

WASHINGTON STATE UNIVERSITY



LEWIS COUNTY EXTENSION

Volume 2 Issue 7

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Editor Sheila Gray



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Crimson Pride

Spring Issue 2017

Spring in the Pacific Northwest is often defined by the type of rain that falls on any given day. Is sprinkling, misting, a downpour, raining “cats and dogs,” or just plain raining.

Folks in the PNW do not let a “little” rain keep them from going out and doing the things that need to be done. We start our garden seeds indoors while making plans for transplanting them out into the garden when it gets a little warmer and a little drier.

When the sun does make an appearance so do many sun basking insects such as the boxelder bug and lady bugs. For the most part they are harmless, yet can be rather alarming when one and a few hundred of their buddies show up on a south wall of your home or garage. Check out the article and learn more about them.

While our weather still holds somewhat of a chill, it is a great time to put together some casseroles for the family, add a green salad and perhaps some dinner rolls and your meal is complete! Our recipes will help make your planning a little easier.

With gardening season upon us, (the rains will stop one day), think about if you would like to become a WSU Master Gardener volunteer, it is an opportunity to learn more about gardening and then share your wealth of knowledge with others. Enrollment is year around. Check for details in this issue.

Watch your frost dates before planting tender veggie starts or flowering annuals! Check the weather data for your area with weather.wsu.edu and find our local weather monitoring station in Chehalis.

We continue to plan and deliver various program to you throughout the year, if you have an idea, let us know and we'll see what can happen.

Until next time,

May Spring Be in Your Backyard soon.



What's Bugging you??

Here in the Pacific Northwest, we wait with the anticipation of a small child on Christmas morning for the sun to come out and warm things up a bit, and allow those lovely little spring flowers to poke their heads out to soak up those lovely golden rays and brighten up our days!

Spring arrives, and finally, the sun peaks out, the temperatures rise, and we rush right out the front door to enjoy the sunshine, But what is this? Its an invasion! Perhaps a plague of epic proportions. The walls seem alive! Flashbacks

of those cheesy horror movies we watched as children come back to haunt us! You know, the ones where some sort of creepy crawly comes in and takes over the town! Are we on the brink of utter destruction?! Apparently we are not the only ones waiting for those golden rays of warmth! Relax, not to worry, it is just the friendly boxelder bug coming out to sun himself after a long cold winter as well!

Here is some information from a fact sheet from Oregon State University on our little friend the boxelder bug.

<http://oregonstate.edu/dept/kbrec/boxelder-bug>

by F.B. Peairs (2/08)

Quick Facts...

- Boxelder bugs are a nuisance in and around homes from fall through early spring.
- The bug overwinters as an adult in protected places such as houses or other buildings.
- Removing female boxelder trees is the most permanent solution to the problem, although this may not be practical or desirable.
- Laundry detergents offer safe, effective control when applied directly to the insects.

For most people, the boxelder bug needs no introduction. This bug is about 1/2 inch long as an adult, black with three red lines on the thorax (the part just behind the head), a red line along each side, and a diagonal red line on each wing. The immature forms are smaller and are easily distinguished from the adults by their red abdomens and lack of wings. Boxelder bugs become a nuisance in and around homes from fall through early spring.

Boxelder bugs feed on a variety of plants, but their favorite food is boxelder seed pods, which are found only on the female boxelder tree, and occasionally maple seeds. These bugs seldom develop in sufficient numbers to be a nuisance unless a female boxelder tree is in the neighborhood.



Overwintering



The boxelder bug overwinters as an adult in protected places such as houses and other buildings, in cracks or crevices in walls, doors, under windows and around foundations, particularly on south and west exposures. In the spring when tree buds open, females lay small, red eggs on leaves and stones and in cracks and crevices in the bark of female boxelder trees. The eggs later hatch into young nymphs that are wingless and bright red with some black markings. These young bugs usually are found on low vegetation near boxelder trees until seeds are formed on the tree, on which they start to feed.

Boxelder bugs are primarily a nuisance pest, annoying residents by crawling on exteriors and inside dwellings on warm fall and winter days. They also may stain draperies and other light-colored surfaces and produce an unpleasant odor when crushed, but these are not major problems. They do not reproduce during this period. They may attempt to feed on house plants but do not cause any damage. On rare occasions, they have been reported to bite humans.



