

# WASHINGTON STATE UNIVERSITY



## LEWIS COUNTY EXTENSION

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*& Kim Weiland*



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# Crimson Pride

## Winter Issue 2018

The weather in western Washington offers so much variety, one day we are being soaked with rain and the next the sun appears just long enough for everyone to take a walk around their yards making plans for planting, then it rains again.

Along with our wait for spring nature still provides a surprise here and there, as in the early arrival of Snowdrops (*Galanthus spp.*) in my front flower beds. Little reminders of spring is on the way!

In the meantime, there is still plenty of opportunity for winter storms and power outages. Preparing in advance for these events will make them all the easier to get through. In this issue we have included information on safe winter travel, putting together emergency kits and a few recipes for cooking ideas during a power outage.

Another news item is the arrival of a new Stewardship Forester to the greater Lewis county region. Patrick Shults will be in office starting mid February. We are looking forward to having him housed in our office as his home base. He hails from Michigan and is looking forward to making southwest Washington his home.

You may have noticed seed catalogs have been arriving in the mail recently, now is the time to make plans for planting. In the meantime we have a couple of ideas to help you get through the gray days of winter with primroses and pansies (I see they are showing up in local outlets) as well as some ideas for winter gardening.

Our 2018 WSU workshop schedule is out with a wide variety of offerings, you can find the online version available for printing at our webpage- [lewis.wsu.edu](http://lewis.wsu.edu)



## Food Safety After Power Outages



### General Food Safety of Refrigerated Foods

Refrigerated foods that can be held at temperatures above 40°F until power returns include: hard cheeses, butter, margarine, fresh fruits, fruit juice, fresh unpeeled vegetables, salad dressing, ketchup, mustard, olives, pickles, jams, jellies and peanut butter.

For all other products, most refrigerated foods are safe if the power outage was only 2-3 hours and if foods were held above 40°F for 2 hours or less; however, for those who were without power for several days, most refrigerated foods should be discarded. **If you are unsure how long products have been held above 40°F, DISCARD the products.**

**“When in doubt, throw it out!” A few dollars worth of iffy food is not worth the cost of your health.**

Foodborne pathogens can grow very quickly in some foods held above refrigeration temperatures; visual appearance and odor **cannot** be used to assess the safety of food products.

### General Food Safety of Frozen Foods

If foods still contain ice crystals, they can be refrozen safely. Thawed fruits, fruit juices and fruit pies will be safe to eat; however, discard these products if they have come in contact with thawed meat drippings or if they have signs of spoilage, such as off-odors due to fermentation. All other thawed foods should be discarded. PNW 296 – Freezing Convenience Foods, page 3 has information about safety of frozen foods that have thawed.

### Appliance Maintenance during a Power Outage

It is recommended to have appliance thermometers in refrigerators and freezers to help assess product safety. During a power outage, keep freezer and refrigerator doors closed as much as possible. Try to keep the cold air in the freezer (a large, full freezer can hold freezing temperatures for about 2 days, a half-full freezer will keep food frozen for about 1 day) and the refrigerator (if unopened, will maintain a cold temperature for approximately 4 hours).

If the power outage is expected to last for an extended period, dry ice and ice blocks can be used to keep foods cold. Handle dry ice with caution. Separate dry ice from food products using a piece of cardboard; place the dry ice on top of the cardboard. Fifty pounds of dry ice will keep a full, 18-cubic foot freezer cold for two days (a general rule is to allow 2-3 pounds of dry ice per cubic foot of freezer space).

### Safety of Specific Food Products

**Meat, poultry and seafood products, including hot dogs and lunch meat.** Frozen meats that have intact ice crystals and have an internal temperature less than 40°F may be refrozen. Variety meats, such as heart and liver, should not be refrozen under any circumstances. Meat products at temperatures above 40°F for more than 2 hours are potentially unsafe and must be discarded.

**Hard cheese, butter and margarine.** Well packaged products should remain safe; if odors or mold develops, discard the items.



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**Milk products and mayonnaise.** Discard if held above 40°F for more than 2 hours. This category includes milk, cream, yogurt, and soft cheeses. Ice cream should be discarded if it has partially thawed.

**Fresh Eggs.** Discard if held above 40°F for more than 2 hours.

**Fresh fruits and vegetables.** Normally safe. Observe appearance for mold, sliminess or yeasty smell, discard if appearance is poor.

**Frozen fruits and vegetables.** If ice crystals are still intact and food has remained at 40°F or less, these products may be refrozen; otherwise, discard the product.

