

# Newsletter

November-December 2022



Garfield  
County

WASHINGTON STATE UNIVERSITY  
EXTENSION



The Pomeroy FFA Land Evaluation Team at the STATE contest.  
(left to right): Back row: Levi Bowen, Tyler Slaybaugh, David Tejaro, Trace Roberts, Tyler Bagby, & Brady Bott.  
Front Row: Heather Hastings, Jack Baser, & Nolan Newberg,

## 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

Phone: 509-843-3701

Email: [mbartlow@co.garfield.wa.us](mailto:mbartlow@co.garfield.wa.us)

### Contact Us:

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**Hours:** Monday-Friday 8:30 –5:00  
(closed 12:00-1:00)

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Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.

## Farming & Livestock



<https://smallgrains.wsu.edu/wheat-academy-2/>

Last December, 60 growers and crop consultants from around Eastern Washington gathered on the Washington State University campus in Pullman for two days of comprehensive, hands-on learning. This December 15 and 16, the second WSU Extension Wheat Academy will not only give participants the chance to learn directly from researchers, it will also allow more people to join in.

The Wheat Academy will begin at 8:00 a.m. Tuesday, December 15 and will be held in the Vogel Plant Biosciences Building Teaching Laboratories on the ground floor. Registration is \$100 and this year we can accommodate 75 participants. Because participation is limited, we ask that individual companies limit the number of employees they send to the Wheat Academy to a maximum of ten. The registration fee covers parking on campus, two lunches, a catered social hour, and light refreshments throughout the event. To register, visit [wheatacademy2015.brownpapertickets.com](http://wheatacademy2015.brownpapertickets.com). Registration will open in October. During each day of the workshop participants will select four, 90-minute presentations to attend out of the six available that day. The Wheat Academy will include presentations by:

- Ian Burke, WSU Weed Scientist
- Stephen Guy, WSU Extension Agronomist
- Paul Carter, WSU Extension and Columbia County Director
- Don Wysocki, OSU Extension Soil Scientist
- David Brown, WSU Soil Scientist
- Tabitha Brown, WSU Associate in Research
- Randy Fortenbery, WSU Endowed Chair of Small Grains Economics
- Tim Murray, WSU Extension Plant Pathologist
- Camille Steber, USDA-ARS Molecular Geneticist
- Arron Carter, WSU Winter Wheat Breeder
- Haiying Tao, WSU Extension Soil Scientist
- Karen Sowers, WSU Associate in Research
- Bill Pan, WSU Soil Scientist

Washington and Idaho Pesticide Recertification Credits and Certified Crop Advisor Credits have been requested.



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## The History of Gardening

First a definition: Agriculture is the practice of growing and cultivating plants. The purpose can be varied; you can grow plants for their beauty, for their medicinal use, or for nutritional intake.

The development of agriculture changed the way people lived. They changed from the nomadic hunter-gatherer to establishing permanent settlements; prior to this, humans moved about and recognized edible plants as they traveled. Archeology indicates that in numerous areas of the world, crops were grown (figure 1), but the practice was sporadic at first. Beginning in about 12000 BCE on the shores of Lake Galilee they started plantings of edible grasses. However, consistent, and organized agriculture has only been around for 7000 years. By 5000 BCE, agriculture was well established throughout the world, the only exception being Australia. [Just as a point of interest: According to *Stories of Creative Ecology*, Australian aborigines' belief was that the land owned the people, not the other way around, so would never have treated the land in this way.]

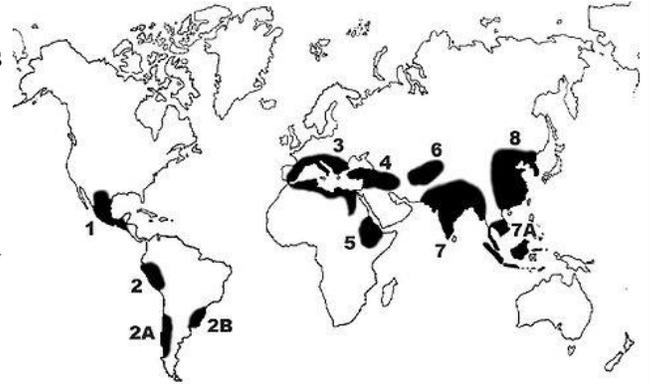


Figure 1: Early agricultural centers of the world

Fast forward to around 1600 BCE when small “kitchen” gardens were established, while only the elite had ornamental gardens. Consider the Hanging Gardens of Babylon, which was considered one of the Seven Wonders of the Ancient World.

Monasteries were instrumental in developing horticultural techniques and keeping meticulous records to assist them in success. They had different gardens based on their needs. The kitchen garden produced fresh food, the infirmary gardens were used to grow herbs and other plants to use on those with illnesses, they also established orchards, vineyards, and pastures for their livestock. The design also served a purpose; walking around the cloister while meditating was a way of devoting oneself to the "path of life".

