

WASHINGTON STATE UNIVERSITY



LEWIS COUNTY EXTENSION

Volume 5 Issue 7

Cranberry History and
Homemade sauce recipe pg 1

Flowering Holiday Plants &
Selecting a Poinsettia pg 2 & 3

Holiday Leftovers &
Kitchen Towel Hazards pg 4 & 5

Holiday Safety for Pets
pg 6 & 7

Pesticide License
Training pg 8

Pressure Cooker Cheesecake! p 9
Ginger Pecan Oatmeal Crisps
Chicken "Pot Pie" Casserole pg 10
Almond Snowballs &
Confetti Black Bean Rice pg 11

Winter Gardening Stuff
for Kids pg 12 & 13

Christmas Tree Care pg 14

WSU Lewis County Extension
Programs pg 15-17

What's Coming Up! pg 18



Washington State University Extension programs are available to all without discrimination. Evidence of noncompliance may be reported to your local WSU Extension office.

All images were obtained through google images as freeware or Wikimedia unless otherwise stated.

Crimson Pride

Holiday Issue 2017



Happy Holidays! They are just around the corner as one of our staff members noted on her calendar, "only 8 more Fridays until Christmas!" There is still plenty of time to get your holiday baking, decorating and gift gathering done with ease, not to mention picking up a few holiday seasonal plants in addition to your tree. If your holiday meal includes a cranberry dish, check out the history of cranberries, and recipe. Did you know we have cranberry bogs a mere hour or so west of us?

We want to keep our children and pets safe around all of our décor too, take a look at suggestions to do this.

When your kids have gone through all the holiday movies and played with all their new stuff, take a look at the winter gardening projects to keep them busy and put their creativity to work. And don't forget to help your Christmas tree last longer while it is in the house by following the tips in the Tree Care article.

Most of all, may your holiday season be filled with the joy of the season. It is our pleasure to serve you through the years! Merry Christmas! See you in 2018!

History of Cranberry Cultivation

The American or large-fruited cranberry is indigenous to the North American continent. The cranberry is an introduced plant to Oregon, Washington and British Columbia. It is sometimes found with the small-fruited cranberry in sphagnum bogs within its range. When the first colonists arrived from Europe, they found it growing in peat bogs and marshes and quickly discovered its importance as a food source. Although the native Americans did not cultivate it, they gathered berries and used them in pemmican, a mixture of dried meat or fish and berries that was pounded into a pulp, shaped into a cake and dried in the sun. They were the first to make it into a sweetened sauce using maple sugar. The berries were also eaten raw. Historians generally agree that cranberries had to have been on the table for the first Thanksgiving feast.

Washington ranks 5th in the nation in cranberry production. In 2002, the state's growers harvested 168,000 100-pound barrels of cranberries. In more recent years, that number has varied from 176,000 in 2007 to 109,000 in 2008, and back to 155,000 in 2009. WSU Extension continues to provide farmers and potential cranberry growers with technical assistance on cultural practices, insect, disease and weed control, as well as marketing new and existing agricultural crops.

As a result of local germplasm trials, many growers are transitioning to new, better adapted varieties and obtaining superlative yields. Several independent growers received Global Gap certification in 2014, allowing for a five-fold increase in their returns, which helped prevent the loss of their farms.

Additionally, research and Extension activities focus on management systems resulting in improved production with fewer pesticides and the application of pesticides with reduced risk.

Water harvesting (right) had its origins in Wisconsin in the 1920s, although only a shallow flood was initially utilized. A deeper flood totally covering the vines was adapted in the early 1960s and shortly thereafter all growing areas began to water harvest the majority of their acreage.



This technology can be used because the cranberry fruit consists of four locules that contain significant amounts of air, thus allowing the berries to float.

Two myths of cranberry fields are that the plants grow as bushes and that the fields are constantly flooded. Nothing could be further from the truth!

How to make homemade whole berry cranberry sauce for your holiday meal:

Empty a 12-ounce bag of fresh or frozen **cranberries** into a saucepan and transfer 1/2 cup to a small bowl. Add 1 cup sugar, 1 strip orange or lemon zest and 2 tablespoons water to the pan and cook over low heat, stirring occasionally, until the sugar dissolves and the cranberries are soft, (they may “pop” and that’s okay, about 10 minutes. Chill and serve with your dinner .



Source: <http://www.apsnet.org/publications/apsnetfeaturesPagesCranberries.aspx>; <http://extension.wsu.edu/graysharbor/ag/cranberry/>

Flowering Holiday Plant Care Tips

Poinsettias: probably the most common decorative holiday plant, come in a range of colors from whites through yellows, salmon, and pink as well as the traditional red. These plants are native to Mexico, where they appreciate warm temperatures. **Do not leave** a poinsettia **where it will get a rapid change of temperature**, such as in a drafty doorway. Mild temperatures, between 65° F-75° F., are best for the longevity of poinsettias. Do not let **them dry out but don't over water**. **Provide** as much **bright light** as is possible in the dark days of December. Lack of light, under or over watering, and drafts will rapidly send poinsettias into decline.