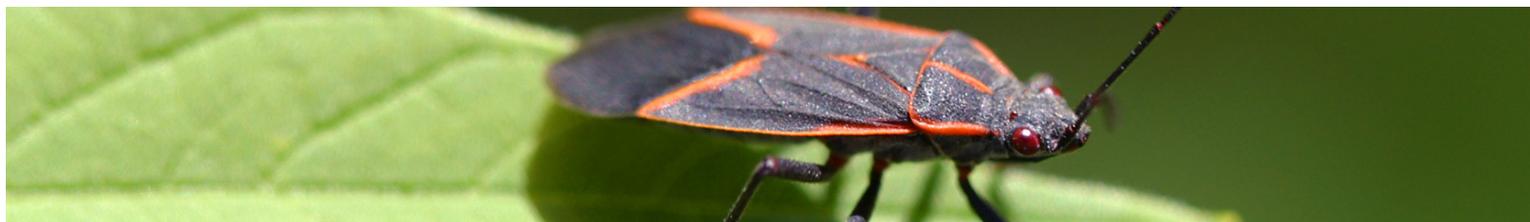
Types of Control

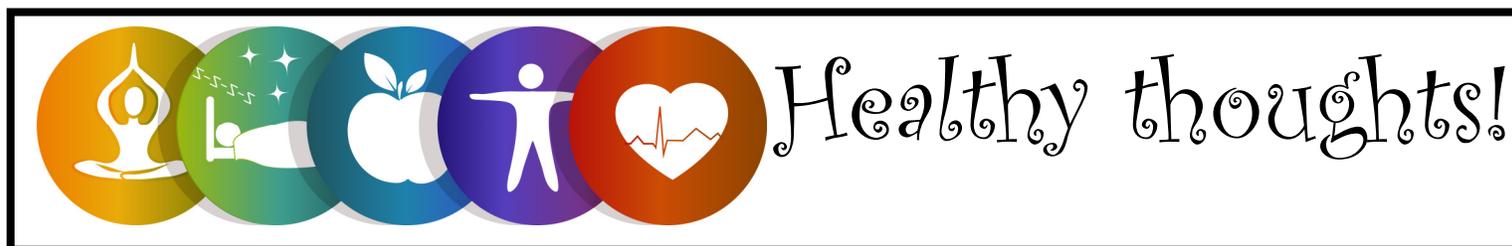
The most permanent solution to the boxelder bug problem is the removal of female boxelder trees from a neighborhood, although this may not be practical or desirable. Because boxelder bugs usually overwinter near the trees that they feed on, the removal of one or two problem trees may help. Screening or sealing cracks or other entrances into the dwelling is important. Once boxelder bugs have entered the home, control becomes more difficult.

When the bugs begin to congregate on building exteriors, these areas (including all resting and hiding places) may be sprayed with residual insecticides. However, most insecticides registered for treatment of building exteriors are not that effective against boxelder bugs. Laundry detergent and water mixes are cheap, safe and effective when applied directly to boxelder bugs. Drawbacks of detergent sprays are that they will kill only if they contact the insect directly, and they may damage vegetation.

Use a vacuum cleaner to control bugs that have entered the house. Household insecticidal aerosols and many household spray cleaners also are effective when applied directly to individual insects. These measures provide temporary relief only. Bugs may continue to enter the home as they move about on warmer days throughout the fall, winter and early spring. Nuisance infestations should be finished by late May, as the boxelder bugs have either died or moved back to the host trees.

On another note WSU has a very helpful publication: [“Beneficial Insects, Spiders, and Other Mini-Creatures in Your Garden: Who They Are and How to Get Them to Stay,”](#) EM067E. It is filled with information and photos that will help identify and educate you on who some of the “good guys” are in your garden.





Net Carbs, Impact Carbs, Zero Carbs that Count – What Does It Mean?

Carbohydrate ("carbs") restriction is not advised for everyone. Those who do aerobic exercise regularly, such as walking or biking, or who are not overweight, should ignore the popular press touting this type of diet.

Food labels and restaurant choices are commonly advertising "net carbs" or "carbs that count" now. "Impact carbs" and "effective carbs" are other similar terms often found on food labels. Net carbs are defined as total carbohydrate minus dietary fiber and sugar alcohol. The Food and Drug Administration is currently working on defining low carb or net carb levels, much like the guidelines that define use of the terms fat free, low-fat and low-sodium foods.

