

WASHINGTON STATE UNIVERSITY



LEWIS COUNTY EXTENSION

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Crimson Pride

Summer Issue 2016

Hello Summer!

Summer picnics, camping trips, baseball games, fishing trips to the lake and more, are all summer activities to enjoy. For some day hike opportunities

check out our article on local trails, either by bicycle or on foot. DiscoverLewisCounty.com has many more suggestions for family outings throughout the county.

With summer comes sunny days and some years, days to weeks without rain. With that in mind water conservation is important to consider. To help you keep track of the weather, we have a new weather station in Lewis County, go to weather.wsu.edu, we are the balloon just below 87. Click and there is all kinds of weather related information.

In Lewis County the WSU Master Gardener volunteer training program offers open enrollment year around. This means if you put your paperwork in to the office in July, your first session will begin in August with a finish date of July of the next year. No waiting to get in!

Summer also means cook outs, bbq's and picnics, check out our food safety tips for packing a cooler to keep your food safe to eat.

From our staff to You, Have a happy , Safe Summer!



6 Ways For Parents And Kids To Have A Stress Free Summer

Lifestyle By: Kate Laing // June 6, 2016

<http://gethealthyu.com/6-ways-parents-kids-stress-free-summer/>

I grew up in the '80s, when summer consisted of endless hours of unsupervised free-time. Our moms kicked us out every morning and we ran around the neighborhood like wild animals until dark. Let me tell you people, those were the days! If we weren't riding bikes, swimming or playing at the park we were creating dances and planning our bright futures where we were all extremely famous doctors, actors and singers (yes, all three!). But most importantly, we were having a blast. Our parents knew we were alive, but aside from the occasional playdate and handing out a couple bucks for the ice cream truck we made our own fun. We gained some independence and our parents kept their sanity. I have been chatting with friends about our upcoming summer and after trying to sync camps, sport schedules and travel around our normal day jobs, we all reminisced about our summers of the past and how we long for simpler times for our kids and ourselves. I'm committed to doing less, laughing more, and cutting stress substantially for the next 3 months. Since I am a complete control freak and slave to my iPhone calendar this will take some change, but I'm committed to a stress-free summer for both me and my kids alike. Here are six ways I'm planning to make this happen. Care to join me?

1) Say NO to commitments, camps and events you feel you SHOULD be doing, but are dragging you down.

Why do we think we can do it all? More importantly, why do we want to? Many families these days have two parents working full time, and our kid's extra curricular schedules have never been more hectic. It is okay to say no. In fact, it may be the best thing you have ever done. Those of us who overcommit do this to ourselves, and are often left feeling like an exhausted failure. Take charge of your life, say no, and jump out of that crazy train of insane commitments. Talk with your family and make sure you are all on the same page with this new plan.



2) Turn it off!

I know we're all glued to our phones, computers and devices, but set aside time each day for a few hours that are device-free. In our house this means actually bringing phones, iPads, etc. into our office or another room or we will soon find ourselves on them. This allows you to really engage with your kids and hear what they have to say. Let's face it, your kids and mine are pretty spectacular so let's be present and enjoy them.

3) Use free stuff!

Libraries, parks, zoos, trails, museums and landmarks are fun! Take advantage of free local activities starting with your local library! Most area libraries have fun reading clubs and also post local events. Many museums, concerts and parks offer free passes or discounted tickets on certain days. Look up historical landmarks in your own state. Hop in the car for a day trip and create family memories. Show your children what history is all about and share these experiences with them.



4) Block it out!

Block out time on your calendar every week to just BE... no parties, no sporting events, no classes. These are days you as a family choose a fun activity. Try family game night, have your own "Cupcake Wars" or just live in the moment and hang out without any distractions.



5) Kick it, old school!

