

WASHINGTON STATE UNIVERSITY



LEWIS COUNTY EXTENSION

Volume 3 Issue 7

What is a Tick? pg. 2-3

Fair Schedule pg. 3

Green Algae pg. 4-5

Summertime Harvest
pg. 6-9

4-H Fair Events pg. 10

SNAP-Ed pg. 10

Small Farm Series pg. 11

Master Gardener training
pg. 12

Food Preservation pg. 13

4-H pg. 13

Grilling Safety tips pg. 14

Grilling Recipes pg. 15

Upcoming Events pg. 16

Editor Sheila Gray



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

Summer Issue 2017



And to think that we waited and waited for summer weather during what seemed an eternity of rain and more rain!

Well Folks! Here we are...hot, hot and hot; and with that comes critters that enjoy the outdoors, such as ticks, make yourself aware of what they look like and where they are found, and just if you need to know, how to safely remove them from a person or pet.

Sunny weather is gardening growing time and now our various crops are beginning to grow well and show signs of harvest readiness. Not sure when it time to pick

various veggies? Check out the article on summertime harvest and click on titles for more information from WSU publications. If your harvest is more than what you can eat readily then think about preserving it by canning, drying or freezing. Tips on how to do this safely is available by calling or emailing our office. Ask first so that your time, produce and efforts are done in a safe and nutritious manner for winter meals.

For those outdoor meals on the grill you will want to make sure that you are cooking to safe temperatures of doneness to avoid food safety illness issues.

And of course, we have been planning more upcoming events, workshops and classes to help you with achieving your quality of life here in Lewis County.

May the remains of the summer
be yours to enjoy!



What's Bugging you?

Summertime plans include time in the woods? Then you need to be aware of ticks!

What is a tick?

A tick is not an insect. Ticks have eight jointed legs and are related to spiders, scorpions, and mites in the class of arachnids. Because ticks depend on a host for survival, they are parasites. About 800 kinds of ticks exist in the world, and about 100 of these are known to carry diseases. Five kinds of disease-carrying ticks live in Washington State. They include the Rocky Mountain wood tick (carries tick paralysis), American dog tick (carries Rocky Mountain spotted fever and tick paralysis), the western black-legged tick (carries Lyme disease), and the brown dog tick (non-disease carrying). Relapsing fever ticks also are known to reside in our state.

What does a tick look like?

The ticks you are likely to encounter have a hard, smooth shield that covers all or part of their body. They range in size from about one-quarter inch to about the size of the head of a pin. Like other arachnids, ticks have two main body parts, a head and an abdomen. A tick's head is so tiny compared to its abdomen, the creature looks like a body with eight curved legs. The front two pair of legs curve toward the tick's head, and the back two pair curve toward the abdomen. The life cycle of a tick involves four stages, egg, larvae, nymph, and adult. Adult female ticks are generally larger and more colorful than adult male ticks, but after laying eggs on the ground in vegetation, the female tick dies. Males live on to mate with other female ticks.



Where do ticks live?

Most ticks "hang out" on vegetation such as plants, trees, weeds, or grass in wooded areas. Generally, ticks are found where they are most likely to come in contact with animals- near streams, lakes, or by a path animals are known to travel daily for food or water. Some ticks also are found in nests, burrows, and places where their animal hosts live and sleep.

How do ticks attach to a host?

A tick's only source of nourishment is the blood it sucks from animals. Ticks really don't "bite" their hosts. Upon successfully boarding an animal host, the tick finds a place to attach itself and imbeds its



barbed mouthparts into the host's skin, which makes it difficult, but not impossible, to remove the tick. The tick's sharp mouth parts then pierce tiny blood vessels. Like vampire bats, ticks have an anticoagulant in their saliva to keep the blood of their host from clotting while it feeds. A tick's saliva may contain diseases, thereby transmitting disease organisms to



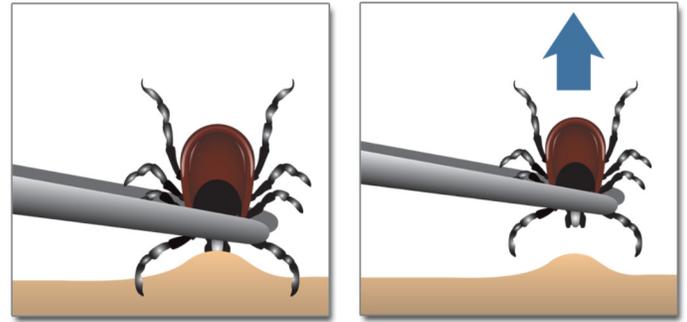
the unknowing host. Most animals (including people) do not feel the tick imbedding itself into their skin, or even feel it sucking their blood. If left undetected over 2-4 days, the tick will engorge itself with the blood of its host and simply drop off. Most ticks feed and then molt to the next stage in their life cycle. Not all ticks that come in contact with animals carry disease..