**Fruit juice.** Refrigerated juices are safe without refrigeration; however, if mold, cloudiness, bubbling or off-odors (yeasty, fermented) occur, the product should be discarded. Frozen juices with intact ice crystals or if held at 40°F for less than 2 hours may be refrozen.

**Salad dressing, ketchup, mustard, olives, pickles, jams, jellies and peanut butter.** May be kept unrefrigerated until power returns.



**Mixed food items, including cooked pasta, stews, casseroles, soups, potatoes, custards and puddings.** Discard if held above 40°F for more than 2 hours. This category includes leftover foods.

This article has been summarized from FDA and other sources. Further information on food safety during natural disasters can be found at: <http://www.cfsan.fda.gov/>

Source: <http://cahnrs.wsu.edu/flood/food-safety-after-power-outages/>

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

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

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

If you have questions for Julie contact her at the WSU Extension office at 360-740-2793 or at [Julie.Pirtle@lewiscountywa.gov](mailto:Julie.Pirtle@lewiscountywa.gov)





# Healthy thoughts!

## Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be hazardous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.



### Take These Steps for Your Home

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

#### 1. Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

#### 2. Check your heating systems.

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly and replace them twice a year.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide (CO) emergencies.

Install a CO detector to alert you to the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring. Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion

### Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.

Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.

- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include: cell phone, portable charger, and extra batteries; blankets; food and water; booster

### WINTERIZE YOUR VEHICLE

- BATTERY
- ANTIFREEZE
- WIPERS & FLUID
- IGNITION SYSTEM
- THERMOSTAT
- LIGHTS
- KEEP AT LEAST ½ TANK OF GAS
- ALL SEASON OR WINTER TIRES



- HAZARD LIGHTS
- EXHAUST SYSTEM
- HEATER
- BRAKES
- DEFROSTER
- OIL LEVEL



(continued from page 4)

cables, flares, tire pump, and a bag of sand or cat litter (for traction); compass and maps; flashlight, battery-powered radio, and extra batteries; first-aid kit; and plastic bags (for sanitation).

## Equip in Advance for Emergencies

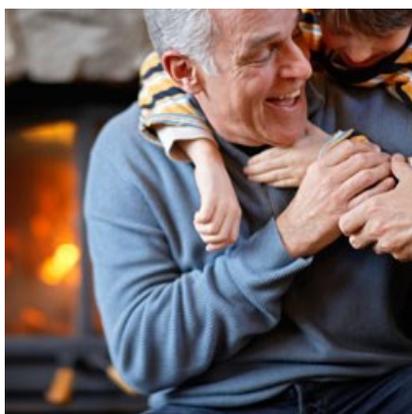
Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
  - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
  - extra batteries;
  - first-aid kit and extra medicine;
  - baby items; and
  - cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
  - Keep grills, camp stoves, and generators out of the house, basement and garage.
  - Locate generators at least 20 feet from the house.
  - Leave your home immediately if the CO detector sounds, and call 911.

## Take These Precautions Outdoors

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing: mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
  - Work slowly when doing outside chores.
  - Take a buddy and an emergency kit when you are participating in outdoor recreation.
  - Carry a cell phone.



Take care of yourself so you will be able to care of others! Work slowly when outdoors in cold weather and dress appropriately, in layers.

Check on family, friends, neighbors who are at risk to cold weather issues.....especially elderly, young and chronically ill individuals.



## Planning a Trip During Wintery Weather?

When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Follow these safety rules if you become stranded in your car.

Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.

Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.

Run the engine and heater only 10 minutes every hour.

Keep a downwind window open.

Make sure the tailpipe is not blocked.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

Source: <https://www.cdc.gov/features/winterweather/index.html>



For pass conditions when traveling between the two sides of Washington State, go to: <http://www.wsdot.com/traffic/passes/default.aspx>

For travel alerts around Washington, go to: <http://www.wsdot.com/traffic/trafficalerts/default.aspx>

For travel information, from almost any phone, call 511



## Hooray! It's Primrose and Pansy Season

Pansies are wonderful flowers to grow in early spring. If you have four hours or more of sun reaching your flowerbed, they will perform admirably. Pansies are small plants growing from 4-12" tall, depending on the variety. They form small mounds of deep green foliage that are resistant to light frosts.

Many different pansy cultivars provide gardeners with flowers that are from 1-4" in diameter and come in a rainbow of colors. Older favorites have multi-toned flowers in bright, clear yellow, purple, blue and white. Newer varieties add to the palette with light pastel blue, dusty rose, white and even black.