Public gardens did not come about until the 1600's when the monarchy of Spain developed gardens for the public's pleasure in Spain, Europe, and the Americas.

Gardening styles vary throughout the world; formal English gardens rarely contain flowers, while the gardens of the Netherlands are often centered on their flowers.

The history of gardens in the United States starts when we were a colony of the British empire. Plants brought by the Colonists included fruit trees, vegetables, herbs, and flowering bulbs. They were placed in gardens with native plants, including tobacco, corn and other vegetables, trees, flowering shrubs, vines, and wildflowers. The same occurred as people moved farther west. Then as more people arrived, urban settings were growing. The kitchen garden faded as produce was available at stores and was replaced with ornamental gardens. Until WWII, when “Victory Gardens” were developed to help the war effort. Even now, if you have an older home, even if no garden is visible, you may be able to resurrect a seeded over Victory Garden. Usually in a back corner of the lot.

This brings us up to today! With the pandemic, many people again see the value of raising your own food. As we veteran gardeners know, we had a difficult time finding seed and items to preserve our produce when it seemed everyone was now interested in gardening. We say: Welcome! And bring on your questions!

Your WSU Garfield County Master Gardeners.



## Seasonal Affective Disorder

**Arnagretta Hunter**

October 22, 2022

<https://www.humansforsurvival.org/tips-for-adjusting-to-the-dark-winter-months/>

Seasonal affective disorder (SAD) is a type of depression that occurs at the same time each year. It usually starts in the fall and continues into the winter months, when there is less natural sunlight. SAD is more common in women than men, and it is more common in people who live in northern climates. Symptoms of SAD include feelings of sadness, hopelessness, anxiety, low energy, and **social withdrawal**. People with

SAD may also have difficulty concentrating, a change in appetite, and sleep problems. SAD can be treated with light therapy, antidepressant medications, and psychotherapy.

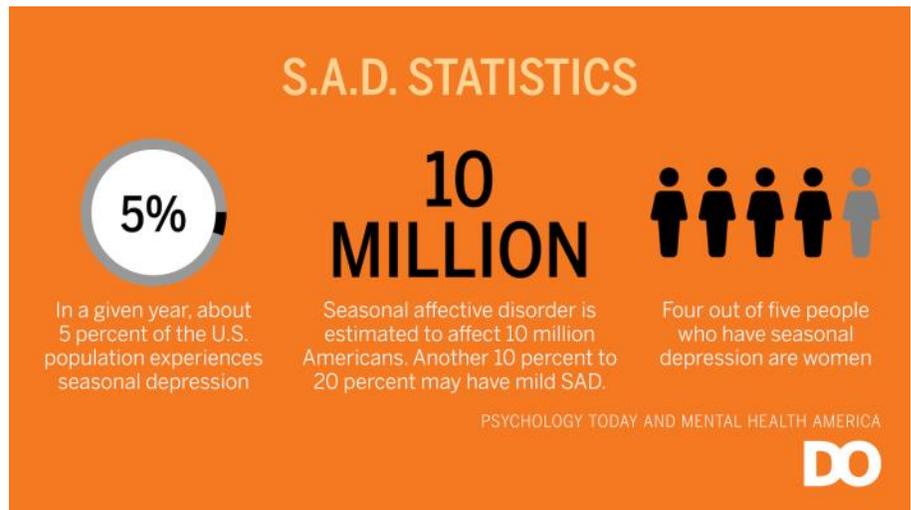
Seasonal Affective Disorder (SAD) is a type of depression that occurs frequently during the winter. Despite the fact that many Americans may not be aware of it, they can be affected by SAD. **Major depression** is one of the signs and symptoms of safety. Seasonal Affective Disorder (SAD) symptoms differ from those in the winter and summer. The disease is more common in women than men, and it affects people living further north. Alaska and New England residents may be more likely to suffer from seasonal Affective Disorder. Seasonal night-time rhythms are disrupted when the body is exposed to SAD.

Many people suffering from SAD can receive treatment. Light therapy has been used for years to treat SAD. Psychotherapy is a type of psychological therapy that aims to assist individuals in learning how to deal with difficult situations. Through cognitive behavioral therapy, people can shift from negative to more positive feelings about the winter. Depression can be reduced significantly with the help of antidepressants. People suffering from SAD are frequently deficient in vitamin D, and vitamin D supplements may help reduce their symptoms. There has been little data to suggest that vitamin D is effective in treating seasonal Affective Disorder.