For about 10 years, "carbohydrate counting" has been recommended by the American Diabetes Association for controlling blood sugars in people with diabetes. Since fiber in foods is not digested and absorbed like other carbohydrates, our bodies do not convert it into blood glucose. Carbohydrates in the form of fiber and sugar alcohols have less impact on blood sugar than do sugars and starches. They cannot, however, be ignored altogether.

When there are 5 or more grams of fiber per serving, people with diabetes have been advised that they can subtract the grams of fiber from the total grams of carbohydrate to determine how much of the carbohydrate will affect their blood glucose. People with diabetes have also been told that any food with more than 10 grams of sugar alcohol (such as erythritol, sorbitol, xylitol and mannitol) should be counted as containing half the listed amount as carbohydrates. (For example, 12 grams sugar alcohol would be counted as 6 grams carbohydrate.)

This is the general concept that is now being applied – but with a twist – to the new food labels with "net carbs" or "zero carbs that count." The main concern with these new food labels is that the subtraction process has been generalized to all fiber grams and all sugar alcohols. However, eating sugar alcohols can cause blood sugar to rise. And one needs to be cautious in eating foods with 10 or more grams of sugar alcohols, since this amount may cause intestinal gas and diarrhea.

The bottom line is, if a food label displays these new terms, you could choose to ignore the claim as an advertising gimmick by the manufacturer. Or, you could check the total amount of fiber that they are subtracting and be sure it meets the guideline of being 5 or more grams. Then remember to count the sugar alcohol content if it is more than 10 grams per serving.

Written by Tandy Rundus, R.D., Republic County Family and Consumer Science Agent; Mary Meck Higgins, Ph.D., R.D., L.D., CDE, and Sandy Procter, M.S., R.D., K-State Research and Extension, Department of Human Nutrition. May 2004

https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-diabetes/diabetes-documents/Net_Carbs.pdf

Questions concerning this article may be directed to: trundus@oznet.ksu.edu, mhiggins@ksu.edu, or procter@ksu.edu or call 785-532-5782.

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus, Manhattan

What's "Growing" On?

SPRING GARDENING TIPS FOR THE PACIFIC NORTHWEST

Looking to tackle some gardening this spring? Here are some things you can do to ensure a beautiful and fruitful season.

TEST THE SOIL

Before you plant anything this spring, it's a good idea to test the soil. In general, the soil in the Pacific Northwest is more acidic, a problem that can make harvesting a successful garden quite difficult. You can purchase a soil test kit from your local garden store or nursery to identify where you need to adjust the pH levels of your soil.

PLANT FLOWERS

In the Pacific Northwest, spring is the perfect time to plant annual flowers such as sweet alyssum, calendula, or snapdragons. Flowers not only enhance the look of your garden, but they can also add pollination benefits. If you're planting a vegetable garden, sweet alyssum and calendula work especially well for attracting pollinators (birdbaths and wooden logs work well in attracting pollinators too).

Other spring flowers that you can plant in your yard include:

- Annual Dianthus
- Nasturtium
- Marigold
- Pansy
- Dusty Miller
- Sweet William

MANAGE WEEDS, MOSS, & BUGS

Spring-cleaning is not only great for the house, but it's also great for your yard. Cold weather can take a heavy toll on plants and trees, creating a mess of debris. If you've neglected your yard over the winter, you can quickly spruce things up by removing dead plants, weeds, and broken tree limbs or branches.

Moss is a common problem here in the Pacific Northwest, which is usually a sign that your yard may be too dark and or wet. According to Alec Kowalewski, a turf grass specialist at the Oregon State University Extension Service, you can eliminate moss by having more light in your yard. You can accomplish this by pruning to allow more sunlight to pass through dense, shaded areas, says Kowalewski.

For freshly planted gardens, you'll want to ensure that you control the population of snails, slugs, and other bugs that can damage your plants. Organic snail bait or pet-safe iron-phosphate works well to help manage unwanted bugs. If you have pets or small children, be sure to scatter the snail bait (don't clump it into piles) to reduce the risk of poisoning.

<http://grooutdoorliving.com/spring-gardening-tips-pacific-northwest/>

Its almost
time to plant
those
gardens!



Projected
final frost
dates for
2017 in the
PNW are
4/30-5/16*

*depending on your microclimate; proximity to bodies of water, pavement or location within a valley or on the top of a hill, all of these have influence on temperature.