Amaryllis (*Hippeastrum*): huge flowers, often ten inches across, rise out of strap-shaped leaves on tall, thick stalks. They grow rapidly once buds appear at the top of the bulb. **Keep them evenly watered**, using tepid water. They appreciate a **temperature of 60° F-70° F**, or even a bit warmer. **Keep them out of drafts**.

Florist's Cyclamen will do better than either poinsettias or amaryllis. Cyclamen resemble butterflies decorative dark green rounded leaves and **need cool temperatures**. They thrive in average temperatures of **about 50° F**. (An unheated room is perfect.) If cyclamen become dry and hot, they will wilt. After wilting, flowering will lessen. Keep these cool and **evenly watered**, but **don't allow water to stand on the leaves or on the crown of the plant**.



Christmas Cactus should be grown in bright, indirect light. Mist the plant weekly to increase humidity. Ideal temperatures are around 70°F during the day and 60-65°F at night. Do not fertilize while plants are in flower. Resume fertilization once a month between April and September. After flowers drop, pinch back each stem to promote more branching. Plants can be placed outdoors after all danger of frost is past (check with your extension office for dates in your area) and grown in a shady or semi-shady location.

Forced Tulips are often sold during December. **Keep these as cool as possible**; they will even survive temperatures in the high 30's without damage if they are **acclimated by being left outside for decoration**. A very warm house will shorten the life span of the pot of bulbs. Think of bulbs as needing temperatures similar to what we would get in a cool spring.



Forced Paperwhite Narcissus bulbs grow in water with a choice of growing medium, select a pot or container without drainage holes anywhere from 3 to 5 inches deep. Fill the container half full of clean pebbles, gravel (up to ½ inch in diameter) or marbles and place the bulbs atop this material so that they almost touch. As with other plants taken indoors for enjoyment, the cooler the room temperature the longer they will bloom.

For more information contact your local extension office.

Selecting Poinsettias

Choose a plant with dark green foliage down to the soil line.

- Choose bracts (modified leaves) that are completely colored.
- Do not purchase poinsettias with a lot of green around the bract edges.
- Do not choose plants with fallen or yellowed leaves.
- The poinsettia should look full, balanced and attractive from all sides.
- The plant should be 2 1/2 times taller than the diameter of the container.
- Choose plants that are not drooping or wilting.
- Do not purchase plants displayed in paper or plastic sleeves. Plants held in sleeves will deteriorate quickly.
- Do not purchase plants displayed or crowded close together. Crowding can cause premature bract loss.
- Check the plant's soil. If it's wet and the plant is wilted, this could be an indication of root rot.
- Check undersides of leaves for insects like aphids and whiteflies.
- Check the plant's maturity. The true flowers at the base of the colored bracts should be green or red-tipped and fresh looking—the bloom will "hold" longer than if yellow pollen is covering the flowers.
- When you take the poinsettia home, have it sleeved or covered when outdoor temperatures are below 50° F.

Poinsettias will last through the Christmas season and beyond.

A few selection pointers:



Caring for Poinsettias

The length of time your poinsettia will give you pleasure in your home is dependent on (1) the maturity of the plant, (2) when you buy it, and (3) how you treat the plant. With care, poinsettias should retain their beauty for weeks and some varieties will stay attractive for months.

- After you have made your poinsettia selection, make sure it is wrapped properly because exposure to low temperatures even for a few minutes can damage the bracts and leaves.
- Unwrap your poinsettia carefully and place in indirect light. Six hours of light daily is ideal. Keep the plant from touching cold windows.
- Keep poinsettias away from warm or cold drafts from radiators, air registers or open doors and windows.
- Ideally poinsettias require daytime temperatures of 60 to 70°F and night time temperatures around 55°F. High temperatures will shorten the plant's life. Move the plant to a cooler room at night, if possible.
- Check the soil daily. Be sure to punch holes in foil so water can drain into a saucer. Water when soil is dry. Allow water to drain into the saucer and discard excess water. **Wilted plants will tend to drop bracts sooner.**
- Fertilize the poinsettia if you keep it past the holiday season. Apply a houseplant fertilizer once a month. Do not fertilize when it is in bloom.

With good care, a poinsettia will last 6-8 weeks in your home.

Source: <http://extension.illinois.edu/poinsettia/care.cfm>





Healthy thoughts!

Healthy Tips: Holiday Leftovers

Instead of tossing holiday leftovers to avoid more over-indulging, use them to your advantage. Here are some practical tips to help you reduce food waste and space out the calories.