Protecting Yourself From Ticks

If you plan to be in a wooded area, wear light-colored clothing that makes it easier to spot a tick that may have crawled on you. Avoid coming in contact with vegetation where ticks may be waiting for a host. Wear long pants tucked inside your socks. Spray the outside of your clothing and shoes with an insect repellent containing DEET.

When you return home, carefully check your clothes and launder them using hot water to kill any hidden ticks. This will prevent any ticks you may have inadvertently brought home with you from getting

loose in your house and possibly finding a meal on a family member or a pet. Remember, it takes several hours for a tick to attach itself to your body. Taking a shower with a scrubber or washcloth will remove any ticks you may possibly have on you. If you find a tick attached to your body, remove it promptly. Grab the tick as close to your skin as possible. A pair of tweezers is helpful. Pull firmly without twisting or squeezing the tick. The tick will release its mouthparts from your skin with persistent tugging. After the tick is removed, apply an antibacterial ointment to the attachment site.



Although you may be tempted to do so, do not squish the tick! Ticks carrying diseases may transmit the disease through your skin upon coming in contact with the tick's bodily fluids. Proper disposal of a tick entails placing the tick in a jar with alcohol. Contact your local state Board of Health. They will gladly identify the tick for you and provide you with valuable information.

Source: <http://workbasedlearning.pnnl.gov/pals/resource/cards/ticks.stm>



SOUTHWEST WASHINGTON FAIR

Opens to the public daily at 10:00a.m.

Closes 10:00p.m. T, W, Th; 11:00p.m. F, Sat; 7p.m. Sun

Carnival opens daily at noon

Adults \$10; Children \$6; Seniors \$6

Tues Aug 15 KIDS DAY (6-12 1/2 price)

Wed Aug 16 SENIOR DAY (60 & over 1/2 price)

Thurs Aug 17 GRANGE DAY

Fri Aug 18 MILITARY APPRECIATION DAY (discount with Military ID)

Sat Aug 19 ROYALTY DAY

Sun Aug 20 FAMILY DAY (all ages 1/2 price)

Closes 7:00 p.m.



Healthy thoughts!

Green Algae—Spirulina

Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, carotenoids, and antioxidants that can help protect cells from damage. It contains nutrients, including B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid).

Spirulina -- like any blue-green algae -- can be contaminated with toxic substances called microcystins. It can also absorb heavy metals from the water where it is grown. For these reasons, it is important to buy spirulina from a trusted brand.

Test tube and animal studies suggest spirulina may boost the immune system, help protect against allergic reactions, and have antiviral and cancer properties. However, there is no proof that spirulina has these, or any, benefits in people. More research is needed.

Immune Support

A number of animal and test tube studies suggest that spirulina increases production of antibodies, infection-fighting proteins, and other cells that improve immunity and help ward off infection and chronic illnesses, such as cancer. However, it has not been tested in people. In one clinical trial that involved humans, another type of blue-green algae called chlorella did not boost the immune response to flu vaccine.

Protein Supplement

Amino acids make up 62% of spirulina. Because it is a rich source of protein and other nutrients, spirulina has been used as a nutritional supplement. However, although spirulina contains a certain level of protein, you would need to take very large quantities to see any effect. Other sources of protein, such as nuts, legumes, whole grains, and meat, provide protein in smaller servings.



Allergic Reactions

Animal and test tube studies suggest that spirulina may protect against allergic reactions by stopping the release of histamines, substances that contribute to allergy symptoms, such as a runny nose, watery eyes, hives, and soft-tissue swelling. But whether spirulina will help people with allergies is not known from these preliminary studies.

Antibiotic-related Illnesses

Although antibiotics destroy unwanted organisms in the body, they may also kill "good" bacteria called probiotics, such as *Lactobacillus acidophilus*. This can cause diarrhea. In test tubes, spirulina has boosted the growth of *L. acidophilus* and other probiotics. More research is needed to determine whether spirulina will have the same effect in people.

