

Newsletter

January- February 2022



Garfield
County

WASHINGTON STATE UNIVERSITY
EXTENSION



Welcome to the WSU Garfield County Extension Newsletter!

This is an electronic newsletter highlighting events and topics of interest to residents of Garfield County and the surrounding area. This newsletter can also be viewed on our website: <https://extension.wsu.edu/Garfield/>

Do you have an event or subject you would like added to our newsletter or website? Would you like to be removed from our Extension Newsletter email list?

Contact the Extension Office

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Winter Care for Backyard Chickens Adapted

from Douglas B. Gucker, Illinois Extension

Featured in Walla Walla November Volume 2021, Issue 6

Winter begins challenges to the small flock chicken owner. There are issues that need to be solved: keeping the water from freezing, preventing the birds from getting frostbite, and maintaining egg.

Winterize the Coop. Chickens need a dry, draft-free, and well-ventilated building to stay healthy and productive.

Winterize your coop by:

- Placing 6-12 inches of dry bedding on the floor
- Checking for drafts • Adding insulation to the roof and walls
- Making sure windows and doors are tight fitting and secure
- Making sure you have proper ventilation. A roof vent and a partially open window will do the trick

Water

Chickens need access to water at least every 10 hours, day and night. Prevent water from freezing by installing a heater in the waterer or by using a heated water bowl. When using heaters or heated bowls, make sure the electrical cords and connections are off the floor and not accessible to the chickens. Check daily for water spills and leaks, since these can cause increased moisture in the coop and health issues.

Feed

Your chickens will need more food in the winter to stay warm. Feed a good, balanced diet. You might consider allowing your birds to eat free-choice. Chickens will adjust their eating according to the temperature. Another option to free-choice feeding is to scatter high energy feed like grains or oilseeds in the evening in the coop. This will encourage the birds to be active and forage through the litter for their feed. Also, this foraging activity will help to turn over the litter and keep the birds from pecking each other.

Frostbite

Chickens with large combs or wattles are more susceptible to frostbite. For small flocks, applying petroleum jelly to large wattles and combs will reduce the chance for frostbite. Remove snow from chicken runs or scatter straw to protect their feet.

Light & Egg Laying

Chickens need 14-16 hours of light to encourage egg-laying. Hanging a 60-watt incandescent light or an 800-lumen equivalent lamp with a downward-facing reflector at seven feet above the floor will provide sufficient light for 200 square feet of coop floor area.

WSU Awarded Millions to Better Crop Nutrition

Wheat Life | December | 2021

A new project funded through the U.S. Department of Agriculture's National Institute of Food and Agriculture (NIFA) taps Washington State University's (WSU) agricultural strengths to increase nutritional value in whole grain-based foods, literally from the ground up. The WSU Soil to Society project received a five-year, \$10 million grant to increase the nutrient value in food made from six crops—wheat, barley, peas, lentils, buckwheat and quinoa. The program's comprehensive approach will account for soil quality where the crops are grown. Plant breeders will develop more nutritional varieties, while food scientists will create products to bring to market, and health researchers will evaluate the impact of those foods. The grant involves more than 20 researchers across the WSU system, as well as three researchers from Johns Hopkins University.



Soil Health Initiative and WSDA looking for samples, participants

<https://wastatedeptag.blogspot.com/2021/11/soil-health-initiative-and-wsda-looking.html>

[Dani Gelardi](#) WSDA Soil Health Scientist

Healthy soil is the key to success in farming. With healthy soil, farms are more successful, our environment is cleaner, and Washington can keep growing nutritious food for generations to come. With more than 300 different commodities grown in the state, healthy soil looks different from place to place and from crop to crop.

Background

In the fall of 2019, the U.S. Department of Agriculture (USDA) awarded a \$500,000 specialty crop block grant to WSDA's [Natural Resources Assessment Section](#) (NRAS) that funded a soil health survey project in partnership with Washington State University (WSU). In spring of 2020 the state Legislature passed Substitute Senate Bill 6306 that created the Washington Soil Health Initiative (WaSHI), which provided \$200,000 of additional funding to NRAS for more soil health research and outreach.

WSDA looking for more soil samples

Researchers have already been collecting soil samples as part of this initiative. But as the program begins to launch, coordinators are looking for Washingtonians who may be interested in contributing soils data to the WaSHI [State of the Soils Assessment](#).