Give It Away Now! If you host holiday festivities, plan ahead and have re-sealable plastic bags and food storage containers handy to send guests home with goodies. This works perfectly for cookies, candies or other sweets.

Zip It Good. Make sure to store all leftover foods in airtight containers; this keeps things fresher longer and gives you more time to finish off the stash.

Chill Out. Utilize your freezer — soups, cooked vegetables, breads, pastries and cookies all freeze very well and can be thawed for later indulging.

Recreate the Plate. Serve small portions of leftover turkey, roast beef or ham along with lots of fresh fruits and vegetables for sandwiches, salads, wraps or a light main course.

Mix It Up. Toss left over veggies and seafood with small portions of pasta or brown rice.

Veg Out. Reduce portions of high calorie favorites by adding fresh or frozen vegetables to creamy soups or leftover mashed potatoes.



Go Nuts. Add remaining nuts and dried fruit to a simple and light spinach salad.

Be Creative. Combine herbs and roasted root vegetables along with a pinch of low fat cheese to make quesadillas, mini pizzas or omelets.

Safety First. Most foods will stay fresh for up to seven days, but if it looks or smells even a little funky, throw it out!

Feel the Burn. Work off some of those extra calories! Make sure to get some exercise in the weeks following holiday get-togethers. Prep leftover plates and march them to your neighbors (especially any ones up a hill).

And remember, if in doubt; throw it out! Food poisoning is not an enjoyable experience.

[Source: www.foodnetwork.com/holidays-and-parties/packages/holidays/holiday-central-how-tos/healthy-tips-using-up-holiday-leftovers](http://www.foodnetwork.com/holidays-and-parties/packages/holidays/holiday-central-how-tos/healthy-tips-using-up-holiday-leftovers)

Staying Healthy

Kitchen Towel Hazards

Many people have an all-use kitchen towel to use for anything/everything. Believe it or not, this practice can actually cause illness.

Do you have a towel hanging on your refrigerator door? If you do, it is possible you use the towel to wipe counter tops, dry your hands, as a potholder, wipe a messy face, and/or to dry dishes. Kitchen towels can be carriers of disease-causing bacteria. If a contaminated towel is used, you may be transferring harmful microorganisms from one place to another, including to you, your family and guests.

If you wash dishes by hand, always use clean cloths or sponges. To clean sponges, wash in a dishwasher and dry completely before using again. Another alternative is to purchase inexpensive white cloths in bulk and use a clean one each time you wash dishes. They can easily be washed and bleached, which means the cloths are clean every time.

Kitchen towels may be responsible for cross-contamination, especially when they have multiple uses during daily living, food preparation and clean-up. If you hand wash dishes, it is best to let them air-dry so that you do not introduce contaminants to your clean dishes.



Holiday Pet Safety

Foods: Keep people food away from pets. If you want to share holiday treats with pets, make or buy treats formulated just for them. The following people foods are especially hazardous for pets:

Chocolate is essential to the holidays for many people, but it is toxic to dogs and cats. The toxicity can vary based on the type and amount eaten and the size of your pet. It's safest to consider **ALL** chocolates off limits for pets.

Other sweets and baked goods should also be kept out of reach. They often are too rich for pets and an artificial sweetener often used, xylitol, has been linked to liver failure and death in dogs.

Turkey and turkey skin, even in small amounts, can cause a life-threatening condition pancreatitis.

Yeast dough can cause problems for pets, including painful gas and potentially dangerous bloating.

Table scraps, including gravy and meat fat, should be kept away from pets. Many foods that are healthy for people are poisonous to pets, including onions, raisins and grapes. During the holidays, when our own diets tend toward extra-rich foods, table scraps can be especially hard for animals to digest and can cause pancreatitis.



Quick action can save lives. If you believe your pet has been poisoned or eaten something it should not have, call your veterinarian or local veterinary emergency clinic immediately. You may also want to call the ASPCA Poison Control Hotline: 1-888-426-4435. Signs of pet distress include: sudden changes in behavior, depression, pain, PE

(Pet Safety continued)



Decorations: Greenery, lights and Christmas trees make the holidays festive, but also pose risky pet temptations.

Christmas trees can tip over if pets climb on them or try to play with the lights and ornaments. Consider tying your tree to the ceiling or a doorframe using fishing line to secure it.

Water additives for Christmas trees can be hazardous to your pets. Do not add aspirin, sugar, or anything to the water for your tree if you have pets in the house.

Ornaments and tinsel can cause hazards for pets. Broken ornaments can cause injuries, and ingested ornaments can cause intestinal blockage, perhaps requiring surgery, or toxicity. Keep any homemade ornaments, particularly those made from salt-dough or other food-based materials, out of reach of pets.