For more information in your local area, check out

weather.wsu.edu



Growing **Green Peas** in Home Gardens



Adapted from Washington State University Fact Sheet-[FS116E](#)

Growing Season: Spring and late Summer; early Fall.

Spacing: Seedling transplants or direct soil seeding, 2 to 4 inches apart in rows 2 feet apart for bush peas; 3 feet apart for vining peas.

Days to Harvest: 50-80 days. Plant 30 plants per person for adequate yield.

Common starting method: Direct soil seeding or seedling transplants

Yield: 2 to 6 pounds per 10-foot row.

There are two main types of peas, edible-pod peas (snow or sugar snap) and shelling peas. Green pea varieties also grow on two different plant types, bush or vining. Peas thrive in cool, moist weather and produce best in cool, moderate climates. Early plantings tend to produce larger yields than later plantings. Direct soil sow peas seeds into the soil when the temperature is at least 50°F, and the soil is dry enough to till without its sticking to garden tools.

Shelling peas are for cooking; split the pod and remove the pea seeds immediately. Preserve shelling peas for later use by freezing, drying or canning.

Snow peas, sometimes called Chinese pea pods, are used in stir-fries. Snow peas are flat with edible pods through which you can usually see the shadows of the flat Pea seeds inside; they are never shelled.

Sugar Snap Peas are a cross between the shelling and snow pea, they have plump edible pods with a crisp, snappy texture; they are not shelled. Both snow peas and snap peas feature a slightly sweeter and cooler taste than the garden pea.

Harvest sugar or snow peas for their edible pod just as the seeds start to form. Shelling pea pods should be well filled, yet before they begin to bulge so that the seeds are still tender and sweet. If picked later they are starchy and not as sweet as the younger pea pods.

Selecting Varieties to Plant: Plant varieties that appeal to both your culinary uses and tastes. Pole (climbing) pea plants grow as vines and need a support system; bush peas are free standing.

Be sure to select a variety that completes its development within the growing season of your region. Most summer peas require 50 to 80 days from planting to first harvest. For western Washington residents, select varieties with the shortest growing season as listed by date to maturity to ensure ripening. Eastern Washington has a longer growing season and may select the longer growing season.

Choosing a Planting Site: Peas grow best in fertile, well-drained soils with adequate levels of organic matter and full sun exposure. Vining peas need ample support through a netting or trellis system, as some vines grow three to five feet or more before setting fruit. Free standing or bush type peas are mostly self-supporting. Peas have moderate water needs as they are planting early in the growing season. Water needs will increase heat of summer. Do not over-head water to prevent fungus problems. If planting in Eastern Washington, a soil test to check pH may be of help. Some eastern soils are highly alkaline and may need amending to alter the pH before planting. Soil testing will reveal the pH and nutrient content of your planting area.

Do you need a "live" screen for the summer?

Green peas are available in various pod colors and heights ranging from 9-inches to 6to 7 feet! By growing a mixture of peas together in the same row you can achieve an edible "fence" that is both attractive and gives a crop at the same time!

Suggestions for various peas: Tom Thumb garden pea (only 8-9 inches tall!), (dwarf blauwschokkers or Sugar Magnolia (purple pods), golden sweet snow pea (yellow pods).

Photo source: territorialseed.com



Creating a Garden for Birds

Backyard Birding

Few things are as interesting and beautiful as songbirds. They brighten up the darkest days of winter, adding music and color to our lives. What can we do to repay them? For starters, we can make our yards more bird friendly. Never before has suitable habitat for birds been in such short supply. Urban areas are expanding constantly, altering or destroying natural areas. By creating bird gardens, we provide oases for birds. And not only will the birds benefit, but if you make your yard more attractive to birds, you will have the pleasure of seeing an increasing number and variety of birds there. The first step in designing a bird garden is to evaluate your yard from a bird's perspective. Does it provide the basic necessities – food, water, shelter – that birds need to survive? If not, which are lacking? If there is a shortage of food, you can hang up bird feeders, but also consider planting some fruit bearing trees or shrubs. Plants that hold their fruits through the winter provide a vital food source for non-migratory birds. Add variety to the kinds of food you offer and you will attract a wider variety of bird species. A good water source will draw birds like a magnet. Even just a common birdbath purchased at a garden supply shop will do. Some people hang a plastic bottle or jug of water with a hole in the bottom over their birdbath. The motion and sound of the dripping water is irresistible to many birds. Does your yard have an area of dense thickets that birds could use for nesting, secluded perching, or escape cover? If not, then plant some shrubs or make a hedge. Consider growing some vines up the side of your house or along

You should be able to find some excellent plants for your garden in a nursery – either local or mail order. If you buy from an out-of-state nursery, however, be sure that the plants you purchase will be hardy in your region.



