

Newsletter

March-April 2022



Garfield
County

WASHINGTON STATE UNIVERSITY
EXTENSION



Picture from "Beef it's What's For Dinner" website

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?

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Farming & Livestock

Beef Sustainability: Environmental, Social, & Economic Impact

For full article: <https://www.beefitswhatsfordinner.com/raising-beef/beef-sustainability>

The path to sustainability is never complete. It is a continuous journey being carried out by farmers and ranchers responsible for raising and supplying beef to the U.S. and across the world. To the beef community, sustainability comprises much more than environmental considerations. Today, a sustainable food supply balances efficient production with environmental, social and economic impacts.

Three Pillars of Sustainability

A sustainable food system is comprised of three different, but intersecting, pillars: social responsibility, economic viability and environmental stewardship. True sustainability is a balance of these three aspects. Beef farmers and ranchers are dedicated to producing beef in a way that prioritizes the planet, people, animals, and progress.

SOCIAL

Perhaps the least explored of the three pillars is social sustainability. We define this as community and organizational resilience, based on principles such as equity, health, social capital, and well-being. For beef production, social sustainability includes worker safety, animal welfare, antibiotic and technology use, and the culture and traditions of beef producers.

ECONOMIC

The economic pillar of sustainability refers to practices that support economic success and equitability, without negatively impacting the social and environmental aspects of the community. This includes improving rural economies & livelihoods, affordability of beef to consumers, profitability of beef producers, and the value of ecosystem services. Beef farms and ranches represent over 30% of the farms in the U.S., making up the single largest segment of U.S. agriculture, and a significant component of the agricultural economy.¹

ENVIRONMENTAL

This area is concerned with protecting and enhancing natural resources, ecosystem services, and ecological health. This pillar looks at biodiversity, carbon & water footprints, wildlife habitat, soil and rangeland health, and the ability of cattle to utilize human inedible feeds, among others.

Sustainability Assessments

Currently, emissions from cattle, including those that come from the feed production, fuel, and electricity only account for 3.7% of the total greenhouse gas emissions in the U.S. Cattlemen and women have recently invested in an updated environmental life cycle assessment (LCA). This economic impact report is one way to measure economic sustainability of the beef industry and is an area that will continue to develop and progress given the significant social and economic contributions of the beef industry to the U.S. and global community.

Sustainability Through the Beef Lifecycle

When grazing, cattle are able to utilize their unique ruminant digestive system to upcycle, turning human inedible products, like grass, into high quality protein for human consumption. However, a trade-off of this upcycling superpower is that cattle produce methane during the digestive process. This trade-off is balanced by feedlots, where cattle are fed grain. The higher-energy, grain-based diet consumed there produces less methane emissions than a high-forage diet. It is important to consider all trade-offs when evaluating sustainability, as each component of the supply chain plays a unique and important role in healthy, sustainable beef production.²

U.S. as a World Leader in Efficiency & Production

The U.S. is a global leader in beef production efficiency. If the world were as efficient as the U.S., we could double global beef production. The U.S. produces 18% of the world's beef with only 6% of the world's cattle. The U.S. has the lowest emission intensity per pound of beef produced, leading since 1996.⁴

Beyond the Beef

Beyond delicious and nutritious steaks, roasts and burgers, there are hundreds of uses for cattle by-products. Do you own a car, take a bus or ride a bike? If so, you're utilizing by-products in the tires on your vehicle and the asphalt on the road. Even items that may seem trivial, such as dyes, inks, adhesives and plastics are made from cattle by-products.

Here are a few ways in which cattle by-products touch our lives:

- Hides from cattle are tanned into leather becoming shoes, purses and wallets.
- Cattle organs and glands are used in the production of medicine, insulation, antifreeze, shampoos/conditioners and instrument strings. Some cattle tissue can even be used in human heart valve surgeries!⁵
- Photo film, vitamin capsules, charcoal and glass are all derived from bones and horns of cattle.
- Inedible beef fat provides us with airplane lubricants, hydraulic brake fluid, biodiesel and medicines.