Electric lights can cause burns when a curious pet chews the cords.

Flowers and festive plants can result in an emergency veterinary visit if your pets get hold of them. Amaryllis, mistletoe, balsam, pine, cedar, and holly are among the common holiday plants that can be dangerous and even poisonous to pets who decide to eat them. Poinsettias can be troublesome as well. The ASPCA offers lists of plants that are toxic to [dogs](#) and [cats](#).

Candles are attractive to pets as well as people. Never leave a pet alone in an area with a lit candle; it could result in a fire.

Potpourris should be kept out of reach of inquisitive pets. Liquid potpourris pose risks because they contain essential oils and cationic detergents that can severely damage your pet's mouth, eyes and skin. Solid potpourris could cause problems if eaten.

Hosting Parties and Visitors: Visitors and the noise and excitement of parties can upset pets. Even pets that aren't normally shy may become nervous in a holiday gathering. You can reduce emotional stress on your pet and protect your guests from injury.

All pets should have a comfortable, quiet place if they want to retreat. Make sure they have a room or crate away from the commotion where your guests won't follow. If your pet is particularly nervous, talk to your veterinarian about possible solutions to this common problem.

Holiday Travel: Whether you take your pets with you or leave them behind, take precautions whenever you are [traveling](#).



WSU Pesticide License

Recertification Training

Integrated Pest Management for Landscapes and Turf

- Integrated Vegetation Management
- Pruning for Pest Management
- Preventing Root Problems
- IPM for Landscape Plant Problems
- *Ramprum* Blight: A Disease Threat
- BMPs for Sustainable Landscapes
- The Buzz on Bee Health
- Identifying Arthropod Pests: Big & Small
- Roundup Toxicology: Myths and Facts
- Avoid Pesticide Application Mistakes!
- Protect Yourself from Exposure to Pests and Pesticides
- Pesticide Selection Tips

Program agendas are available online at pep.wsu.edu/rct/wwrctdates for each location.

For more information on Western Washington Recertification and IPM Workshops:

<http://pep.wsu.edu/rct/wwrct/>

SNAP is the Supplemental Nutrition Assistance Program (formerly known as Food Stamps). It is part of the U.S. domestic hunger safety net and provides economic benefits to eligible, low-income individuals and families for food purchases. **SNAP-Ed** is the nutrition promotion and obesity prevention component of **SNAP**.

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) works with local agencies to help people choose healthy foods and active lifestyles.

WSU Lewis County Extension is pleased to have **Julie Pirtle** on our team as our **SNAP-Ed** Nutrition Educator. We are excited to have her here to meet the needs of our community. Julie will be providing nutrition, gardening, and cooking classes for children and families at several partner sites throughout the community.

If you have questions for Julie contact her at the WSU Extension office at 360-740-2793 or at Julie.Pirtle@lewiscountywa.gov



What's Cookin'?

PRESSURE COOKER PUMPKIN CHEESECAKE

INGREDIENTS

- 1 cup Ginger Snaps (about 25 cookies)
- 2 Tablespoons butter, melted
- 2 8 ounce packages cream cheese, at room temperature
- 1/2 cup granulated sugar
- 1/2 cup pumpkin
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 2 large eggs

FOR THE TOPPING

- Sweetened Whipped Cream
- Caramel Sauce



1. Place ginger snaps in a food processor or gallon sized bag. Break up to fine crumbs. Add the melted butter and mix well. Press the crumbs firmly into the bottom and 1" up the sides of a 7" spring-form pan. Put in the freezer until ready to use.
2. In a large mixing bowl, blend the cream cheese and sugar until smooth. Add pumpkin, pumpkin pie spice, and vanilla and mix well. Add the eggs one at a time and mix on low speed just until blended. Do not overmix.
3. Transfer the batter into the spring-form pan on top of the crust.
4. Pour 1 cup of water into the pressure cooking pot and place the trivet in the bottom. Cut a long 5-inch wide strip of foil (to go across bottom and up both sides of pressure pot) to create a "sling" to lower and lift the cheesecake from the pressure cooker. Carefully center the spring-form pan on the foil strip and lower it into the pressure cooker. Be sure that the foil does not interfere with closing the lid.
5. Lock the lid in place. Select High Pressure and set the timer for 15 minutes. (25 minutes if you like a denser cheesecake.) When beep sounds, turn off pressure cooker and use a natural pressure release for 10 minutes and then do a quick pressure release to release any remaining pressure. When valve drops carefully remove lid.
6. Remove spring-form pan to a wire rack to cool. If there is a little water on top of the cheesecake, gently blot with a paper towel. When cheesecake is completely cooled, cover with plastic wrap and refrigerate for at least 4 hours or overnight.
7. When ready to serve, whip one cup whipping cream with 1 tablespoon powdered sugar for a sweetened whipped cream. Spread the whipped cream over top, drizzle with caramel sauce and add a garnish of some crushed gingersnaps.