Infection

Test tube studies suggest that spirulina has activity against herpes, influenza, and HIV. But researchers don't know whether it would also work in people.

Oral Cancer

In one placebo-controlled study, taking spirulina seemed to reduce a precancerous lesion known as

Green Algae - Spirulina

Liver Disorders

Preliminary evidence suggests that spirulina may help protect against liver damage and cirrhosis (liver failure) in people with chronic hepatitis. Without more research, however, it is impossible to say whether spirulina offers any real benefit.

Eye Diseases

Spirulina contains a high concentration of zeaxanthin, an important nutrient linked to eye health. As such, spirulina may help reduce the risk of cataracts and age-related macular degeneration. More research is needed.

Dietary Sources

Spirulina is a microscopic algae that flourishes in warm climates and warm alkaline water. It is available dried and freeze-dried. Spirulina is available in pill or powder form, or as flakes. Most of the spirulina consumed in the United States is grown in a laboratory. There are many different spirulina species, only some of which are identified on labels of commercially-available products. *Spirulina maxima* (cultivated in Mexico) and *Spirulina platensis* (cultivated in California) are the most popular.



How to Take It:

Adult

Ask your health care provider to help you determine the right dose for you. Source: <https://umm.edu/health/medical/altmed/supplement/spirulina>.

[Fresh from the Farm Guide 2017!](#) Applications for 2018, [click here](#)

2017 Lewis County Farm Guide

Fresh From the Farm
LEWIS COUNTY WASHINGTON

What's "Growing" On?

Harvest Guide to Summer Veggies



Beans

You may pick snap beans when they are very young and serve them as baby snap beans, or you can wait until they reach full size for a more bountiful harvest. Use two hands to pick, because bean stems are easily broken. Don't yank on the pods; hold the stem in one hand and pick with the other. Pick every other day when the beans begin bearing to make sure that they produce to their full potential. Healthy bush bean plants will often re-bloom and produce a second and third flush of beans when plants are happy.

Blanching and freezing is the easiest way to preserve a bumper crop of snap beans. Blanch them in boiling water for 1 minute and then quickly cool them in ice water. This process brightens and fixes their color while preserving the crisp texture of the pods. For more preservation information see '[National Center for Home Food Preservation](#),' or pick up a handy hard copy edition of "So Easy to Preserve" for home at our office for \$21.50.

Cantaloupe and Honeydew Melons

Melons typically ripen over a short period of time. As soon as 1 melon is ripe, the others won't be far behind, usually within 3 to 4 weeks. About a week before a melon is ripe, minimize watering to just enough to keep vines from wilting. This lets vines concentrate sugars in the fruit. Too much water dilutes the sugar and, of course, the sweetness.

You can judge a cantaloupe's ripeness by skin color and stem. The rind of a cantaloupe changes from gray-green to yellow-buff, and the netting pattern becomes more pronounced. At the stem, a crack appears that encircles the base of the stem. A ripe melon should slip right off the vine. Ripe cantaloupes also develop a sweet, musky scent that's noticeable when you sniff the fruit.

The smooth-skinned honeydew melon becomes cream colored when ripe, and the blossom end should give slightly when pressed. Avoid pressing the blossom end repeatedly as you try to gauge ripeness. Excessive pressing can lead to bruising, which gives a false read on ripeness. To harvest a honeydew you don't plan to use immediately, leave about an inch of stem attached to keep the melon



Pick snap beans often to keep them producing.



You can smell the sweetness of a cantaloupe through its yellow-ripe rind.

Try these tips for watering:

- Water your vegetables two to three times a week during hot weather. Plants in containers probably need daily watering. Put a cup or some container out and water until it has about 1" of water in it. You want the water to go deep to encourage root growth.
- Watch your garden for an "indicator" plant, which is the first plant to wilt as the garden becomes dry. Usually squash, cucumbers, melons due to their large leaves
- Avoid wetting plant leaves when you can.
- Do what you can to keep water in the ground. A 2-3 inch layer holds in moisture and cools

from rotting.

Store melons in the refrigerator for up to a week.