Pansies prefer sun to partial shade. They'll actually grow in deep shade, but expect fewer flowers. Pansies are not fussy about soil. Do however add organic matter if your soil is very light and sandy to help retain moisture, and prevent plants from wilting in bright sun. Fertilize to insure a good display of flowers.

Primroses are blooming plants for shade. Like pansies, primrose requires cool weather to prosper. They have a growth habit that resembles pansies. The color of the primrose blossoms is more intense than pansies.

There is nothing subtle about their color – vivid pinks, oranges, purples, reds and more! The leaves are crinkled and lay close to the ground.



There are several types of primroses ranging from the standard old-fashioned purples, to those with double petals, tall varieties that resemble small red hot poker plants and then the cowslip that at one time was found in pastures.

Use pansies or primroses in front of beds and in borders to add a splash of color during the cooler months. Plant pansies in window boxes and containers so you can enjoy their bright faces smiling back at you inside.



Cheer up cool gray days with pots of primroses and pansies placed at the doorway you use most often and on patios and decks that you can see out the window from inside your home.



# WSU Pesticide Applicators License Recertification Training

## Integrated Pest Management for Landscapes and Turf

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

Program agendas are available online at [pep.wsu.edu/rct/wwrctdates](http://pep.wsu.edu/rct/wwrctdates) for each location.

For more information on Western Washington Recertification and IPM Workshops:

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

## There's a New Extension Forestry Educator in Town...

And his name is Patrick Shults!

### New SW Washington Extension Forestry Educator Hired!

Patrick was born and raised in Michigan, where he spent much of his time hiking, fishing, and camping in the Great Lakes forests. These experiences outdoors inspired him to pursue environmental studies at Michigan State University, where he received both a B.S. and M.S. in Forestry. Along the way, he became a Certified Forest Stewardship Plan Writer, allowing him to assist non-industrial forest owners in managing their properties. He also has a passion for agroforestry and non-timber forest products, which he focused on during his graduate research. As the new Forestry Extension Coordinator for WSU in southwest Washington, he hopes to utilize this diverse background and expertise to the benefit of landowners by helping them achieve their personal land management goals. Patrick's first day in the WSU Lewis County office will be February 12th.

Contact Patrick at: [pshults36@gmail.com](mailto:pshults36@gmail.com) or via voicemail at 360-740-1213.



WSU LEWIS COUNTY EXTENSION MASTER GARDENER PROGRAM

# GARDENING FOR EVERYONE

**FREE FREE NO PRE-REGISTRATION FREE FREE**



**FREE FREE FREE**



## **Gardening for Everyone** **Saturday, February 17, 2018**

Washington Hall - Centralia College  
At the corner of Walnut and Washington Avenue  
Centralia, WA 98531

**9:00 a.m. - 2:15 p.m.**

- Lawn Care Basics
- Beginning Gardening
- Caring for Roses
- Blueberries & Raspberries
- Weed Control in Lawns & Home Landscapes
- Clay Pot Irrigation: Ollas in the Garden
- Trees for Your Landscape
- Heirloom Seeds & Budget Gardening with Free or Recycled Items
- Basic Garden Design

**WSU Lewis County Master Gardeners**  
351 NW North Street, Chehalis WA 98532  
(360) 740-1216 <http://lewis-mg-mrc.org>

WASHINGTON STATE UNIVERSITY



LEWIS COUNTY EXTENSION

*Master Gardener Program*

## 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](mailto:art.fuller@lewiscountywa.gov)

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

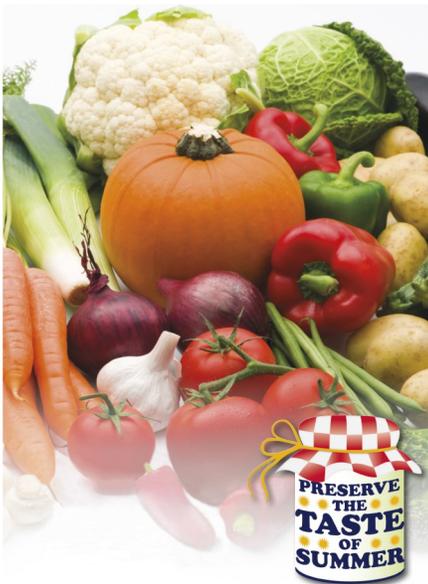
- Attend orientation prior to beginning of training with the Master Gardener Coordinator.
- Training is held over a 12-month period with once a month, full-day sessions on the 3rd Tuesday of every month and **can be started any month throughout the year.** The training session is in a classroom environment,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

*[2018 Class Schedule](#)*

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

[kimberly.weiland@lewiscountywa.gov](mailto: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 "Growing" On?