Ginger Pecan Oatmeal Crisps



- 1 cup quick cooking oatmeal
- 3/4 cup pecan halves
- 1 cup whole-wheat flour
- 1/4 cup cornstarch
- 1 teaspoon ground ginger
- 1/2 teaspoon fine salt
- 1/4 teaspoon baking soda
- 3/4 cup unsalted butter, softened
- 3/4 cup granulated sugar
- 1/3 cup light brown sugar
- 1 teaspoon pure vanilla extract
- 1 large egg

Grind the oatmeal and pecan pieces in a food processor until they resemble cornmeal--reasonably fine but with some texture. Whisk the whole wheat flour, cornstarch, ginger, salt and baking soda together in a medium bowl. Whisk in the oat/nut mixture.

In another medium bowl, beat the butter with an electric mixer until smooth and light, about 1 minute.

Gradually add the granulated and light brown sugar; continue beating until evenly combined, about 3 minutes more. Add the vanilla and the egg.

Mix in the dry ingredients to make a textured dough. Line a 1 1/2-quart loaf pan or 3 mini loaf pans with plastic wrap and pack dough into the bottom half of the pan. Press to level off the dough. Lay a piece of plastic wrap on top and refrigerate until completely firm, about 2 hours.

Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper or silicone mats.

Remove dough from the pan and unwrap. Slice dough in half lengthwise if using a large pan. Slice each log cross-wise into 1/4-inch thick cookies. Place the cookies about a 1-inch apart on the prepared pans. Bake until golden brown, 15 to 18 minutes. Transfer cookies to a rack to cool and crisp. Serve.

Store cookies in a tightly sealed container for up to 1 week.

Prep: 15 min active, 2 hr cook; Yield about 4 dozen; Level: Easy

Source: <http://www.foodnetwork.com/recipes/food-network-kitchen/ginger-pecan-oatmeal-crisps-recipe2-1928317>

(Chicken) Pot Pie Casserole

- 1 lb. cubed chicken (or turkey, ham, sausage, beef, etc.)
 - 16 oz. bag frozen mixed veggies
 - 16oz egg noodles
 - 1 cup heavy cream
 - 4 cups chicken broth (or beef or vegetable)
 - 1 tsp garlic powder
 - 1 tsp onion powder
 - 1 tsp salt
 - 1 tsp pepper
1. Place your Instant Pot on sauté, Add chicken, spices, and olive oil.
 2. Sauté about 2-3 minutes until the outside of the chicken is white.
 3. Add egg noodles, broth, and veggies.
 4. Cook on manual high pressure for 5 minutes.
 5. Do a quick release. Stir in heavy cream.
 6. Place pot back on sauté.

Cook for another 2-3 minutes or until thickened. Serve.



Almond Snowballs



- 2 egg whites
- Pinch coarse salt
- 1/3 cup sugar
- 1teaspoon almond extract
- 1 1/2 cups, about 6 ounces, shredded coconut
- 1/4 teaspoon grated or ground nutmeg
- 3 tablespoons all-purpose flour
- 9 candied red cherries, halved
- 1/4 cup sliced almonds

Preheat oven to 350 degrees F.

In a mixing bowl, beat egg whites and salt to soft peaks, then add sugar and beat again until peaks are stiff. Beat in almond flavoring. Using a rubber spatula or wooden spoon, stir in half of the coconut. Sprinkle in the nutmeg and flour, stir, then fold in the remaining coconut.

Using a melon baller or other small scoop, or working with 2 spoons, form 9 "snowballs" a couple of inches apart on each of 2 cookie sheets. Bake snowballs 12 to 15 minutes, until lightly golden. Remove from oven and garnish each snowball with half a cherry and a couple of slivered almonds. Transfer to a rack or serving plate to cool.

Total: 22 minutes Prep: 10 Cook: 12 Yield: 18 snowballs (small scoop) 9 snowballs (large scoop) Level: Easy

Nutritional Analysis Per Serving: Calories: 64 calorie Total Fat: 4 gr Saturated Fat: 3 gr Cholesterol: 0 mg

Sodium: 24 mg Carbohydrates: 7 gr Dietary Fiber: 1 gr Protein: 1 gr Sugar: 5 gr

Source: <http://www.foodnetwork.com/recipes/rachael-ray/almond-snowballs-recipe-1942070>

Black Bean Confetti Rice

Serves 4

1 cup long grain white rice

½ cup chopped red peppers

1 scallion, chopped

½ cup cooked black beans (or 1 can drained, rinsed)

½ cup frozen corn (or 1 can drained)

2 cloves garlic, pressed

1 ½ cups vegetable stock

¼ cup packed cilantro (or parsley) leaves, chopped fine

½ cup bottled medium salsa

Place rice, peppers, scallion, corn, beans and garlic in Instant-Pot cooker with vegetable stock and set to rice cook. Once the rice cook cycle is complete, release pressure and open the lid. Add chopped cilantro and salsa, fluffing gently with a fork to mix. Serve hot.



