Park Ash & Maple Street Clarkston, WA 99403 11:30 a.m. – 12:30 p.m.</p>
<p>Clarkston High School- Adams Building 401 Chestnut Clarkston, WA 99403 9:00 a.m.-9:30 a.m.- Snack 11:00 a.m. – 1:00 p.m. - Lunch</p>	<p>Valley Boys and Girls Club 1414 Highland Clarkston, WA 99403 12:00 p.m.-12:45 p.m.- Lunch 4:00 p.m.- 4:30 p.m.- Snack</p>
<p>Grantham School 1253 Poplar Clarkston, WA 99403 9:00 a.m.- 9:30 a.m. – Snack 11:30 a.m.-12:00p.m.- Lunch **ONLY June 12 - June 30 12:30 p.m. – 1:00 p.m. – Lunch 2:50 p.m. – 3:20 p.m. – Snack ** ONLY July 17 - July 21</p>	

**SFSP site dates are June 12th through August 17th unless otherwise noted.

2 Week Lunch Cycle:

	Week 1	Week 2
MONDAY	Turkey Sandwich Baby Carrots Apple Pretzel or Cracker	Deli Sandwich on a Hoagie Baby Carrots Fruit Cup
TUESDAY	Variety Wheat Wrap Fruit Juice Melon Treat	Turkey Frank Wrap Fresh Vegetable Fresh Fruit Treat
WEDNESDAY	Hummus or Sunbutter Cheese Stick Sun Chips Celery Sticks Raisins	Yogurt Cheese Stick Banana Muffin Dried Fruit Trail Mix
THURSDAY	Ham Sandwich Broccoli Florets Fresh Fruit	Chicken Dunks Kiwi Fruit Fruit Juice Graham Snack
FRIDAY	Cheese Pizza Fresh Vegetable Applesauce Cup Treat	Ham Tortilla Wrap Pickle Spears Orange Wedges Treat