## Winter Unheated Greenhouse Plants

While many gardeners consider winter to be a dormant time in the greenhouse, there is no reason that you can't enjoy a colorful and delicious garden even during the coldest months. Depending on your climate, you may also be able to grow these plants without heat in your greenhouse or even outside. In order to achieve the best results, be sure to read the information available about the varieties you are planting. You'll want to make sure that your plants are growing at an appropriate temperature. (To make sure, you may want to purchase an inexpensive Min/Max thermometer.)

If it looks like your temperatures are too cool for the varieties you want to grow, check with local seed catalog companies. Many of these companies provide seeds that are developed to perform especially well in your climate. If you seem to have trouble finding what you are looking for, consult local nurseries for their suggestions.

Consider trying these vegetables in your cold-weather greenhouse:

- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Fava Beans
- Garlic
- Kale
- Lettuce
- Parsley
- Radish
- Spinach
- Swiss Chard
- Turnips



You may even have luck with these flowers (which can be grown below 45°F):

- Amaryllis
- Azalea
- Christmas Cactus
- Freesia
- Hyacinth
- Impatiens
- Larkspur
- Nasturtium
- Nemesia
- Pansy
- Primrose
- Snapdragon
- Stock
- Sweet Pea



When growing in the winter, your plants are likely to have different needs than they would have during the summer. Drastically reduce the amount of water you provide; in most cases the first inch or so of soil should be dry before you water again. Also, because growth slows during the winter most plants will require only minimal fertilizer. Most plants will be just fine without it provided that you have some good organic content in your soil.

Even though temperatures are cooler in the winter, plants still need some ventilation in order to stay healthy. The greenhouse will need some gas exchange so that the plants have fresh carbon dioxide and can properly photosynthesize. Some gentle air flow also keeps pests away and will encourage sturdier stem growth.

While these plants may tolerate cooler temperatures, they may not tolerate low light levels well. Frequent cloudy weather may require the addition of a grow light.

Source: <http://www.greenhousecatalog.com/winter-garden-crops>

# Growing Greenhouse Produce

Growing greenhouse vegetables for harvested produce is a different ballgame than growing those same crops as starter plants or for outdoor gardens. Each can provide its own unique production challenges. But all have significant potential .

There are any number of different produce crops you can try in the greenhouse, but here are some primary options you should check out if you're considering adding vegetables to your mix.



1. **Leafy greens** are one of the most exciting opportunities for greenhouse produce, particularly the salad types and Bibb lettuces. Nearly all leafy greens will thrive in the same growing environments required for most ornamental crops, especially bedding plants. Therefore, aside from learning the growing techniques of leafy greens, whether in soil or hydroponics, little adjustment is needed by the ornamental industry to grow leafy veggies. The profitability can be excellent as long as sales are local and as direct to the consumer as possible. The types of greens covers a very wide range of colors, shapes and taste. Today, it is much more than just head lettuce.

2. **Microgreens** are very popular. The types and flavors of microgreens are enormous. One can design different mixes of greens to provide different flavors for different food dishes. An example of different microgreens are Persian cress, Tatsoi, mustards, Pac Choi, radish, Shungiku, Amaranth, beet, Orach, etc. The future is incredible!



3. **Spinach** is another leafy green that has great possibilities. When grown and sold locally, it offers freshness and good taste. Grown in greenhouses it is clean, free of debris, dirt and excellent from a food safety standpoint. As a greenhouse crop it does tend to bolt, or go to seed, quite early depending on growing conditions and day length.



4. **Cucumbers** are popular. The long green cucumbers are more familiar greenhouse varieties for most consumers, but can be a little more difficult to produce, as they need to be shrink wrapped after harvest to keep them firm and fresh. A better choice for greenhouse growers may be the Beit alpha types that are really catching on. I call them "little snackers." These small cukes are easy to package and don't require shrink wrapping as do the long European types. The Beit Alpha types are tender, sweet and seedless—perfect for packing into school lunches.

5. **Tomatoes** are the most familiar and most common greenhouse vegetable crop, and there are many different options available in all colors, shapes and sizes. Cherries, grapes, tomatoes on the vine (or TOV), and beefsteaks are all popular options. Many growers I work with have been focusing on beefsteak varieties, since the TOV varieties are popular with some of the very largest growers that dominate the market.