LEWIS COUNTY and WASHINGTON GROWN

There is not a lot of local produce now, so turn your attention to a Washington-grown food that is fresh year-round: chicken. Our state's 70 farms produce nearly 38 million fryers each year, primarily in Lewis County.

For nutrition information and tasty recipes, go to www.cluckcluck.org

What's "Growing" On?

WINTER GARDENING ACTIVITIES FOR KIDS

In the summer months, it's sometimes hard to keep kids out of the garden, especially if you've marked off an area just for them to grow their own vegetables and flowers. But what about winter, when chilly temperatures force you inside?

What can you do to keep your children interested in gardening? The answer is "plenty!"

Here are some ideas from the American Association of Nurserymen to get you started thinking about indoor gardening projects for your family, scout troop, or other youth group. You will come up with others.

1. Windowsill gardens. When snowdrifts keep your kids inside, try cultivating a windowsill garden. All you need is a sunny spot and a few containers of soil. Herbs are an excellent choice for windowsills.



2. Peculiar plants. What kid wouldn't be fascinated by an insect-eating plant? Many garden centers sell Venus flytraps in their houseplant section. Then visit your library or search the Internet for more information on the natural habitat and growth habits of this unusual plant.

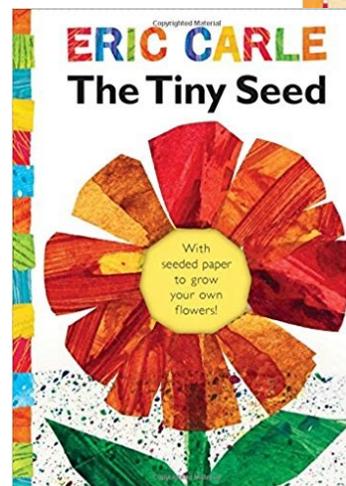
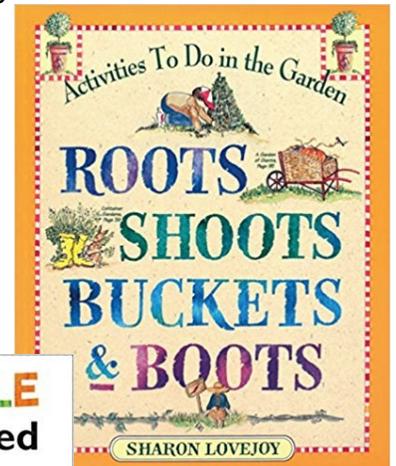


3. Watch seeds sprout. Line a glass jar with a damp paper towel and insert several zucchini seeds between the glass and the towel. Place a lid on the jar, leave it on the kitchen counter, and check the paper every day to make sure it is still moist. Seeds should sprout in a few days. Or try bush beans instead of zucchini. Actually many seeds are fascinating to watch.

4. Kids' gardening clubs. If you haven't visited your garden center lately, you'll be pleasantly surprised to discover the trend towards kid-friendly shopping experiences. Many centers host kids' gardening clubs or special workshops such as building a birdhouse or starting seeds indoors.

5. Read a book. Books like *Peter Rabbit* or *The Secret Garden* can spark your child's interest in gardening. Ask your local librarian or bookstore owner for other suggestions.

6. Decorate while you wait. Let kids indulge their natural creativity by painting inexpensive terra cotta pots to use next spring, for repotting houseplants this winter, or for birthday and thank you gifts. Kid-safe, durable paints can be purchased at most craft shops.



What's "Growing" On?

WINTER GARDENING ACTIVITIES FOR KIDS

7. Get a jump on spring. Plan a visit to your local garden center to buy seeds. Or let your child help select varieties from the seed catalogs. Then start seeds indoors to plant outside after the last frost. Ask the experts at your garden center or check your favorite gardening book to determine when to start seeds.

8. Worm farm. Line a large cardboard box with a garbage bag. Fill it with soil, organic matter, and a few worms. Keep it shady and moist, but not too wet. Add kitchen scraps (vegetables only!) Worms will help teach your kids about the interdependence of plants and organisms as they turn vegetable kitchen scraps into valuable compost.

9. Garden crafts. There are several projects you can try with your kids, depending on their age and interest, such as hand-painted plant markers or homemade whirligigs to put between rows to frighten off birds. Your local craft store should have all the supplies you need.



10. Terrariums. Carefully place some soil and a few mosses and plants (with roots) inside a clean mayonnaise jar. Keep your indoor garden moist with a plant mister, and cover the opening with clear plastic wrap.