When you are designing your yard, consider how large each plant will be when it matures. Before you start digging up plants and rearranging your yard, you will want to try out your garden design on paper. Avoid straight lines or rows in your plantings. Create a meandering line where two kinds of habitat, such as shrubs and lawn meet. These edge areas provide the widest variety of perching places, nest sites and food types. Develop secluded areas of shrubs, conifer and mixed plantings. Take note of the areas in your yard that receive sun or shade and choose only plants that are appropriate for each lighting situation. Leave dead limbs and even entire dead trees where they are; unless they are dangerous to people or property. The insects tunneling under the bark are an important food source for birds such as chickadees, woodpeckers and nuthatches. A dead tree can look attractive in a garden, particularly if it has a noninvasive vine growing up its trunk. Use dead branches that fall from your trees to start a brush pile. It will afford protection to the birds from harsh weather and predators. With a little time and effort, you can easily turn your yard into a welcome haven for local and migrant songbirds.

Source: *Edited from Bird Notes, Cornell Laboratory of Ornithology*



National Arbor Day

is the last Friday in April (April 28, 2017)

It has been over 135 years since J. Sterling Morton founded Arbor Day, and his simple idea of setting aside a special day for tree planting is now more important than ever. If you're looking for inspiration for your own celebration—whether for your family, a classroom or an entire community—here are a few suggestions. However, if the last Friday in April doesn't fit into your tree appreciation or planting plans. Plant a tree on another day. The best time to plant is spring or fall, avoiding the hot days of summer.

Hold an Arbor Day ceremony in your community. (Centralia's TreeCity USA program will be Fall 2017)

Plant a tree.

Choose a public park or downtown area to clean up.

Sponsor a poster contest, poetry contest or tree trivia contest.

Organize a tree identification hike.

Volunteer with a local tree-planting organization*

Check out the [Friends of Seminary Hill](#)



Coming soon! WSU Extension's Urban and Community Online Tree Steward Training program which includes modules on tree pruning, tree selection, tree identification and tree planting. Look for it's release in Fall 2017!



**CENTRALIA
COLLEGE**

We cordially invite you to an Arbor Day Celebration on April 28th, 2017 from 1:00-2:00 pm. The event will be held between the Walton Science Center and the clock tower, near the small flowering cherry tree planted by the Science Club in 2015. The event will include the dedication of that tree, the introduction of the new Campus Tree Care Committee, and a few special announcements! There will be cookies provided by the Science Club.

This event is free and open to the public. Questions? Call Karen Goodwin at 360-623-8417

<https://www.evensi.us/arbor-day-celebration-centralia-college/207799491>

Mom

She raised us with humor, and she raised us to understand that not everything was going to be great - but how to laugh through it.

— LIZA MINELLI



My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind.

— MICHAEL JORDAN



My mom is my hero. [She] inspired me to dream when I was a kid, so anytime anyone inspires you to dream, that's gotta be your hero.

— TIM MCGRAW



A mother's love for her child is like nothing else in the world. It knows no law, no pity, it dates all things and crushes down remorselessly all that stands in its path.

— AGATHA CHRISTIE



Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love.

— STEVIE WONDER



Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society.

In 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.

Sunday May 14, 2017

True Leaders in Service



True Leaders In Service

This April, 4-H is launching an annual True Leaders in Service initiative in honor of National Volunteer Appreciation Month. True Leaders in Service, a month-long community service activation, will officially kick-off the first day of April, and culminate with the National 4-H Day of Service on Saturday, April 29. Thousands of 4-H'ers will venture out into their communities to do what 4-H'ers do best: they will lead in service to tackle community challenges and help meet the needs of others. Join the movement. Sign up today to take part in True Leaders in Service by visiting <http://4-h.org/get-involved/true-leaders-in-service/>

SPRING YOUTH



FAIR

SOUTHWEST WASHINGTON FAIRGROUNDS
CENTRALIA-CHEHALIS

It's coming up
soon....