Remember when you were a kid? Somehow we all enjoyed summer swimming at the community pool, playing kick the can and searching for the fire flies at night. Write down your top 5 favorite activities from when you were a kid and try to do all of them with your children this summer. Here is a list of some our favorites:

- Visit a drive in
- Camp outside in a tent
- Search for fireflies
- Have a picnic
- Visit a lake or beach for the day
- Go to a waterpark
- Have a BBQ
- Plant a Garden
- Make homemade sidewalk chalk
- Build a fort
- Have a sprinkler party



Have a nature scavenger hunt



6) Lighten up!

Our lives have become SO scheduled and hectic and oftentimes that leads to us becoming stubborn and rigid in our ways. But now that's it's summer and you're trying to live stress-free, maybe it's time to ease up a bit on bedtime; let the kids run around with messy hair and dirty feet. These are the things that make being a kid amazing and become childhood memories that will last a lifetime.



Looking for a family friendly summer activities to enjoy?

Summer is upon us and we get to enjoy the great outdoors! When you're planning things to do, don't forget to include some of the trails that are available for walking, running, hiking or biking here in Lewis County. There are trails to accommodate all levels of experience. Take the time to check out some of the following

Willapa Hills Trail

Length: 56 Miles Chehalis, WA to South Bend, WA

Surface: Paved 5.2 miles from Chehalis to Adna

Compact gravel 11 miles from Adna to Dryad

Mixed surfaces 34 miles Dryad to Raymond

Paved 6 miles Raymond to South Bend



This trail allows visitors to travel between the towns of Chehalis and South Bend without having to drive! The Willapa Hills Trail is a former railway line converted into a trail and is managed by Washington State Parks. Some parts of the trail are paved, and some parts are grass or gravel.

Discovery Trail

Length: 1.5 miles

The Discovery Trail follows the bank of the Chehalis River for over a mile on property purchased for Centralia's new wastewater treatment system. The Chehalis River Land Trust and the City of Centralia Utilities Dept. were instrumental in developing this trail. Many trees have been planted by volunteers in the area to slow erosion and eventually help cool the river. It is used (by appointment) for school groups and other

organizations. It's a great birding area as well as just a peaceful walk along the river. The Discovery Trail is at the north end of the proposed 6 mile Chehalis River Walk starting in Borst Park.

East Side Trail

The East Side Trail is an 11.5-mile hike in just one direction, meaning you can make this one as long or short as you want.

The trail takes hikers from the Ohanapecosh Campground north to Chinook Pass, but according to the National Park Service, a lot of people just hiking for the day park at the Grove of the Patriarchs and start there.

You'll see a little bit of everything: varied landscapes, groves of old-growth trees, babbling brooks, stream crossings and much more. There's something for just about everyone on this hike.

For more information on these trails and other events and activities here in Lewis County Have a look at the "Discover Lewis County website or the Lewis County Trails website. Both are a wealth of information and ideas!

<http://www.lewiscountyrails.org/>

<http://discoverlewiscounty.com/>

<http://discoverlewiscounty.com/hiking-biking>

Have an active, healthy, happy summer!





**Open enrollment has closed for this 4H year...
But it is not too late to “Discover 4-H”**

Discover 4-H Club

Yes, it’s true, you have missed this year’s deadline to enroll in 4-H with most projects for fair. Still want to get started in 4-H this year?

Try a Discover 4-H Club!

- 1) Call the WSU Lewis County Extension office 4-H (360) 740-1220
- 2) Find one or two other families to participate with your family.
- 3) Select the still-life project your group would like to participate in for the summer
- 4) Enter your projects in the Discover 4-H section at the Southwest Washington Fair in the 4-H Hall
- 5) Sign up to be a club, open to any project, starting October. 5th!

DISCOVER 4-H CLUB RESOURCES

Are you interested in trying a fun new 4-H project? Clubs can check out the options included below for resources containing step by step guidance to facilitate club meetings about each topic. Visit <http://utah4h.org/discover/>

Citizenship	Sewing	Spa & Relaxation		
Crime & Spy Science	Craft Beading	Fitness	Geology	Crochet
Cake Decorating	Forces of Nature	Money Mentors	Theatre Arts	
Healthy Snacks	Kitchen Science	Photography	Paper Crafts	
Family & Consumer Sciences	Horse First Aid		PREPAREDNESS	

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.