If you're a grower, an agricultural professional, a graduate student, or a conservation district staff member who wants to soil sample, we want to hear from you.

Beginning in March of 2022, WSDA will pay for a laboratory soil health analysis for eligible projects, in exchange for support in collecting soil samples and grower management surveys. WSDA will also provide training and individualized soil health reports for participating growers.

Soils data will be used to measure soil health across different regions and crops in Washington. This information will help WSDA protect grower livelihoods, environmental sustainability, and food security in Washington.

The deadline to apply to participate is 5 p.m., Tuesday, Jan. 25, 2022. For more information or to apply, visit the NRAS [Partnerships in Soil Health webpage](#):

<https://agr.wa.gov/departments/land-and-water/natural-resources/soil-health/funding-opportunities>



A BRIEF DISCUSSION ABOUT SEED CATALOGS

They're here! As I recall the seed catalogs start arriving early in January, but I received two in mid-December. It is always an exciting time as I scan the pictures, the promises, and the pressure to "order early!" But one was from a company I had neither ordered from nor heard of before. That made me want to do a little research into seed catalogs and how to find the ones that are trustworthy, truthful, and sent their product in a timely fashion.

The University of Maryland has a useful article on this topic. Do you even need to order from a catalog? If you are not picky about the variety you plant, then grocery, hardware, or big box stores may have all you need. Best to purchase early as they often have limited stock and recently many people have rediscovered gardening with the seed packets seemingly flying off the shelves. And you will not find seed packets for fall planting in these stores.

How well is the catalog organized? It is so frustrating to find no index! That makes looking for some items difficult. Why is not Kale under the K's? Because they put it under Greens? Huh??

Is the catalog specific for your growing area and/or do they sell a wide variety of seeds for many zones? No use looking at a catalog designed for a southern state, no matter how beautiful their pictures are!

Are the descriptions useful? Rather than a sales pitch, I want to know how large this variety grows, what diseases it is resistant to, zone rating, days to maturity, and PICTURES.... I love looking at the pictures! I do like to read the sales pitches, I learn things about new cultivars, how they have improved and maybe growing hints. But if catalog space is limited, I really need the facts to make a choice.

Sometimes you are tempted to purchase a specific brand of a specific seed but find nothing else in their catalog you need. Are you then willing to spend the extra for shipping for the one item you wish? Or do you try to fill your needs from other options in their catalog.

Quality is often a deciding factor. The well-known seed companies, such as Burpee, Park's, or Johnny's Select Seeds have been in business for many years, thereby establishing themselves as delivering a quality product.

And what is their guarantee and how well do they stand beside it? I once had seed delivered that did not produce anywhere near the description, when I called with my concern the person told me "oh, you just planted it wrong." Excuse me!! You put the darn wrong seed in my packet!! They did give me a credit, but I never used it or ordered from them again. Sometimes you just may want to try a few new ones out, and maybe you will find a winner that you will come to love!



Seed catalogs. Photo: Erica Smith

Happy winter dreaming as those catalogs arrive.





The National Suicide Prevention Lifeline

This time of year can be particularly tough with the daylight length shifting and the added stress (both positive and negative). Suicide rates are increasing and are now the second leading cause of death amongst young adults. We recommend putting this contact information in your phone in case you or someone you know needs it. There is more of a chance that we will encounter someone in mental crisis than in cardiac arrest. THE NATIONAL SUICIDE PREVENTION LIFELINE <https://suicidepreventionlifeline.org/> CALL 1-800-273-8255 (available 24/7, it is free and confidential), CHAT or TEXT.

gloves before handling containers of food that you think may be contaminated. Place the food or jar in a sealable bag and wrap another plastic bag around the sealable bag. Tape the bags shut tightly and place bags in a trash receptacle for non-recyclable trash outside the home and out of reach of humans and pets. Don't discard the food in a sink, garbage disposal, toilet, or compost pile. Wash your hands with soap and warm running water for at least 2 minutes after handling food or containers that may be contaminated.

What You Need to Know About Botulism

<https://extension.wsu.edu/foodsafety/content/what-you-need-to-know-about-botulism/>

Botulism toxin is produced by bacteria called Clostridium botulinum. The bacteria and toxin can often be found in home canned foods that have not been properly prepared, unrefrigerated homemade foods such as salsa, garlic and herbs in oil, and traditionally prepared salted or fermented seafood. Very small amounts, even a small taste, can cause severe illness and death.