May 5, 6 & 7

Please be sure to go to
our website
www.springyouthfair.org

for department
information, entries, tags,
pre-sale parking and gate
passes!

If you need it mailed, just
give us a call
360-623-0820.

Let's have some FUN!!

WSU Lewis County Master Gardener

2017 Plant Sale

Saturday, May 13th - 9:00 a.m. to 4:00 p.m.

Sunday, May 14th - 10:00 a.m. to 2:00 p.m.

Expo Hall - SWW Fairgrounds

Credit
cards
accepted

National Prescription Drug Take Back Day

Free Community Event

Saturday April 29th, 2017

12 PM to 3 PM

Morton Police Department



- Free BBQ by Morton Police
- First 50 people get a free home lock box
- Community Resources



IS YOUR CHILD IN THE RIGHT CAR SEAT?

Know For Sure

FREE Car Seat Inspections

Saturday April 29th at the

Pacific Northwest Baby Fair

Southwest WA Fairgrounds 10 AM -2 PM

- ★ Local resources!
- ★ Giveaways!
- ★ Everything Baby!

Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

You will need your current seat, vehicle, and child (not required). Seat will be inspected by a certified child passenger safety technician.

Questions— Casey Peters 360-740-1424



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 welcome to our team **Julie Pirtle** 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. In addition, **Laura Woodworth** will be joining the WSU Lewis County SNAP-Ed team; her focus will be working with Lewis County food banks one day per week.

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



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program



Spring Small Farm Workshop Series 2017

The WSU Lewis County Extension is excited to bring you a workshop series relative to today's small farm agribusiness, farm owners and operators.

Weed Management on the Farm

Bill Wamsley, Lewis County Noxious Weed Board Coordinator, will present information on basic weed control in small farm crops.

(2 pesticide credits)

Great information for experienced farmers, or those thinking about getting started.

May 25, 6 pm - 8 pm

\$5 per family at the door (Cash and Check only)

Location: Historic Courthouse

351 NW North Street (west entrance)

Chehalis, Lewis County

Pre-registration is requested to assure handouts, Call 360-740-1212 Walk-ins Welcome too.



Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, national or ethnic origin; physical, mental or sensory disability; marital status, sexual orientation, or status as a Vietnam-era or disabled veteran. Evidence of noncompliance may be reported through your local Extension office.

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?

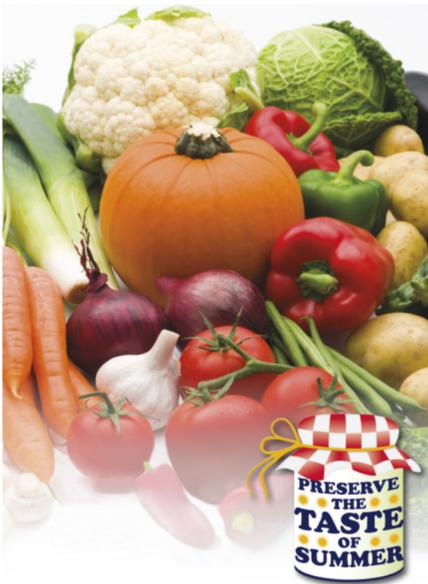
- Attend orientation prior to beginning of training with the Master Gardener Coordinator.
- Training is held over a 12-month period with once a month, full-day sessions on the 3rd Tuesday of every month and **can be started any month throughout the year.** The training session is in a classroom environment, 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 for the coming year. Join us on any or all of the dates below. Cost of Classes will vary and be determined as class details are finalized. We hope to see you there.

[*2017 Class Schedule*](#)

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



What's Cookin'?

Healthy Spring Casserole Recipes

<http://www.eatingwell.com/recipes/19802/seasonal/spring/casseroles/>

Chilaquiles Casserole

Ingredients

- 1 Tablespoon canola oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 19-ounce can black beans, rinsed
- 1 14-ounce can diced tomatoes, drained
- 1½ cups corn, frozen (thawed) or fresh
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 12 corn tortillas, quartered
- 1 19-ounce can mild red or green enchilada sauce
- 1¼ cups shredded reduced-fat Cheddar cheese

Directions

- Preheat oven to 400°F. Lightly coat a 9-by-13-inch baking pan with cooking spray.
- Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.
- Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
- Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.
- If you want to eliminate the heat altogether, try a green enchilada sauce (which is often milder than red) or substitute two 8-ounce cans of plain tomato sauce."
- **Make Ahead Tip:** Prepare through Step 3 and refrigerate for up to 1 day.