Summer is upon us and its Farmers Market season! Visit one of our local farmers markets and enjoy the bounty found in our communities!

CENTRALIA FARMER'S MARKET

Fridays, 10AM - 3:30PM Apr 29-Sep 30

401 N. Pearl (Corner of N. Pearl and Maple St)

www.lewiscountyfarmersmarket.org & Facebook



COMMUNITY FARMERS MARKET IN CHEHALIS

Tuesdays, 11AM - 4PM, June 7 - Oct 25

Boisfort Ave between Market & Pacific

www.communityfarmersmarket.net & Facebook

PACKWOOD FARMERS MARKET

Saturdays, 9AM - 1PM, June 18 - Oct 1

105 Main St. E.

sweetdirtfarmer@gmail.com



PE ELL FARMERS MARKET

Saturdays 8AM - Noon , mid-May - Oct. 1

Hwy. 6 & 7th Ave.

360-245-3339

WINLOCK SATURDAY MARKET

Saturdays, 10AM - 2PM, June 4 - Sep 24

Event Plaza: NW Kerron Ave & 1st St.

WinlockMarket@gmail.com & Facebook





For A Food Safe Summer and Vacations...

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic or cookout:

Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.

Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.

A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.

Avoid opening the cooler repeatedly so that your food stays colder longer.



When cooking on the grill:

Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.

Keep perishable food cold until it is ready to cook.

Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures



Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time

Ground meats: 160 °F

Whole poultry, poultry breasts, & ground poultry: 165 °F

Always use a fresh, clean plate and tongs for serving cooked food.

Never reuse items that touched raw meat or poultry to serve the food once it is cooked.



HOW TO PACK A COOLER

If you are headed into the great outdoors this summer, food in hand, packing a cooler is an essential must. Packing it so that your food stays fresh and cold, however, is an art. Here are a couple of how-to's to ensure your food gets to your destination still cold and without the threat of abdominal cramps. Ha!

1. **Using gel packs or old frozen milk jugs** instead of ice cuts down on how much water will melt and slosh around your cooler causing cross contamination.
2. If you do use ice, **drain water 2 times per day and add fresh ice**. Sitting water can be like Disneyland for food born pathogens.
3. **Stick an insta-read thermometer on the top of the inside lid of your cooler**. That way, you can glance at it when you open the cooler and have a really good indication whether foods are staying cold enough. {You really want to it stay at 40 degrees or lower.}
4. **Pack meat in airtight leak-proof containers**, even if they are frozen solid {which they should be}. You don't want them cross contaminating other items.
5. **Sanitize your cooler** with a diluted bleach solution after every use.
6. If you are camping, **store coolers in a very shady place and put a tarp or sleeping bag over the top** of the them to ensure an extra layer of insulation.
7. If room permits, **consider two coolers**. One for meats and dairy and the other for soda and other items that you will need more frequently. This will ensure that you aren't opening and closing the meat/dairy one as often.
8. **Freeze bottled waters before packing** them in the cooler. They will stay colder longer and help keep everything else cold.
9. **Fill your cooler completely**. Half full coolers will melt much, much faster than full ones.
10. **Do not put warmed food back in the cooler like its a refrigerator**. It will not get cold enough be safe.
11. **Chill everything before you put it in the cooler**.
12. **Hard sided coolers are more effective than soft insulated coolers**. If you are going to keep things cool for any length of time, the hard sided cooler is a much better option.

Water Conservation in Gardens and Landscapes

Past droughts and threats of droughts in Washington have caused concern about survival of garden and landscape plants. These include many woody trees and shrubs, vegetables, bulbs, and bedding plants.

Almost all landscapes in western Washington and all landscapes in eastern and central Washington need summer irrigation every year. Drought cycles will continue. As populations increase and water supplies from some aquifers decrease, more demands will be placed on present water supplies. The following are suggestions for saving water around home gardens and landscapes.