It is also critical to consider the ecosystem services provided by raising beef. This includes mitigating the risk of wildfires, in addition to benefits from grazing lands such as water regulation & purification, carbon sequestration, and wildlife habitat. The value of these services, estimated at \$14.8 billion⁶ combined with beef's significant economic contribution to the U.S. economy, are further contributions that must be considered when looking at sustainability across the livestock industry.

"Continuing to build on the beef industry's strong sustainability progress is critical to ensuring beef's rightful place in a sustainable American diet. Beef plays a significant role in providing a healthy, nutritious diet, delivering high-quality protein, and contributing to positive health outcomes." - *Shalene McNeill, Ph.D., RD, Executive Director of Human Nutrition Research at National Cattlemen's Beef Association, a contractor to the Beef Checkoff Program.*

Your Role in Sustainability

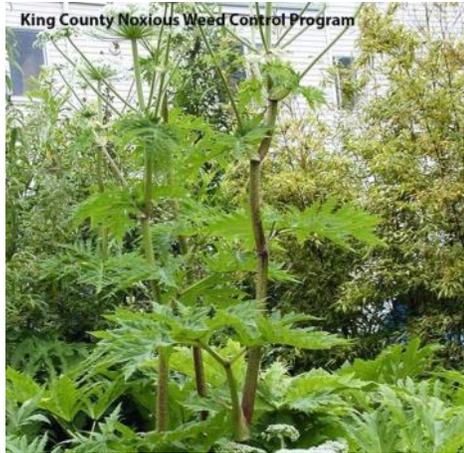
Sustainability is never complete, and everyone has a role to play in helping create a more sustainable food supply. Approximately one-third of all food produced for human consumption in the world is lost or wasted, which places a substantial burden on global sustainability issues, including greenhouse gas emissions and food security. While 18% of food waste occurs at the restaurant and food service level, 43% of food waste occurs in the home.⁷

The food an average American family wastes translates into about \$2,500 per year. According to the United States Department of Agriculture (USDA), beef is one of the least wasted foods, with 20% spoiled or not eaten, but that still leaves a lot of room for improvement! If beef waste were cut in half, the sustainability of the whole industry could be improved by 10%

References

1. https://www.beefresearch.org/CMDocs/BeefResearch/Sustainability_FactSheet_TopicBriefs/ToughQA/FS18SustainableFoodSystem.pdf
2. Baber, JR et al. 2018. Estimation of human-edible protein conversion efficiency, net protein contribution, and enteric methane production from beef production in the United States. *Translational Animal Science* 2(4): 439-450.
3. https://www.beefresearch.org/CMDocs/BeefResearch/Sustainability_FactSheet_TopicBriefs/ToughQA/FS19ProductivityAffectsSustainability.pdf
4. Climate Watch Data. Agriculture. Found on <https://www.climatewatchdata.org/sectors/agriculture?emissionType=136&emissionsCountry=EUU&filter=#drivers-of-emissions>; FAO-STAT. Emissions intensities. Found on <http://www.fao.org/faostat/en/#data/EI>
5. <https://www.heart-valve-surgery.com/cow-valve-replacement.php>
6. Taylor, DT, et al. 2019. National and State Economic Values of Cattle Ranching and Farming Based Ecosystem Services in the U.S. University of Wyoming Extension B-1338.
7. ReFED. 2016. A roadmap to reduce US food waste by 20 percent. [Found here.](#)

Invasive Weeds



Giant Hogweed



White Bryony



Puncture Weed



Cheatgrass

“We all share responsibility for protecting Washington State from noxious weeds. This site can help you learn how to do your part.”

The [Washington State Weed Board website](#) has the above on their front page. They encourage the control of all noxious weeds because they:

- ⇒ Reduce native species as well as cause open areas to be covered with undesirable vegetation;
- threaten our native plants and cause a disruption of the ecosystem; decrease fishing opportunities by replacing native vegetation around streams; cause injury to humans,

Giant Hogweed can cause painful blisters on the skin if touched; adversely affect roads and trails by overgrowth or causing more water run-off when native plants are replaced,

Puncture weed will ruin a bicycle tire; injure and kill plants, shrubs, and trees.

White Bryony will smother plants; increase fire potential
Cheatgrass has a larger dry biomass than native grasses.