6. **Peppers** have been another popular greenhouse crop. Americans love peppers and there are many types to choose from. Greenhouse bell types of peppers need exact humidity and temperature control, especially the varieties from Holland. They are excellent tasting but are probably the most difficult greenhouse crop to grow. However, there are numerous other types of peppers of all shapes, colors and flavors. One day soon, pepper plants will be sold as edible ornamentals, offering beauty in the home and may also be used to flavor many food dishes. Even with these production challenges, peppers should be a highly marketable crop. Multiple colors of peppers in a clamshell are irresistible.



7. Numerous **herbs** are available which can be packaged in many ways, with or without the roots. Basil, water cress, cilantro and many others are rapidly being discovered by greenhouse growers. Such crops have a great future in farm markets where sales can be direct to the consumer, allowing freshness and superb quality.



8. **Green beans**, grown in greenhouses, are in high demand, especially in the inner city, selling for incredible prices. Again, a variety of colors are available, along with different shapes and lengths. This is a great crop for direct sales to the consumer at farm markets.

9. **Swiss chard** and **squash** are great possibilities for greenhouse production if sold directly to the consumer. As with most vegetable crops, these two vegetables come in all shapes and colors.

10. **Raspberries** and strawberries, grown in greenhouses, are just around the corner. If grown and served with shortcake on the production site, it is a winner. It's a big deal at Wimbledon, why not as part of one's offering at a farm market? The very best tasting strawberries must be red throughout and not shipped in from thousands of miles away. The tastiest are very perishable but offer great opportunities when served on site.



Source: <http://www.greenhousegrower.com/varieties/vegetables/10-vegetable-crops-you-should-consider/>

## Hearty Winter Greens Sauté

Yield: 6 to 8 servings

### Ingredients

- 1 bunch mustard greens, cleaned
- 1 bunch turnip greens, cleaned
- 1 bunch kale, cleaned
- 1 bunch Swiss chard, cleaned
- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, thinly sliced
- 4 cloves garlic, thinly sliced
- Kosher salt and freshly ground pepper
- 1 1/2 cups chicken broth

### Directions

Remove the center stems from all the greens and slice the leaves into 1/2-inch ribbons. Pour the olive oil into a large Dutch oven set over medium-high heat. Once hot, add the onion and garlic and saute until tender and fragrant, about 4 minutes. Season with salt and pepper.

Stir in the ribbons of mustard greens, turnip greens and kale in batches, adding the next batch as the one prior wilts down. Once those three greens are added to the pot, pour in the broth and cook 15 minutes. Then add the ribbons of Swiss chard and cover with a lid. Let simmer 5 more minutes. Taste for seasoning. Spoon the greens into a large serving dish.

Recipe courtesy of The Neelys From: Food Network Magazine

<http://www.foodnetwork.com/recipes/patrick-and-gina-neely/hearty-winter-greens-saute-recipe-1973711>



# Building an Emergency Supply Kit for your Family



A disaster supply kit is simply a collection of basic items you need in the event of an emergency. Try to assemble your kit well in advance. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours or it might take days. This means having your own [food](#), [water](#) and other [supplies](#) in sufficient quantity to last for at least 72 hours.

## Maintaining Your Kit

Just as important as putting your supplies together is [maintaining](#) them so they are safe to use when needed. Keep items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack or duffel bag.

[//www.ready.gov/maintaining-your-kit](http://www.ready.gov/maintaining-your-kit)



## Kit Storage Locations

Since you do not know where you will be when an emergency occurs, [prepare](#) supplies for home, work and vehicles.

- Your disaster supply kit should contain essential food, water and supplies for at least three days.
- You need to be prepared to shelter at work for at least 24 hours. Make sure you have food and water and other necessities like medicines in your kit.
- In case you are stranded, keep a kit of emergency supplies in your car. Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives.

[//www.ready.gov/kit-storage-locations](http://www.ready.gov/kit-storage-locations)

## Water

[Water](#) is an essential element to survival and a necessary item in an emergency supply kit. Following a disaster, clean drinking water may not be available. Your regular water source could be cutoff or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency.

[//www.ready.gov/build-kit/water](http://www.ready.gov/build-kit/water)



## Food

Following a disaster, there may be power outages that could last for several days. Stock canned [foods](#), dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

[//www.ready.gov/food](http://www.ready.gov/food)

For more detailed information, visit [//www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit).