Buffalo Chicken Casserole

Ingredients

- 12 ounces whole-wheat elbow noodles
- 2 Tablespoons canola oil
- 3 medium carrots, sliced
- 3 medium stalks celery, sliced
- 1 large onion, chopped
- 1 Tablespoon minced garlic
- 2 pounds boneless, skinless chicken breast, trimmed and cut into 1-inch cubes
- ⅓ cup cornstarch
- 4 cups low-fat milk
- ⅛ teaspoon salt
- 5 Tablespoons hot sauce, preferably Frank's RedHot
- ¾ cup crumbled blue cheese (about 4 ounces)

Directions

- Preheat oven to 400°F.
- Bring a Dutch oven of water to a boil. Cook noodles until barely tender, about 2 minutes less than package directions. Drain, rinse and set aside.
- Heat oil in the pot over medium heat. Add carrots, celery, onion and garlic and cook until beginning to soften, about 5 minutes. Add chicken and cook until no longer pink on the outside, 5 to 7 minutes. Whisk cornstarch and milk in a medium bowl; add to the pot along with salt. Bring to a boil over medium-high heat, stirring often, until bubbling and thick enough to coat the back of a spoon, about 4 minutes. Remove from the heat and stir in hot sauce.
- Spread the noodles in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the chicken mixture; sprinkle with blue cheese.
- Bake the casserole until it is bubbling, about 30 minutes. Let stand for 10 minutes before serving.
- **Make Ahead Tip:** In Step 2, cook the noodles 4 minutes less than package directions. Prepare through Step 4, cover and refrigerate for 1 day. Let stand at room temperature for 30 minutes, then bake at 400°F for 45 minutes.

Chicken, Mushroom & Wild Rice Casserole

Ingredients

- 2 cups water
- ½ cup wild rice
- 2 pounds boneless, skinless chicken breasts, trimmed
- 2 Tablespoons extra-virgin olive oil
- 2 leeks, chopped and rinsed
- 1½ pounds mushrooms, sliced
- 1 cup dry sherry (see Note)
- ¼ cup all-purpose flour
- 2 cups low-fat milk
- ½ cup grated Parmesan cheese
- ½ cup reduced-fat sour cream
- ½ cup chopped flat-leaf parsley
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 cups frozen French-cut green beans

Directions

- Combine water and rice in a small heavy saucepan; bring to a boil. Cover, reduce heat to maintain a simmer, and cook until tender, 35 to 40 minutes. Drain.
- Meanwhile, place chicken in a large skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes. Transfer to a clean cutting board and let cool.
- Heat oil in a Dutch oven or large high-sided skillet over medium heat. Add leeks and cook, stirring occasionally, until just starting to brown, 4 to 5 minutes. Add mushrooms and cook, stirring occasionally, until their liquid has been released and has evaporated, 12 to 14 minutes. Add sherry, increase heat to high and cook until most of the liquid has evaporated, 5 to 7 minutes. Sprinkle the vegetables with flour and stir to coat. Add milk; bring to a simmer and cook for 1 minute, stirring. Stir in Parmesan, sour cream, parsley, salt and pepper. Remove from the heat.
- Preheat oven to 350°F. Coat a 9-by-13-inch (or similar 3-quart) baking dish with cooking spray.
- Cut the chicken into bite-size pieces. Spread the rice in an even layer in the prepared baking dish. Top with the chicken, then green beans. Pour the sauce over the top and spread evenly. Sprinkle with almonds.
- Bake the casserole until it is bubbling and the almonds are golden brown, about 30 minutes. Let stand for 10 minutes before serving.
If you already have cooked chicken, use 4 cups and skip Step 2. ”
- Make Ahead Tip: Prepare through Step 5; cover and refrigerate for up to 2 days or freeze for up to 1 month (defrost in the refrigerator for 2 days before baking). Let stand at room temperature for 30 minutes, then bake at 350°F for about 1 hour.
- Note: Sherry is a type of fortified wine originally from southern Spain. “Cooking sherry” sold in many supermarkets can be high in sodium. Instead, get dry sherry that’s sold with other fortified wines at your wine or liquor store.
- Storage smarts: For long-term freezer storage, wrap your food in a layer of plastic wrap followed by a layer of foil. The plastic will help prevent freezer burn while the foil will help keep off-odors from seeping into the food.