Every state has a Noxious Weed Control Board that advises the State Department of Agriculture about noxious weeds and control measures to take. This board is supported by each county Weed Control Board, who enforce the control of noxious weeds on private and public lands. They also work with neighboring states and in Washington, they work with our neighboring country, Canada.

The Board maintains the state's Noxious Weed List. This website is rich with information about weeds of all classes, has a search feature, and under further resources you can access maps indicating invasive weed issues in your area. Access to educational material is available and free to the public. You will find the printable and viewable current Noxious Weed List for Washington State on their page.

Another organization is the Washington State Invasive Species Council. Their focus is now on engaging the public in reporting sightings of invasive species, including weeds. Check it out for their ease of reporting.

Play Clean Go, this is a private organization developed with funds from the USDA-Forest Service. They offer education as well as tools to remove weed seeds and leave them where found after a hike.

Weed seeds can travel in a wide variety of manners. We are familiar with seeds blowing through the air, tumbling along the ground, and carrying them in your shoes or tires of vehicles. But they also hitch rides in hay bales or wood being transported down the highway, wood that has been brought in from other areas, or anything that has been packaged in the outdoors can have weed seeds attached to the shipping container. Check seed containers, especially labeled as “wildflower” or “pollinator or bee-garden” to ensure you are not planting an invasive species. If they do not list the ingredients, do not plant them!

As you can see non-native plants can cause considerable damage, as Master Gardeners we have a higher level of responsibility to gain knowledge, educate and report any noxious weeds. I recently was sitting in a waiting room and viewed a picture of a beautiful forest meadow full of white flowers-Hmmm, I thought, that does not look natural. A closer inspection confirmed that it was the invasive plant-Oxeye Daisy! I would encourage you all to look about you with fresh eyes, use all the tools you have at your disposal to identify and report your findings of noxious weeds.

What can you do besides identify and report? Manage them! I did not say eradicate, although this can be accomplished if found early on, most likely our goal will be to keep the amount of weeds down and prevent their environmental damage. You can pull, dig, overplant native plants, use biological controls, and lastly use chemicals. This would be the last resort; it sometimes seems easiest to grab the chemical and spray them but think of how this also adversely impacts the environment. They can contaminate waterways; cause illness to animals, including humans; kill desirable vegetation; and some invasive species are developing a resistance to these chemicals. If you choose to use, please read and follow label directions very carefully. **The best and cheapest form of weed control is prevention.** Now, I challenge you to look around and see what may be out of place, identify and report! Early identification and managing are best practices.



Oxeye Daisy



HAPPY GARDENING!
Your WSU Garfield County Master Gardeners.

Healthy Living

Know the Do's and Don'ts of Safe Poultry Handling



While many consumers are aware of the risks of consuming raw or undercooked poultry, fewer realize that the steps they're taking when handling poultry in the grocery store and at home could be putting them at risk for contracting a foodborne illness.

Contaminated food sickens nearly 48 million people in the United States every year—that's 1 in 6.¹ In 2014, chicken was linked to 23 outbreaks, and is the food category responsible for the second-largest number of foodborne illnesses.²

Salmonella and Campylobacter are two common germs that can cause foodborne illness. Children and seniors are particularly susceptible to the dangers of food contaminated with bacteria.

Children are more likely to get sick from germs that cause foodborne illness because their immune systems are less developed and less able to fight infection.² After the age of 75, many adults have weakened immune systems, increasing the risk of contracting foodborne illness from germs like Salmonella and Campylobacter.³

Foodborne illness usually causes a stomachache, and in some cases it can lead to kidney failure or other chronic long-term health problems.

It's essential that parents and seniors pay close attention to proper food handling and hand washing when preparing poultry.

Recent research showed that consumers were taking actions at the grocery store and at home that increased their risk of foodborne illness from raw poultry.⁴

In Store: Don't Touch

DISINFECT YOUR SHOPPING CART HANDLE

Use disinfectant wipes on surfaces, especially handlebar and child seat.

PLACE POULTRY IN A PLASTIC BAG

Use plastic bags provided at meat counter to help avoid cross-contamination. Cover your hand with a plastic grocery bag when grabbing raw poultry from the meat case!