Sweet Corn

It can be hard to know when an ear of corn is ready to harvest because you can't see inside the husk. Look at the silks. They should be brown and dry with just a little fresh green at the base. Squeeze the husk to see if the ear inside feels plump, not skinny. If the ear seems ripe, check by peeling just enough of the husk back to expose a couple of inches of the ear. Poke a kernel with your fingernail. The corn is ready to pick if it bleeds a light milky sap like skim milk. If the liquid is clear, the ear is not ready. Ears that are too ripe will look too milky, like cream versus skim milk; they often taste starchy.



Dry, brown tassels signal that corn is about ready to pick.

Perfectly ripened ears also taste sugary-sweet when sampled raw. When possible, harvest sweet corn in the morning, when the ears are cool. To remove the ear, use one hand to hold the corn stalk and the other to pull the ear down and away from the stalk, twisting a little until it breaks off.

Place harvested ears in the refrigerator right away to help preserve the sugars until mealtime. Sweet corn can be blanched and frozen, on or off the cob.

Cucumber

You can pick cucumbers whenever they're big enough to use. Check vines daily as the fruit starts to appear because they enlarge quickly. Vines produce more fruit the more you harvest. To remove the fruit, use a knife or clippers, cutting the stem above the fruit. Pulling them may damage the brittle vines.



Cut cucumbers from the vine while they are still a nice deep green. Yellowing is a sign of being too ripe and seedy.

Don't let the cucumbers get oversized or they will be bitter and will also keep the vine from producing more. Overripe fruit has hard seeds that are difficult to chew. Yellowing at the bottom (blossom end) of a cucumber signals overripe, bitter fruit. Never leave overripe fruit on the vine just because it is too far gone. Remove it.

You can keep harvested cucumbers in the refrigerator for 7 to 10 days, using as soon as possible after picking. If you don't eat a slicing cucumber all at once, cover the unused portion in plastic wrap to prevent dehydration in the refrigerator. In fact, it's a good idea to wrap your whole cucumbers in plastic or store them in a zipper bag in the fridge. Remember that store bought cucumbers are waxed to keep them from losing moisture. Yours aren't. Keeping them in wrap or a plastic zipper bag will keep them crisp longer.

Eggplant

Eggplant fruits can taste bitter if picked under ripe or overripe, so harvesting is part of the eggplant grower's art. A perfect fruit will stop growing larger, have a glossy skin, and show a sprinkling of soft, well-formed yet white, immature seeds when you slice it open. Fruits with no visible seeds are immature, and hard, dark seeds are found in overripe eggplant.



Eggplants should be glossy and true to color. When color fades and loses its shine, they are too ripe and may be bitter. These are white and purple types.

Use pruning shears to harvest eggplant with a short stub of stem attached, because the fruits will not pull free by hand. Rinse clean, pat dry, and store in the refrigerator for several days. Eggplant discolors rapidly when cut open, so work quickly when preparing slices or skewers for grilling. Marinades that include salt, vinegar, or lemon juice will keep cut pieces of eggplant from darkening.

Peppers

Use pruning shears or a sharp knife to cut peppers with a short stub of stem attached. Pulling peppers by hand usually causes entire branches to break off. Rinse peppers with water, pat dry, and then store them in your



Peppers don't put pressure on gardeners. Most will sit on the plant for a while. Harvest when color and size are true to type. Left on the vine, hot peppers will get hotter.

refrigerator.

Pick peppers when they are full size and fully colored. If you aren't sure what that is, check the variety description of what you bought on the tag or on our website. Many hot peppers will turn red, but can be eaten green. Red, yellow, and orange bells start out green and turn color later.

If you don't know what exactly what type of pepper you have, don't fret. Most can be eaten at just about any stage. Fortunately, peppers have a long time window for harvest; they can hang on a plant for several days past maturity. Over ripe bells usually get sweeter. Over ripe hot peppers usually get hotter. You'll figure it out after the first few peppers appear. Peppers, like most other vegetables will produce the most if you pick them often, so don't take advantage of their patience.

Pumpkins

As pumpkins form, you can slip a piece of cardboard or folded newspaper beneath pumpkins to prevent contact with soil and possible rot, especially if you are growing a precious few. Fruit is ripe when it is fully colored, skin is hard, and the stem begins to shrivel and dry. Pumpkin vines are often prickly, so wear gloves and long sleeves when harvesting to keep from itching. Often, the vines of ripe pumpkins are withering by the time you harvest. To harvest, cut stems with a sharp knife, leaving at least an inch of stem on fruits (more stem is better). Lift pumpkins by slipping your hand under the bottom of the fruit. Never lift a pumpkin by its stem; if the stem breaks, the pumpkin won't store well.