Illness from botulism toxin can happen within a few hours or up to 10 days after eating food containing Clostridium botulinum. Symptoms of illness can include double or blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and increasing muscle weakness usually affecting the upper part of the body, but then moves down to the legs. The toxin can paralyze breathing muscles

which can cause death. If you have any of these symptoms, especially after eating home-canned food, go to a hospital immediately.

Protect Yourself!

- Only follow researched and approved recipes that have been published after 1998. Safe recipes can be found at http://nchfp.uga.edu/publications/publications_usda.html (Use a pressure canner or cooker and follow all specified home canning processing times and recipes exactly.)
- Throw away any jars that are damaged, cracked, leaking, swollen, squirts liquid or foam when opened, looks or smells bad.
- Safely dispose of home-canned food and the container that may be contaminated. Put on

- Wipe up spills of potentially contaminated food using a bleach solution. Use ¼ cup bleach for each 2 cups of water. Completely cover the spill with the bleach solution, place a layer of paper towels on top of the bleach, and let sit for at least 15 minutes. Wipe up any remaining liquid with new paper towels. Clean the area with liquid soap and water to remove the bleach and discard any items that may have come into contact with the contaminated food or containers. Wash your hands with soap and running water for at least 2 minutes.



Don't eat improperly home-canned foods



If you feel sick after eating home-canned foods, go to the hospital right away!

Garfield County Upcoming Events

Spring Farming Days

April 2 & 3 Pomeroy, WA, 9-4 daily

NO admittance fees, Activities for the whole family

Horse and Mule farming with old time plows and farm machinery

2 Ag Museum buildings open plus outside displays and demos

On site camping available--call 509-843-3701 for reservations

Lunch available for purchase both days---covid permitting

For More Info Call

Jay: 509-566-7027, pvpercherons@msn.com

David: 509-843-3506, dandnruark@gmail.com



Garfield County Spring Preview Jackpot

April 9 Pomeroy, WA

Showing Fees \$20.00 Per Entry

Please join us for the 8th Annual Jackpot on April 9th, 2022 at the Garfield County Fairgrounds, 99 Fairground Rd, Pomeroy, WA 99347. This has been a very successful event for Garfield County the last few years. It gives showmen of all ages a chance to improve their skills and gives exhibitors an edge up on the competition going to the Junior Livestock Show of Spokane. Besides earning great experience, cash and awards will also be given to top exhibitors. This opportunity is open to steer and hog showmen.

For more Info contact:

Sherry Ledgerwood: 509-288-9867, t.sledgerwood@gmail.com

Becky Tetrick: 208-791-1649, tetrickcb@hotmail.com,



2022 Master Gardener Training Class

Begins January 18

Cost for classes \$130

Do you like gardening? Enjoy sharing your knowledge with others? You can become a Master Gardener!! Training classes will be offered weekly from January 18 through March 29, 2022, from 1- 4 PM and will be held in Clarkston, Pullman and remotely via Zoom. There are also a limited number of openings for individuals that do not plan to become WSU or UI Master Gardeners but want to take the classes to increase their own horticultural knowledge. **The application deadline is Friday, January 7, 2022.** An orientation will be held on January 11th.

To learn more about the Master Gardener program and the horticulture classes, contact:

WSU Asotin County Extension Office: 509-243-2009, janice.reed@wsu.edu.





POMEROY FFA UPDATE



Article by Christy Steele, Pomeroy FFA Board Member

The 2021 Pomeroy FFA Alumni Auction & Dinner brought in the new year with a bang. Snow storms and ongoing Covid obstacles did not deter the overwhelming support of the little town of Pomeroy. This event is a time honored tradition and is the biggest fundraiser of the year for our local FFA chapter. Last year, we had to do an online version of the event and people definitely expressed that they missed spending early New Year's Eve at Spinner's Maple Hall.