Strawberries

Buying

Let your nose guide you first of all. Look for fruit that is well colored and glossy. Any softness on the berry or blemish should be avoided. Turn the pint over. If there is any “weeping” or “bleeding” the berries are probably past their use by date and only good for jam.

Pair them with

Cream, custard, mascarpone, honey, lemon juice, rhubarb, rose water, pastry- especially puff pastry, butter, vinegar- especially balsamic vinegar, brandy, Port, Muscat, Tokaji and Champagne.

Cooking Tip

For four people take two pints of strawberries. Wash them gently, quarter them and put them in a bowl. Add a teaspoon of red wine vinegar and 50g of castor sugar. Mix gently and leave it for an hour, covered, in the ‘fridge to marinate. Serve with whipped cream.

<https://www.lifestylefood.com.au/articles/top-tips-for-cooking-in-season-this-spring.aspx>



Cheese Enchiladas with Red Chile Sauce

Ingredients

- Red Chile Sauce
- 2 teaspoons canola oil
- ½ cup minced white onion
- 1 clove garlic, minced
- ½ cup mild-to-medium-hot red New Mexican chile powder
- 2 cups vegetable broth or reduced-sodium chicken broth
- 1 cup water
- ½ teaspoon dried oregano, preferably Mexican
- ½ teaspoon salt
- Enchiladas
- 1 15-ounce can pinto beans, rinsed and mashed, or nonfat refried beans
- 2 Tablespoons low-fat plain yogurt
- 12 6-inch corn tortillas, blue corn if available
- 2 cups shredded sharp Cheddar cheese, (8 ounces), divided
- ¼ cup minced white onion, plus more for garnish

Directions

- To prepare sauce: Heat oil in a medium saucepan over medium heat. Add ½ cup onion; cook, stirring, until it begins to soften, about 1 minute. Stir in garlic and continue cooking until the onion is translucent and soft, about 2 minutes more. Stir in chili powder. Add broth, water, oregano and salt. Bring to a boil. Reduce heat to a simmer and cook until thickened and reduced by about one-third, about 20 minutes. (The sauce should be thick enough to coat a spoon lightly.)
- To prepare enchiladas: Preheat oven to 400°F. Coat a 7-by-11-inch (or similar-size 2-quart) baking dish with cooking spray.
- Combine beans and yogurt in a small bowl.
- Spread about ¼ cup of the sauce in the baking dish. Arrange 4 tortillas in the dish, overlapping them to cover the bottom. Top with half the bean mixture, using the back of a spoon to spread it thin. Scatter ⅔ cup cheese and 2 tablespoons onion on top of the beans. Top with one-third of the remaining sauce, 4 tortillas, the remaining bean mixture, ⅔ cup cheese and the remaining
- 2 tablespoons onion. Spread half of the remaining sauce on top and cover with the remaining 4 tortillas. Top with the remaining sauce and the remaining ⅔ cup cheese.
- Bake the enchiladas until hot and bubbling, 15 to 20 minutes. Let stand for 5 minutes before serving. Serve with shredded lettuce and additional minced onion, if desired.
- Make Ahead Tip: Cover and refrigerate the sauce (Step 1) for up to 3 days.



2017 Coming Events

April 28	Centralia	Historical Farmers Market
May 3	UMC Randle	Worm Composting
May 5-7	SWW Fairgrounds	Spring Youth Fair
May 13-14	SWW Fairgrounds	Master Gardener Plant Sale
May 19	Borst Kitchen #2	What the heck is that, how do you use it?
May 20	Salkum Library	Companion Planting
May 20	Centralia Library	Pollinators for Your Garden
May 25	WSU Conference Room	Weed Management on the Farm
May 31	Toledo Senior Center	Advanced Composting
May 31	WSU Conference Room	Wild Bee Project/Workshop
June 3	Winlock	Winlock Saturday Market
June 6	Chehalis	Community Farmers Market
June 10	Borst Park Demo Garden	Herb Gardening
June 16	Borst Park Kitchen #2	Spreads and Breads
June 17	Transfer Station	Hands on Composting
June 26-29	Borst Park Kitchen #2	Daycamp (age 9-12)
June 28	Borst Park Kitchen #2	Food Waste Reduction

For more information and details about upcoming events, visit our webpage at lewis.wsu.edu or [Facebook](#)



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