A pumpkin is ripe when fully colored, skin is hard, and stem begins to shrivel and dry.

Before storing, set pumpkins in the sun for about 2 weeks to harden the skin, seal the stem, and improve taste. Dry, warm weather is best; protect curing pumpkins from frosty nights with old blankets or by moving them into a shed or garage. Store cured pumpkins in a cool place, arranging them so they don't touch. The ideal storage space has a temperature of 50 degrees with about 60 percent humidity, but since a root cellar is hardly standard in most homes, do the best you can in a basement, vermin-free crawl space, or other frost-free storage. Under ideal conditions your cured pumpkins should store for 2 to 3 months.

Sweet Potatoes

Sweet potatoes are ready to dig when the vines start yellowing at the end of the season. They need a rest period to cure before eating.



Sweet potatoes are ready to dig when vines start yellowing at end of season. They need a rest period to cure before eating.

Sweet potatoes are usually ready to harvest just as the ends of the vines begin to turn yellow, or just before frost; check your local frost dates. To avoid injuring tubers, find the base of the plant you want to dig, and then use a digging fork to loosen an 18-inch wide circle around the plant. Pull up the crown and use your hands to gather your sweet potatoes. Sweet potatoes are not very sweet when first dug, but they are fine for sweetened pies or casseroles. They need a period to sit and "cure" to bring out their sweetness. Don't wash before curing. Instead, shake off soil, and then lay the unwashed sweet potatoes in a warm (80°F to 90°F), well-ventilated place for about 10 days. A shaded table outdoors and out of the rain works well. As the sweet potatoes cure, any scratches in the skins should heal, and the flesh inside will become even sweeter and more nutritious. This is very important because fresh, uncured potatoes do not bake as well. After 10 days, move your cured tubers to any spot that stays cool and dry, but do not refrigerate or store below 50°F. Cured sweet potatoes will keep for up to 6 months when stored at around 60°F with high humidity; a basement is ideal, and an air-conditioned storage room or pantry will do, too.

Tomatoes

The exact signs of ripeness vary with variety, but in general, perfectly ripe tomatoes show deep color yet still feel slightly firm, not hard, when gently squeezed. Sort of like the difference between a hard peach or avocado and one that is just beginning to soften.



You can pick tomatoes a little green to ripen indoors, but they will have the most flavor when they stay on the plant until fully colored.

As tomatoes begin to ripen, their color changes from vibrant medium-green to a lighter shade, with faint pink or yellow stripes. These “breakers,” or mature green tomatoes, can be chopped into salsas, pickled, or pan-fried into a crispy appetizer. Yet tomato flavors become much more complex as the fruits ripen, so you have good reason to wait. The picture on the stick tag that comes with each Bonnie variety indicates the final, ripe color.

Store picked tomatoes at room temperature indoors, or in a shady place outside. Never refrigerate tomatoes, because temperatures below 55° cause the precious flavor compounds to break down. Bumper crops can be frozen, canned, or dried for future use.

Watermelons

Watermelons typically ripen over 2 weeks. As soon as one melon is ripe, the others won't be far behind. About a week before a melon is ripe, water only as necessary to keep vines from wilting. Withholding water causes sugars to concentrate in the fruit. Too much water reduces sweetness.



The color of a ripe watermelon is a little dull compared to one still on the vine, and the underbelly where it was lying on the ground will be yellow.

You can judge a watermelon's ripeness by its skin color. The rind changes from a bright to a dull green, and the part that touches the soil shifts from greenish white or straw yellow to rich, creamy yellow. Gardeners also judge a watermelon's ripeness by rapping on the skin and listening for a low-pitched thud. Tune your ear to the incorrect sound by rapping on a few fruits that aren't ripe. Under ripe fruits resonate with a high-pitched, tinny sound.

Watermelons will keep 2 to 3 weeks unrefrigerated. Place them in a cool basement to increase their holding time. After cutting, refrigerate unused portions. If you have extra melon on hand, dice or cut the flesh into balls and freeze for slushies.

Sources: [pubs.wsu.edu/\(home garden series\)](http://pubs.wsu.edu/(home%20garden%20series)); bonnieplants.com/



8/11 Day is This Week!