11. Feed the birds. Stock up on birdseed and suet at your local garden center, and feed the birds this winter. Have your child keep a record of all the species of birds that come to the feeder and what date each

was first spotted.



12. Pot People. Draw or paint faces on small clay pots, then fill with soil. Plant grass seed, water, and watch the "hair" grow.



13. Build a birdhouse. Birdhouse kits and plans are available at most garden centers and craft shops. This is a great activity for a cold winter's night.

Source: <http://pss.uvm.edu/ppp/articles/wintrfun.htm> or check with your local WSU Extension 4-H program for projects!



How to Care for Your Farm-Grown Christmas Tree



When a Christmas tree is cut, more than half its weight is water. With proper care, you can maintain the quality of your tree. Here are some tips on caring for your tree:

- * Displaying trees in water in a traditional reservoir type stand is the most effective way of maintaining their freshness and minimizing needle loss problems.

- * To display the trees indoors, use a stand with an adequate water holding capacity for the tree. **As a general rule, stands**

should provide 1 quart of water per inch of stem diameter. Devices are available that help maintain a constant water level in the stand.

- * Use a stand that fits your tree. Avoid whittling the sides of the trunk down to fit a stand. The outer layers of wood are the most efficient in taking up water and should not be removed.

- * Make a fresh cut to remove about a 1/2-inch thick disk of wood from the base of the trunk before putting the tree in the stand. Make the cut perpendicular to the stem axis. Drilling a hole in the base of the trunk does **NOT** improve water uptake.

- * Once home, place the tree in water as soon as possible. Most species can go 6 to 8 hours after cutting the trunk and still take up water. Don't bruise the cut surface or get it dirty. If needed, trees can be temporarily stored for several days in a cool location. Place the freshly cut trunk in a bucket that is kept full of water.

- * The temperature of the water used to fill the stand is not important and does not affect water uptake.

- * Check the stand daily to make sure that the level of water does not go below the base of the tree.

- * **With many stands, there can still be water in the stand even though the base of the tree is no longer submerged in water.**

- * Keep trees away from major sources of heat (fireplaces, heaters, heat vents, direct sunlight). Lowering the room temperature will slow the drying process, resulting in less water consumption each day.

- * Use of lights that produce low heat, such as miniature lights, will reduce drying of the tree.

- * Always inspect light sets prior to placing them on the tree. If worn, replace with a new set.

- * Always turn off the tree lights when leaving the house or when going to bed.

- * Monitor the tree for freshness. After Christmas or if the tree is very dry, remove it from the house.

Never burn any part of a Christmas tree in a wood stove or fireplace.



WSU LEWIS COUNTY EXTENSION MASTER GARDENER PROGRAM

MASTER GARDENER TRAINING

YEAR ROUND ENROLLMENT IS NOW AVAILABLE

Sign Up NOW WSU Lewis County Master Gardener Training Program

Applications are available at the
WSU Lewis County Extension
Office

WSU Lewis County Extension
351 NW North St.
Chehalis, WA 98532
Office hours: 9:00 a.m. to 3:00 p.m.
Monday - Thurs.

For more information on the WSU,
Lewis County, Master Gardeners
program, contact:

Art Fuller
Phone: (360) 740-1216

<http://lewis-mg-mrc.org>
art.fuller@lewiscountywa.gov



What is the time commitment required for training and volunteer activities?

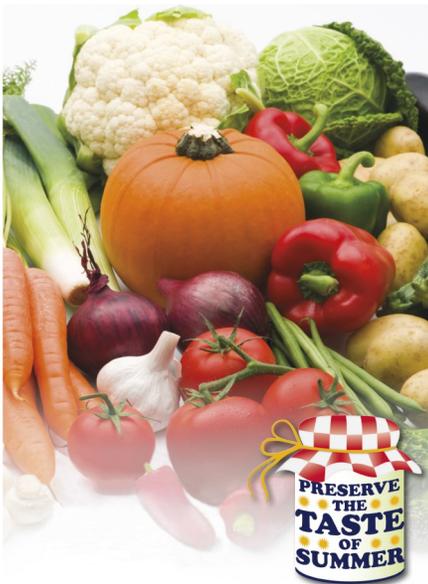
- Attend orientation prior to beginning of training with the Master Gardener Coordinator.
- Training is held over a 12-month period with once a month, full-day sessions on the 3rd Tuesday of every month and **can be started any month throughout the year.** The training session is in a classroom environment, Incorporates hands-on practice of the assigned study material and will include field trips. Trainees will spend their own time reviewing the on-line training material prior to class.
- Trainees will spend (7) three hour shifts for a total of 21 hours throughout the year at the Plant and Insect Clinic with a veteran Master Gardener.
- Each month from April through October, trainees will work in a demonstration garden with veteran Master Gardeners for a total of 20 hours.