Up until 12/01/21, the FFA Alumni Board was not sure the event would be approved. Given the shorter amount of time to prepare, we were surprised how many donations were offered for the auction. This just goes to show how supportive our businesses, parents, and friends are of the event. Also, the board was not sure how many people to plan for. We thought it could either be an overwhelming number because people are ready to get out and do fun things again, or there could still be some reluctance and few would show. The weather was definitely a challenge and I heard several people refer to it as "Snowmageddon 2021." We planned for 100 people and we ended up selling 150 dinner tickets. I did notice there were fewer of the elderly population, but we anticipated that and some of them got dinners to-go. The food was amazing thanks to Jeff Becker and The Twisted Wire. Everyone appeared to have a great time. The big raffle winners this year were 1st: Brian & Kristi Bartels (\$2000 Pomeroy dollars), 2nd: Terry Brandon (\$300), and 3rd: Layne Soggie (\$100). We raised a great amount of money for the FFA kids and are excited to see what opportunities we can provide for them. Thank you sponsors for making this possible.



4-H UPDATE



2020/2021 4-H Achievement Awards

Article by Sheree Ledgerwood

Achievement awards and 4-H year pins were handed out in the individual clubs this year due to Covid-19 concerns. Leaders handed out pins & awards, returned record books and gave out new record books.

Livestock Judging Awards from the Garfield County Fair judging contest were given to the top three judges in the 8-10, and 11-13 age divisions. Monetary awards are sponsored by Dick Ledgerwood & Son, Inc; Ledgerwood Gelbviehs and Rafter C Reds.

Winners were 8-10 junior division: 1st Emeree Phelps, 2nd Giselle Morfin, 3rd Josh Hastings

Winners in the 11-13 intermediate division: 1st Jack Baser, 2nd Grayson Slaybaugh and 3rd Cayle Mullins.

Record Book Awards, sponsored by Four Star Supply, were given to the top three in each age division and categories. Winners were:

Junior Single Project- 1st Nataly McKeirnan, 2nd Daphne Waldher.

Junior Multi Project books- 1st Myka Horal, 2nd Ladd Baser and Dutch Jones, and 3rd Kiara Marquez.

Intermediate Single Projects- 1st Grayson Slaybaugh, 2nd Peyton Cannon and 3rd Kennedy Cannon.

Intermediate Multi Project, 1st Conran Nelson & Jack Baser, 2nd Levi Bowen, and 3rd Tatum Jones & Molly Warren.

Senior Single Project winner was 1st Westelle Scoggin.

Senior Multi Project book, 1st Merritt Scoggin.

All 4-H'ers were given a pin for their number of years in 4-H. There were 13 first year members, 12 second year members, 9 third year members, 7 fourth year members, 8 fifth year members, 1 sixth, 1 seventh and 1 ninth year member receiving pins for completing the 2020/2021 project year.



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For Those Who Lost Their Smell to Covid, Did You Know You Can Regain it?

Adapted article by Intermountain Healthcare August 26, 2021 for full article visit: <https://www.fox13now.com/news/health/regaining-your-sense-of-smell-after-covid-19>

There are increasing numbers of people who report prolonged loss of smell after contracting the virus. One study found that as many as 77% of those who had COVID-19 were estimated to have some loss of smell. Dr. Ramirez and other physicians are recommending a treatment called Olfactory training, also called smell training, to help their patients recover that sense of smell.

What is smell training?

Smell training is often called “physical therapy” for your nose and involves sniffing the same strong and very distinctive four scents twice a day for 20 seconds on each scent for 3-6 months, although it may take up to a year.

The most studied scents, with good evidence for success, are: 1. Rose, 2. Eucalyptus, 3. Lemon, and 4. Cloves. If these specific scents are not available, Dr. Ramirez also tells patients it’s not just the act of sniffing that’s important, patients also need to focus and visualize what they are smelling. “Essentially it’s retraining your nose and your brain to recognize those smells,” said Dr. Ramirez. “It’s combining the stimulation of the isolated scent with the visual imagery that train those nerves to come back to life or remember how they are supposed to be working.”

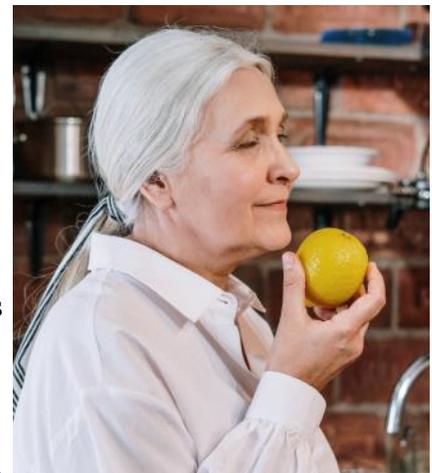


Photo by [cottonbro](#) from [Pexels](#)

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