August 11th (8/11) is a great day to remember how important it is to call 811 before you begin any excavation. We know many are aware of the free service, but unfortunately too few call, putting themselves, their families and their land at risk. You can find more information at the 8/11 Day section.

but unfortunately too few call, putting themselves, their families and their land at risk. You can find more information at CommonGroundAlliance.com under





Come watch 4-H in Action at SOUTHWEST WASHINGTON FAIR 2017

Weds Aug 9	Public Fashion Review	Fri Aug 18	Dairy Fitting & Showing, type Junior Livestock Sale
Tues Aug 15	Cavy Fitting & Showing, type Rabbit Fitting & Showing, type Dog Fitting & Showing Poultry Fitting & Showing, type	Sat Aug 19	Cat Fitting & Showing, type Rabbit, Cavy & Hog Costumes
Weds Aug 16	Goat Fitting & Showing, type Swine type Beef Groom Squad competition Dog Obedience, Agility Sheep Fitting & Showing, type	Sun Aug 20	Lg Animal Master Showman Cat Costumes
Thurs Aug 17	Swine Fitting & Showing Beef Fitting & Showing, type		

Horse activities every day of the fair

Come to the fair and watch
our members as they display
their skills and knowledge and
the results of their work.

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.

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



Spring Small Farm Workshop Series 2017



The WSU Lewis County Extension will host a workshop series relative to today's small farm agribusiness, farm owners, and operators.

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

Monthly workshops held on Thursday evenings 6pm – 7:30pm
\$5 per family at the door (Cash and Check only)

Topics will include:

September 28:

How Ag Weather Net Works

October 26:

Mud Management with

Gary Fredricks, Cowlitz County Extension

November 30:

FSME (Farm Safety Modernization Act) and Your Farm

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?

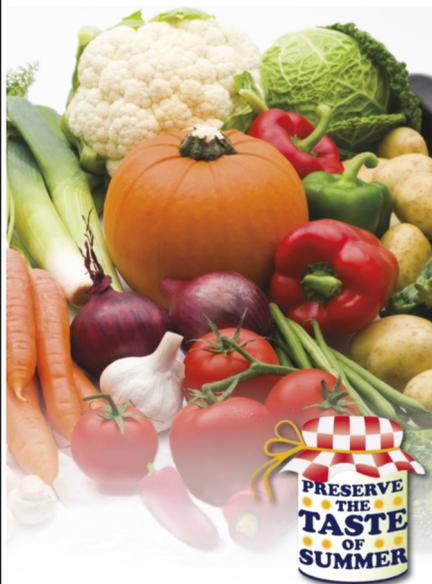
- Attend orientation prior to beginning of training with the Master Gardener Coordinator.
- Training is held over a 12-month period with once a month, full-day sessions on the 3rd Tuesday of every month and **can be started any month throughout the year.** The training session is in a classroom environment, 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

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 still have some hands on Classes scheduled.

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



WASHINGTON STATE UNIVERSITY
LEWIS COUNTY EXTENSION

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

Summer Grilling Season is Here!



Tip 1: Marinate Your Meat

Marinating meat helps to reduce carcinogens. Kansas State University researchers marinated steaks in three different mixtures of oil, vinegar, and herbs and spices. After grilling, carcinogens in the marinated steaks were cut by 57 to 88 percent. Dozens of studies confirm the effect. The reason it works is not so clear. The marinade may create a protective barrier between the meat's proteins and the heat of the grill. Or the antioxidants in the marinade may combat the carcinogens head-on.

Tip 2: Clean Your Grill

Keep your grill clean by scrubbing with a brush before and after grilling food. Scrubbing keeps the buildup of carcinogens left on the grill grates to a minimum and makes your food taste better.

Tip 3: Flip at the Right Time

You want to avoid burning but not rip the meat apart. Give it a gentle tug; it's ready to flip when it comes loose without pulling.

Tip 4: Ban Flare Ups

When you cook fatty meat, the fat that drips onto the flames creates smoke which may contain carcinogens. If you grill lean meats, poultry, and fish, you'll have less fat which means less smoke, which means less of the bad stuff.



Tip 5: Beware of Burnt

A bit of char is unavoidable (and tastes good), but incinerated meat will contain more cancer-causing compounds. Don't get the coals superhot and then plop fatty meat directly on the grill. The blackened parts of meat may also contain carcinogens, so remove charred or burned portions before eating.