Hosted by WSU Lewis County 4-H Food Resource Leaders



PRESERVE THE TASTE OF SUMMER

is a comprehensive food preservation program that includes eight lessons. It is a great opportunity for anyone age 18 years or older who is interested in learning how to safely preserve foods.



WASHINGTON STATE UNIVERSITY
LEWIS COUNTY EXTENSION

Have you registered for, or completed, the

“Preserve the taste of summer” Class Offered by WSU?

<http://preservesummer.cahnrs.wsu.edu>

If so, we have some hands on classes scheduled. Cost of classes will vary and be determined as class details are finalized. Save the dates to join us on any or all of the dates below. We hope to see you there.

Jan 26 Food Preservation Basics; Feb 23 Advanced Canning;
March 23 Fermentation; April 20 Heritage Cooking

For more information or to register contact Kim Weiland 740-1212 or

kimberly.weiland@lewiscountywa.gov

What is 4-H?

4-H empowers young people with the skills to lead for a lifetime. It’s a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity.

4-H reaches almost six million young people through our community of 100 public universities. Programs are delivered by 3,500 **4-H** professionals and 500,000 volunteers. Young people experience **4-H** through school and community clubs, in-school and after-school programs and **4-H** camps.

Based on their interests and guided by adult mentors, youth develop their own pathway in **4-H**. They select from a broad menu of local **4-H** programs. There are hands-on, learn-by-doing, opportunities for everyone.

Call or stop by today!

For more information contact:
Pam Watson 4-H Youth Development Agent
360-740-1220
WSU Extension
351 NW North Street, Chehalis WA 98532



JOIN THE CLUB



HEAD



HEART



HANDS



HEALTH



Recycle Christmas Trees, *Holiday Lights* & Styrofoam

Dec. 26, '17 thru Jan. 10, '18

10 a.m. to 4 p.m. Sun.-Fri.

9 a.m. to 4 p.m. Saturdays

Lewis County Central Transfer Station

1411 S. Tower Avenue, Centralia

Please ... REMOVE ALL DECORATIONS & TINSEL

NO FLOCKED OR ARTIFICIAL TREES WILL BE ACCEPTED. We reserve the right to refuse trees that do not comply. You may dispose of flocked, artificial or decorated trees at the transfer station where regular fees will be charged (\$10 minimum for 200 pounds or less). Wreaths must be free of ribbon, wire and decorations.

No trees or wreaths from commercial operations will be accepted.

Donations Gladly Accepted to Support:

Master Gardener & Master Recycler Composter Programs!!!

In cooperation with: **WSU Lewis County Extension,**
WSU Master Gardeners,
WSU Master Recycler Composters of Lewis County,

Anyone with questions may call 740-1452, 740-1216 or 1-800-749-5980.

WSU Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

2017-2018 Coming Events

Date	What	Where
Jan 26	Food Preservation Basics	TBD
Jan 30	Composting Basics	WSU Meeting room
Feb 3	Spring Grape Care	Borst Demo Garden
Feb 7	Worm Composting	Fort Borst Kitchen 1
Feb 10	Pruning/Care for Roses	Providence Demo Garden
Feb 17	Gardening for Everyone	Centralia College-WA Hall
Feb 21	Food Waste Reduction	Fort Borst Kitchen 2
Feb 23	Advanced Canning	TBD
March 6	Know Your Soils	Fort Borst Kitchen 1
March 10	Grow/Prune/Fertilize Blueberries	Providence Demo Garden
Mar 13	Advanced Composting	Chehalis Timberland Library
March 23	Fermentation	TBD
April 20	Heritage Cooking	TBD

The season of sharing food and gift giving is upon us. What better thing to share, or give as a gift, than Cougar Cheeses? Don't delay, or you may miss out!



Cougar Cheese
WSU Extension office
\$28.00/30 oz. tin.
Cash or check.

Catch Us
on the Web at

<http://lewis.wsu.edu>
or on [Facebook](#)

WASHINGTON STATE UNIVERSITY
LEWIS COUNTY EXTENSION

Lewis County Extension Office

351 NW North Street
Chehalis WA 98532-1900

Phone: 360 740-1212
Fax: 360 740-2792

[Sheila L. Gray](#)

Lewis County Director &
Extension Educator

[Art Fuller](#)

Master Gardener/Master
Recycler
Program Coordinator

[Pam Watson](#)

4-H Youth Development
Extension Educator

[Kim Weiland](#)

Admin Assistant & Food
Safety Program Coordinator

[Julie Pirtle](#)

SNAP-Ed Educator

[Maureen Harkcom](#)

Special Projects

[Bill Wamsley](#)

Lewis County Noxious Weed
Program Coordinator