Understanding Water Loss

Water is lost from home gardens and landscapes in two different ways. Water evaporates from the soil surface. The evaporation rate increases under hot, dry, low humidity or windy conditions. A combination of any of these conditions increases the evaporation rate even more. As the soil surface dries, more water from deep in the soil will be drawn to the soil surface, where it also evaporates. Plants also remove water from the soil. Only a small percentage is used for the plant. Most of the water is lost from the leaves by evaporation. Soils vary in their water holding capacity (amount of water available to plants). Sandy, gravelly soils hold less water than heavier or clay type soils. Therefore, sandy soils tend to dry faster. Soil acts as a water reservoir. The amount of water held in this reservoir will increase with an increasing depth of good soil. Adding organic matter to sandy soils will increase the water holding capacity of those soils, making more water available to plants.

Strategies to Reduce Water Loss and Conserve Water

Strategies for conserving and reducing water use focus on three major areas.

1. Understanding and monitoring the water status in soils and reducing evaporation from the soil surface.
2. Understanding the critical times when plants need water and knowing how to apply water efficiently.
3. Drought cycles will likely continue to occur. Less and less water will be available for landscape use.

Plan future landscapes and home grounds for more efficient water use.

When and How Much to Irrigate

The easiest way to determine if water has to be added to the soil is to feel it. If the soil cannot be rolled into a ball, it is probably too dry. If the soil can be molded into a ball which crumbles when you rub it, it is probably just right. If the molded soil ball will not crumble when rolled, it is too wet. Sandy soil generally will not form a ball. Check the soil by digging with a shovel. The depth of adequate wetness can be determined by feeling the soil.

Watering Landscape and Vegetable Plants

The secret is to water slowly, deeply, and less often. Frequent shallow watering's encourage plants to develop shallow root systems. These plants suffer first in a drought. Some ways to conserve water follow.

1. Use drip or trickle irrigation. This method wets the soil slowly, allowing for slow, deep penetration. Up to 60% of the irrigation water can be saved using drip vs. conventional sprinkler irrigation. You can buy components for a drip irrigation system at hardware or garden center stores. A perforated sprinkler hose, placed upside down (with holes down) makes a very good temporary drip irrigation system.

(Water Conservation cont.)

2. Water slowly. If water runs off the soil surface, turf area, or over a sidewalk or street, the water is being added too fast and is being wasted. If it forms puddles, it is also being added too fast.
3. Be sure that water penetrates the soil and does not run off. Some soils, especially those high in organic matter, often are hard to rewet when they become very dry. Use a commercial horticultural wetting agent to aid in water penetration. Follow directions on the label.
4. Irrigate at night or in early morning when the temperatures are cooler and the humidity is higher. There will be less evaporation.
5. Irrigate during a light rainfall to maximize the effect of both the rain and the irrigation.
6. Collect roof water from down spouts in a pail or barrel for landscape use.
7. Plant vegetable plants closer together. Using this method decreases the amount of water needed per unit area, and reduces evaporation from the soil surface.
8. Use drought tolerant (water conserving) plants. Most native Pacific Northwest plants need limited summer irrigation. In many areas of Washington, these natives may need no summer irrigation.

Separate water conserving and water demanding plants. Group plants with similar water needs together. This means you only have to irrigate part of the landscape.

Source: WSU Publication, EM4834 located at pubs.wsu.edu

WSU Lewis County now has its own AgWeather Net Station!

This little jewel provides lots of information that is updated every 15 minutes. Check it out at:

weather.wsu.edu, we are the balloon right below 87, click on for up to date information.

Chehalis

Jun 06, 2016, 01:30 pm PDT

Air temperature: 84.8 (°F)

Humidity: 40.0 (%)

Dewpoint: 57.9 (°F)

Wind: NW @ 4.6 (mph)

Today's rain: 0.00 (in)

Solar radiation: 901 (W/m²) 2 "

Soil temperature: 89.3 (°F) 8 "

Soil temperature: 72.8 (°F)

Soil Moisture: 43 (%)



Using Crop Rotation in Home Vegetable Garden

Doug Higgins and Kristin Krokowski, UW-Extension Waukesha County

Revised: 4/9/2012

Item number: XHT1210

What is crop rotation? Crop rotation is one of agriculture's oldest cultural practices. In a home vegetable garden, crop rotation involves changing the planting location of vegetables within the garden each season. Crop rotation is used to reduce damage from insect pests, to limit the development of vegetable diseases, and to manage soil fertility.