Source: <https://www.fema.gov/disaster/4085/updates/building-supply-kit-your-family>



# What's Cookin'?

## No Power? No Problem

What do you serve for dinner during a power outage? In the event that a storm leaves you in the dark, here are some tasty and nutritious meal ideas to serve up — no oven, blender, or microwave required!

<https://www.everydayhealth.com/pictures/healthy-meals-make-you-lose-power/#01>

### Have a Tapas Party

You don't need a power outlet to break out the cheeseboard and enjoy an array of tapas. Think: Olives, chickpeas (toss with olive oil and spices for a little more flavor — we like chili powder for a spicy kick), mashed avocado with a sprinkle of lime and salt, roasted red peppers, and whole-grain pita wedges. This is also the perfect time to use up cheese that may go bad if your power is out for an extended period of time.



### Think Ahead With Overnight Oats

If you think the power will be out until morning, combine 1 part oats and 1 part water, and let the mixture sit overnight. (Be sure to sub in water for milk since you won't be able to refrigerate overnight.) In the morning you can add sliced banana, or apple and cinnamon, for a no-cook bowl of oatmeal. You can also swap in chia seeds for oats to make chia seed pudding.

### Mash Up Some Homemade Hummus

For a tasty snack, use a fork or potato masher to smash chickpeas, then stir in lemon juice, minced garlic, and a touch of salt for a homemade hummus dip. Serve with sliced veggies and whole-grain crackers or pita for dipping. For a bean dip trio, mash up an assortment of beans, such as black, kidney, and cannellini.



## Get Creative With Veggie Noodles

The wonderful thing about [veggie noodles](#) (other than their ability to transform your [favorite pasta dish](#) into a low-cal meal) is that they require no boiling water, making them the perfect meal base when you don't have electricity. Carrots, cucumbers, and beets can all be spiralized into noodles or cut into ribbons with a veggie peeler, and then tossed with seasonings like oil, vinegar, and herbs for a no-cook pasta dish.



## Wrap It Up

Veggie wraps are super easy to whip up and can be customized using whatever is left in the house — all veggies, beans, and seasonings are fair game. Start with whole-wheat tortillas (or use romaine, kale, or collard greens as wraps), then pack in canned beans, onion, tomato, cucumber, and any other veggies you have on hand, and drizzle with oil and vinegar.



## Put a Twist on Ceviche

You know those extra cans of tuna that have been sitting in the back of your pantry? They're about to be the star of your surprisingly gourmet, no-cook dinner. Using this [recipe from Skinny Taste](#), simply combine canned tuna with onion, diced tomato, and cilantro if you have some on hand. Season with lime juice, salt, and pepper, and top with sliced avocado.

- 2 Tbsp minced red onion
- 1 to 1 1/2 limes
- kosher salt and freshly ground black pepper, as needed
- 1 tsp olive oil
- 1 (7 oz) can chunk white albacore tuna packed in water, (5.1 oz drained)
- 1 medium seeded plum tomato, finely diced
- 2 Tbsp chopped cilantro
- 1 jalapeño, minced (keep seeds for spicy) or you can use pickled
- 3 drops Tabasco sauce (optional)
- 2 oz sliced avocado (1/2 medium Haas)



### Directions:

In a medium bowl, combine the red onion, pinch of kosher salt, juice of 1 lime and olive oil. Mix in the chopped cilantro, jalapeño, drained tuna, tomato, and Tabasco, if using. Taste for salt

## 2018 Coming Events

Date	What	Where
January		
26	Preserving Basics	WSU Meeting Room, 6 pm
30	Composting Basics	WSU Meeting Room, 6 pm
February		
3	Spring Grape Care	Borst Park Demo Garden, 10 am
7	Worm Composting	Borst Park, Kitchen #1, 6 pm
10	Growing Roses	Providence Place Demo Garden, 10 am
13	Repair What You Wear	Borst Park, Kitchen # 1, 6 pm
17	<b>Gardening for Everyone</b>	<b>Centralia College-WA Hall</b>
21	Food Waste Reduction	Borst Park, Kitchen #2, 6 pm
23	Advanced Canning Class	Borst Park Kitchen #2, 6 pm
March		
6	Know Your Soils	Borst Park Kitchen #1, 6 pm
10	Growing Blueberries	Providence Place Demo Garden, 10 am
13	Advanced Composting	Chehalis Timberland Library, 6 pm
23	Fermentation	Borst Park Kitchen #2, 6 pm

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



Catch Us  
on the Web at

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