Tip 6: Reduce Bacteria in Burgers

To kill E.coli bacteria, the USDA recommends cooking ground beef to 160 degrees. If you want medium-rare, grind your own then cook immediately. If you use store-bought meat, flip burgers frequently. A study in the *Journal of Food Protection* advised flipping every 30 seconds for optimal E.coli reduction. Another study found when two patties both reached 160 degrees, the one flipped more often had one-fifth the E.coli.

Tip 7: Work the Grill

Your grill may not be the same temperature throughout. Work the whole surface of the grill to keep certain areas from flaming more than others. If you have a flare up, move the food to a cooler part of the grill until the fire dies down.

Tip 8: Size Matters

Size matters when it comes to grilling meat. Cube or slice meat into smaller portions to speed up the cook time or choose a quick-cooking option like shrimp or fish.



Tip 9: The Shorter the Cook Time, The Better

The faster foods cook, the less likely they'll develop charring. Don't cook meat past its goal temperature: 165 degrees for ground poultry; 160 degrees for ground red meats and fresh pork; or 145 degrees for red meat steaks or chops.

Tip 10: Beyond Meat

Go beyond meat and try grilling unexpected foods like peaches, asparagus, or bread. Throw fruits and veggies on the grill for a tasty, nutrient-rich side or dessert or give pizza a try for a quick dinner.

What's Cookin'?

GRILLED PINEAPPLE

- 1 fresh pineapple - peeled, cored and cut into 1 inch rings
- 1/4 teaspoon honey
- 3 tablespoons melted butter
- 1 dash hot pepper sauce

Directions:

Place pineapple in a large resealable plastic bag. Add honey, butter, hot pepper sauce, and salt. Seal bag, and shake to coat evenly. Marinate for at least 30 minutes, or preferably overnight. Preheat an outdoor grill for high heat, and lightly oil grate. Grill pineapple for 2 to 3 minutes per side, or until heated through and grill marks appear.



Prep: 5 minutes; Cook: 10 minutes; 12 servings, 46 calories

Source: <http://allrecipes.com/>

SUCCULENT GRILLED PEACHES WITH HONEY CHEVRE

- 6 ounces chevre (soft goat cheese)
- 2 tablespoons skim milk
- 1 tablespoon honey
- 4 fresh peaches, halved and pitted
- 8 mint leaves

Directions:

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Combine chevre cheese, milk, and honey in a small bowl.

Grill the peaches cut sides down until peaches begin to caramelize and show grill marks, 5 to 7 minutes.

Fill each peach half with 1 tablespoon of the cheese mixture. Garnish with a mint leaf, and serve warm.



Prep: 15 minutes; Cook: 5 minutes; 8 servings, 99 calories

Source: <http://allrecipes.com/>

GRILLED ASPARAGUS

Directions: Preheat grill for high heat.

Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.

Grill over high heat for 2 to 3 minutes, or to desired tenderness.



2017 Coming Events

Aug 2	Napavine City Hall	Composting Basics (PP & Q&A)
Aug 5	Borst Park Demo Garden	Drought Resistant Gardening
Aug 12	Borst Park Demo Garden	Heirloom Gardening
Aug 19	Wild Thyme Farm-Oakville	<u>Family Forest Field Day</u>
Aug 19	Salkum Library Demo Gard	Grain Threshing
Aug 25	Borst Park Kitchen #2	Hands on WB Canning
Aug 26	Providence Demo Garden	Growing & Caring Hydrangeas
Sept 6	Onalaska Elementary	Worm Composting
Sept 12	Olequa Senior Center-Winlock	Know Your Soils
Sept 15	Borst Park Kitchen #2	Preserving Meat, Game, Seafood
Sept 16	Borst Park Demo Garden	Seed Saving
Sept 28	Mossyrock Community Ctr	Advanced Composting
Oct 4	Borst Park Kitchen #1	Reclaim/Recycle/Repair-Wear
Oct 7	Centralia College-WA Hall	Gardening for Everyone Classes
Oct 13	Borst Park Kitchen #2	Fall Comfort Foods

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



Master Gardener, Cecilia Boulais, teaching "Herb Gardening" at the one-room Borst School House.



Cougar Cheese
WSU Extension office
\$28/30 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