Why is crop rotation important? Each vegetable can be classified into a particular plant family. Plants belonging to the same family oftentimes are susceptible to similar insect pests and diseases, and have similar nutrient requirements. When vegetables classified in the same plant family are grown year after year in the same area of a garden, they provide insect pests with a reliable food source and disease-causing organisms (i.e., pathogens) with a continual source of host plants that they can infect. Over time, insect pest and pathogen numbers build in the area and damage to vegetable crops increases. Using crop rotation helps keep insect pest and pathogen numbers at low levels. In addition, the type of vegetable grown in a particular area in a garden has a direct effect on the fertility of the soil in that area. Each vegetable is unique in the type and amount of nutrients it extracts from the soil. Crop rotation can even out the loss of different soil nutrients and allow time for nutrients to replenish.

How do I plan a crop rotation for my home garden? Plan the crop rotation for your vegetable garden based on the types of vegetables that you grow. Vegetable crops in the same plant family should NOT be planted in the same area of a garden year after year. For example, if tomatoes are planted in a bed or area of a garden one year, vegetable crops such as peppers, eggplant, potatoes and tomatoes should not be planted in the same bed or area the following year because all of these plants belong to the nightshade family (Solanaceae). Table 1 provides a guide to common garden vegetables and their plant families.

<https://hort.uwex.edu/articles/using-crop-rotation-home-vegetable-garden-0/>

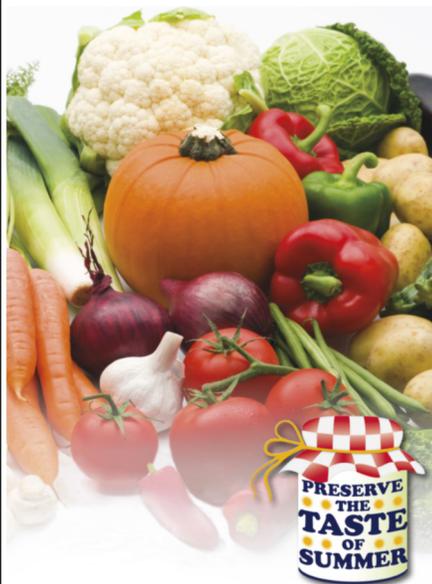


Hosted by WSU Lewis County 4-H Food Resource Leaders



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.



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.

Watch in the coming months for Hands on Dates for 2016

For more information or to register contact Kim Weiland 740-1212 or kimberly.weiland@lewiscountywa.gov

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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 **Caitlin Arnold** as our **SNAP-Ed** Nutrition Educator. We are excited to have her here to meet the needs of our community. Caitlin will be providing nutrition, gardening, and cooking classes for children and families at several partner sites throughout the community.

If you have questions for Caitlin Please contact her at the Extension office at 360-740-2793. caitlin.arnold@wsu.edu



Farmers Market Recipes...

Take advantage of summer's vibrant bounty from

farmers' markets, local farm stands, or even your own backyard with these delicious recipes.

Open-Faced Tomato Sandwiches with Creamy Cucumber Spread

Ingredients

- 1 (8-oz.) pkg. cream cheese, softened
- 2 cucumbers, seeds removed, diced (about 2 cups)
- 1/4 cup finely chopped red onion
- 2 1/2 teaspoons chopped fresh dill
- 2 1/2 teaspoons chopped fresh mint
- 2 teaspoons fresh lemon juice
- 1 teaspoon white wine vinegar
- 1 teaspoon kosher salt, plus more for serving
- 1/2 teaspoon black pepper, plus more for serving
- 6 Texas Toast slices or other thick white bread slices, toasted
- 1 1/2 to 1 3/4 lb. assorted fresh tomatoes (about 3 large), cut into 1/2-inch-thick slices
- 2 tablespoons extra-virgin olive oil
- Thinly sliced chives