USE HAND SANITIZER

Use hand sanitizer after touching raw and packaged poultry if soap and water are not available.

At Home: Don't Touch

PLACE IN THE FRIDGE OR FREEZER

Keep poultry in plastic bag and place on a low shelf to prevent leakage from contaminating other foods.

WASH HANDS BEFORE AND AFTER HANDLING

Use warm water and soap to clean hands and surfaces that have potentially come in contact with poultry or its juices.

At Home: Check Temp

THAW IN THE FRIDGE

Keep poultry at or below 40 °F when thawing.

USE A FOOD THERMOMETER

Cook poultry to a safe temperature of 165 °F to kill harmful bacteria.

Think Before You Rinse!

Rinsing poultry increases the chances of spreading raw juices around your kitchen.

Remember, cooking to 165 °F is the ONLY way to kill bacteria that can cause foodborne illness.

1 "Estimates of Foodborne Illness in the United States." Centers for Disease Control and Prevention. 15 July 2016.

2. CDC. Foodborne Diseases Active Surveillance Network (FoodNet): FoodNet Surveillance Report for 2012 (Final Report). Atlanta, Georgia: U.S. Department of Health and Human Services, CDC. 2014.

3. Center for Food Safety and Applied Nutrition. "People at Risk of Foodborne Illness - Food Safety for Older Adults." U S Food and Drug Administration Home Page. Center for Food Safety and Applied Nutrition, Sept. 2011.

4. Donelan, A., Chambers, D.H., Chambers, E IV, Godwin, S., and Cates, S. 2016. Consumer poultry handling behaviors in the grocery store and in-home storage. Journal of Food Protection 79(4):584-588.

Garfield County Upcoming Events

Garfield County Noxious Weed Board Meeting

March 16th at 1:30 PM

In the Commissioner's room in the Garfield County Court House.

Agenda items:

Weed board Cost Share Program for 2022

Bonneville Cost Share Program for 2022

Election of Officers

For More Info Call

Jim McKeirnan: 509-843-1913



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

Ag Museum buildings will be 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 Franks: 509-566-7027, pvpercherons@msn.com

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



Garfield County Spring Preview Jackpot

April 9 & 10 Pomeroy, WA

Showing Fees \$20.00 Per Entry

Entries Due April 1st

Late Fee \$5.00 per Entry

Please join us for the 8th Annual Jackpot at the Garfield County Fairgrounds, 99 Fairground Rd, Pomeroy, WA 99347. New this year beef on Saturday, April 9th and swine on Sunday, April 10th. 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,





4-H & FFA Youth Field Days



Cost: \$10 per person, per day (includes lunch)- Please purchase tickets for all youth and adults attending!

Swine Field Day, March 12, 2022 @ Asotin County Fairgrounds

Beef Field Day, March 26, 2022 @ UI Livestock Pavilion

Schedule:

8:00 am Registration
 8:30 am Welcome
 8:45 am Certificate Veterinary Inspection
 9:00 am - 12:00 pm
 Pork Quality and Meat Science
 Feeding and Nutrition of Show Pigs
 Show Pig Selection and Livestock Judging
 Raising a Healthy Pig: Healthcare,
 Vaccinations and Parasites
 12:00 pm Lunch Provided
 1:00 pm - 2:55 pm
 Fitting & Showing of Market Hogs
 Swine Show Preparation
 Show It Yourself
 2:55 pm Evaluations/Q&A

Presenters:

Kerry Sanford, ISDA, Senior Agriculture Investigator
 Dr. Ben Smith, WSDA, Eastern Region Field
 Veterinarian
 Jessie Van Buren & UI Meat Science Team
 Mark Heitstuman, WSU Asotin/Garfield County Extension
 Tonya Weber, Julie Bagshaw, Lily Elder,
 WSU School of Veterinary Science Students
 Kadi Compton, Washington State University Student
 Aaron Johnson Family, Latah County
 Janet Schmidt, WSU Extension, Emeritus
 Judy Floch, UI/Nez Perce County Extension
 4-H Coordinator

Schedule:

8:00 am Registration
 8:30 am Welcome
 8:45 am Keep Me out of Jail Paperwork- CVI, Brands,
 Transport
 9:00 am - 12:00 pm
 Meat Science and Beef Quality
 Feeding & Nutrition of Show Steers
 Steer Selection & Livestock Judging Class
 Healthcare, vaccinations & parasites
 12:00 pm Lunch Provided
 1:00 pm - 2:50 pm
 Fitting and Showing of Beef
 Low Stress Handling of Beef
 2:50 pm Evaluations/Q&A

Presenters:

Kerry Sanford, ISDA, Senior Agriculture Investigator
 Sandy Kinzer, Idaho State Brand Dept. Inspector
 Kayla Slaybaugh, WSDA Brand Inspector
 Jessie Van Buren & UI Meat Science Team
 Jim Church, UI/Idaho County Extension Chair
 Mark Heitstuman, WSU Asotin/Garfield County Extension
 Lauren Christiansen, DVM
 Austin Baker, UI Beef Center
 Gail Silkwood, UI/Benewah County Extension Chair
 Kayleen Oliver, UI Beef Feedlot Manager

Registration

Registration for Swine Field Day: due March 8th, 2022
<https://2022swine.eventbrite.com>

Registration for Beef Field Day: due March 18, 2022
<https://2022beef.eventbrite.com>

- first come-first serve
- Pay by card* or check**
 * Card payments are assessed a transaction fee of \$1.26 per ticket purchased.
 ** If paying by check, indicate this on your Event Brite registration, make check payable to: Benewah County Extension or mail to: 711 W. Jefferson | St. Maries, ID 83861
- Scholarships available***
 If you need a scholarship please contact us at 208-245-2422 or benewah@uidaho.edu

Questions?

Mark Heitstuman, Extension Director | WSU/Asotin County (509) 243-2009 |



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Did You Know it is a Myth That Wildlife Parents Will Abandon Their Offspring if a Human Touches Them?

“They just want their baby back, they don’t care what it smells like,”
Dr. Marcie Logsdon, says.

A raccoon named Milly has Washington State University veterinarians reminding the public to call a wildlife rehabilitator before intervening with orphaned or injured wildlife. Humans suspected she was orphaned and took her in. Rather than transfer her to a licensed wildlife rehabilitator, the couple decided to illegally keep the raccoon as a pet.

“She grew up into a full-size raccoon, as raccoons do, and then she started to get into trouble, as raccoons do; so, they reached out to us to see if we could find her a different home,” said Marcie Logsdon, a veterinarian at the WSU Veterinary Teaching Hospital.

Wild animals that have been in captivity are especially difficult to rehome, and in most cases, habituated animals cannot be returned to the wild, leaving zoos or educational facilities as the only option. To make matters worse, it is illegal to transport raccoons across state lines, so Milly’s only options were limited to centers in Washington state.

Fortunately, Milly has found a space at Cat Tales, Spokane’s nonprofit wildlife center. Check out this cool wildlife center at <https://www.cattales.org/>. “We are happy that we are able to provide Milly a forever home here at Cat Tales and hope she can serve as an ambassador and reminder of the importance of not disrupting or removing young wildlife from their natural homes,” said Lisa Grey, Cat Tales executive director. “When in doubt, trust nature and check with the experts.”

Calling ahead allows a wildlife rehabilitator the chance to assess the situation and walk the Good Samaritan through the process to ensure the animal needs veterinary care or is orphaned. It also provides an opportunity to discuss how to safely handle the animal in question. Logsdon said WSU has already seen healthy wildlife brought in this year; she expects with the temperatures climbing, it could just be the start. “If the baby is not in immediate danger, always give the parents a chance to come back and move their babies first. Keeping pets away from fallen nestlings should be the first thing a Good Samaritan does when they locate injured or orphaned wildlife,” Logsdon said.

Through the Washington Department of Fish and Wildlife website anyone in the state can [locate the nearest licensed wildlife rehabilitator](#). You can also call WSU’s wildlife department at 509-335-0711.

Adapted from *Call first before ‘rescuing’ wildlife*, Feb. 28 2022, by Josh Babcock, College of Veterinary Medicine, for full article visit: <https://news.wsu.edu/press-release/2022/02/28/always-call-first-before-rescuing-wildlife/>



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