Preparation

1. Stir together cream cheese, cucumbers, red onion, dill, mint, lemon juice, vinegar, salt, and pepper in a medium bowl until well combined.
2. Spread about 1/4 cup of the cucumber mixture onto each slice of the toasted bread. Top each with 2 to 3 tomato slices, and drizzle each with 1 teaspoon olive oil. Sprinkle tomatoes with chives, salt, and pepper. Serve immediately.

Heirloom Tomato and Chicken Toss

Ingredients

- 4 tablespoons white wine vinegar
- 3 tablespoons extra-virgin olive oil
- 2 1/2 teaspoons granulated sugar
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 3 cups shredded cooked chicken
- 2 pounds heirloom tomatoes, cut into 1/2- to 1-inch wedges
- 1/2 cup thinly sliced red onion
- 2 tablespoons chopped fresh basil
- 2 tablespoons finely chopped fresh chives
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- 1 tablespoon chopped fresh thyme

Preparation

Whisk together vinegar, olive oil, sugar, salt, and pepper in a small bowl. Gently toss together chicken, tomatoes, onion, basil, chives, parsley, and thyme in a large bowl. Add vinegar mixture, and gently toss until thoroughly combined. Serve immediately, or cover and let stand at room temperature for up to 1 hour.



Lemony Green Bean Pasta Salad

Ingredients

12 ounces casarecce (or penne) pasta
 1/2 pound haricots verts (French green beans), cut in half lengthwise
 1 tablespoon fresh thyme
 5 teaspoons lemon zest, divided
 1/4 cup finely chopped roasted salted pistachios, plus more for topping
 2 tablespoons Champagne vinegar
 1 tablespoon minced shallots
 1 garlic clove, minced
 1 teaspoon table salt
 1/2 teaspoon freshly ground black pepper
 5 tablespoons olive oil
 1 1/2 cups loosely packed arugula
 Grated Parmesan cheese, for topping



Preparation

1. Cook pasta according to package directions, adding green beans to boiling water during last 2 minutes of cooking time; drain. Rinse pasta and green beans with cold water; drain well.
2. Place pasta mixture, thyme, and 3 tsp. lemon zest in a large bowl; toss gently to combine.
3. Whisk together 1/4 cup pistachios, next 5 ingredients, and remaining 2 tsp. lemon zest in a small bowl. Add oil in a slow, steady stream, whisking constantly until blended. Drizzle over pasta mixture. Add arugula, and toss gently to coat. Top the pasta with chopped pistachios and Parmesan.

Mediterranean Green Beans

Ingredients

1/3 cup chopped pitted kalamata olives
 1 large shallot, sliced
 2 tablespoons red wine vinegar
 2 teaspoons whole grain Dijon mustard
 1/2 teaspoon sugar
 3 tablespoons olive oil
 2 (8-oz.) packages haricots verts (thin green beans)

Preparation

1. Stir together first 5 ingredients in a large bowl. Let stand 10 minutes. Stir in olive oil, and add salt and pepper to taste.
2. Cook green beans in boiling salted water to cover 3 to 4 minutes or until bright and crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain and pat dry. Toss together beans and olive mixture. Serve at room temperature, or cover and chill up to 2 hours.



How to Grow Your Own Green Beans at Home



Growing green beans is a snap in your home garden whether it is directly in the soil, in a raised bed or in a pot. For all the how to's see; "[Growing Green Beans in Home Gardens](#)," Sheila Gray, WSU Extension, 2013.

Zucchini-Potato Casserole

Ingredients

- 2 tablespoons butter
- 2 medium-size sweet onions, chopped
- Vegetable cooking spray
- 1 medium-size Yukon gold potato, sliced
- 1 medium-size zucchini, sliced
- 4 plum tomatoes, sliced
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 2 tablespoons butter, melted
- 1/3 cup freshly grated Parmesan cheese

Preparation

1. Preheat oven to 375°. Melt 2 Tbsp. butter in a medium skillet over medium heat; add onions, and sauté 10 to 12 minutes or until tender and onions begin to caramelize.
2. Spoon onions into a 10-inch quiche dish coated with cooking spray. Toss together potatoes and next 4 ingredients. Arrange potatoes, zucchini, and tomatoes in a single layer over onions, alternating and overlapping slightly. Drizzle with 2 Tbsp. melted butter. Cover with aluminum foil.
3. Bake at 375° for 30 minutes. Remove foil, and sprinkle with cheese. Bake 35 to 40 minutes or until golden brown. Let stand 10 minutes before serving.



Summer Squash Casserole

Ingredients

- 1 1/2 pounds yellow squash
- 1 pound zucchini
- 1 small sweet onion, chopped
- 2 1/2 teaspoons salt, divided
- 1 cup grated carrots
- 1 (10 3/4-oz.) can cream of chicken soup
- 1 (8-oz.) container sour cream
- 1 (8-oz.) can water chestnuts, drained and chopped
- 1 (8-oz.) package herb-seasoned stuffing
- 1/2 cup butter, melted

Preparation

1. Preheat oven to 350°. Cut squash and zucchini into 1/4-inch-thick slices; place in a Dutch oven. Add chopped onion, 2 tsp. salt, and water to cover. Bring to a boil over medium-high heat, and cook 5 minutes; drain well.
2. Stir together 1 cup grated carrots, next 3 ingredients, and remaining 1/2 tsp. salt in a large bowl; fold in squash mixture. Stir together stuffing and 1/2 cup melted butter, and spoon half of stuffing mixture in bottom of a lightly greased 13- x 9-inch baking dish. Spoon squash mixture over stuffing mixture, and top with remaining stuffing mixture.
3. Bake at 350° for 30 to 35 minutes or until bubbly and golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent



<http://www.southernliving.com/food/kitchen-assistant/organic-summer-local-farm-produce-recipes>

Growing Squash in Home Gardens makes everyone feel successful as a gardener! The plants are large, lush and green, then they bloom with huge beautiful yellow-orange blossoms and after that they produce a vegetable that you can eat! How terrific is that? For more info, how you too, can be a bountiful squash gardener, check out "[Growing Squash in Home Gardens](#)," Michael R. Bush, Angela K. Combe, 2013.

2016 Coming Events

June 11	Providence Demo Garden	Container Gardening
June 15	Toledo Senior Center	Advanced Composting
June 25	Fords Prairie Grange	Cooking for 1 or 2
July 12	Olequa Senior Center	How to build Hugelkultur
July 15	Borst Kitchen #2	Hands on Pressure Canning
July 23	Borst Demo Garden	Fibre dyeing
July 28	Comm. Center, Mossyrock	Worm Composting
August 6	Central Transfer Station	Hands on Composting
August 16-21	Southwest Washington Fair	
August 27	Borst Demo Garden	Seed Saving
Sept 8	Methodist Church, Randle	Advanced Composting
Sept 10	Centralia College	Gardening for Everyone
Sept. 16	Borst Kitchen #2	Dehydration and Pickling
Sept 17	Fords Prairie Grange	Dehydration and Pickling
Sept 21	Onalaska Elementary	Worm Composting
Oct 4	Napavine City Hall	Advanced Composting
Oct. 15	Fords Prairie Grange	Fall Comfort Foods
Nov 5	Borst Demo Garden	Dig, Divide, and store Dahlias
Nov 18	Borst Kitchen #2	Gifts from your Kitchen

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



**Cougar Cheese Sold at
the Lewis County
WSU Extension office
\$27.50/30 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 Re-
cycler
Program Coordinator

Pam Watson
4-H Youth Development
Extension Educator

Kim Weiland
Admin Assistant & Food
Safety
Program Coordinator

Caitlin Arnold
SNAP-Ed Educator

Bill Wamsley
Lewis County Noxious Weed
Program Coordinator