It was found that preventative treatment with the antidepressant bupropion reduced SAD in study participants, but it also increased the risk of side effects. Individuals with SAD should talk with their doctors about starting treatment as soon as possible. Speak with your health care provider about clinical trials, their benefits and risks, as well as the benefits and drawbacks of each.

### What Is Seasonal Affective Disorder?

What is Seasonal Affective Disorder? What are some symptoms? Almost every day I feel listless, sad, or down. It is no longer enjoyable to participate in the activities that you once enjoyed. I feel sluggish and low in energy. It is becoming increasingly difficult to sleep because of **excessive sleepiness**. Seasonal affective disorder is most likely caused by a lack of sunlight. If this happens, the brain's hypothalamus may fail to function properly, which could lead to the following consequences: melatonin production – melatonin is a hormone that causes you to feel sleepy; in people with LDA, the body may produce melatonin higher than normal levels. Seasonal affective disorder is commonly treated by a combination of medications, light therapy, and psychotherapy. Inform your health care provider and mental health professional if you have bipolar disorder if you are prescribed light therapy or antidepressants.



Credit: [www.mytransformations.com](http://www.mytransformations.com)

# Garfield County



## JOB ANNOUNCEMENT

### WSU GARFIELD COUNTY 4-H COORDINATOR GARFIELD COUNTY, WA

Garfield County, in Pomeroy, Washington has a job opening for the position of WSU Garfield County Extension 4-H Coordinator.

The 4-H Program Coordinator provides overall management and oversight of the WSU Garfield County 4-H Program, including supporting Garfield County 4-H clubs. This position works closely with the County Director and office staff in determining county needs, program delivery and management, and program evaluation.

**Duties and responsibilities include** management of 4-H activities at the Garfield County Fair, Bi-County 4-H camp, Demonstration Day, Achievement Night, and any other activities identified by the County Director, while maintaining Washington State 4-H policies and procedures. The 4-H Coordinator participates in local, regional, and state 4-H youth development program training and professional development to remain current in 4-H programming, risk management, delivery methods and program policies.

This is a part-time position with no benefits.

**Minimum Qualifications:** A Bachelor's degree in a discipline relevant to positive youth development with two years of related program experience. Any combination of relevant education and experience may be substituted for the education requirement on a year-for-year basis. Knowledge of 4-H or other youth development programs is required. Demonstrated ability to work independently as well as a member of a team. Must successfully pass a background check.

**Salary:** Up to \$22.00 per hour, depending on qualifications.

**To Apply:** Job description and application forms may be obtained from the Garfield County Commissioners Office, PO Box 278, or 789 Main Street, Pomeroy, WA 99347, or call (509) 843-1391. Please turn in a resume and cover letter with application. ***Applications must be returned to the Garfield County Auditor's Office by Monday, November 14, 2022, at 5:00 p.m. for the Initial Screening.*** Position will remain open until filled. Questions regarding this position may be directed to Mark Heitstuman, WSU Garfield County Extension Director at (509) 760-5220, [heitstuman@wsu.edu](mailto:heitstuman@wsu.edu).

Garfield County is an Equal Opportunity Employer.

## *Pest Management*

**2022 WSU and U of I Integrated Pest Management Update  
December 9, 2022  
9 a.m. – Noon and 1 - 3 p.m.  
Virtual and In Person  
Asotin County Fire Station  
2377 Appleside Blvd in Clarkston, WA**

This program is free and available in-person and by zoom.  
To register for zoom, contact your WSU Extension Offices in:

Asotin (509-243-2009),  
Walla Walla (509-524-2685)  
Whitman (509-397-6290)  
Garfield ( 509-843-3701)  
UI Extension in Nez Perce County (208-799-3096)

The zoom link will be sent out prior to the program.

Washington, Idaho, and Oregon Pesticide Recertification credits (4) and CCA Credits have been applied for. Each class work 1 credit.

8:30-9:00 Sign in/Register  
8:50 Introductions

Tentative Agenda :

9:00 – 10:00 Drew Lyon – WSU Weed Specialist  
“Two Herbicides are Better Than One”

10:00 – 11:00 Aaron Esser – WSU Extension Agronomist  
“Downy Brome Control beyond Group 2 Herbicides”

11:00 – 12:00 Tim Prather- Univ of Idaho Extension Faculty  
“Ventenata Management in Timothy Hay, Range and Pasture”

12:00 – 1:00 Lunch on your own

1:00 – 2:00 Dale Whaley- WSU Extension Faculty  
“Monitoring Insect Pest to Reduce Impacts on Farm Profitability”

2:00 – 3:00 Tim Murray – WSU Distinguished Endowed Chair  
“Identification and Management of Winter Wheat Diseases”

3:00 Adjourn



## Vaccination Mandate Lifted For All 4-H Volunteers

In coordination with Washington State University, CAHNRS Extension and the State of Washington, Washington State 4-H will no longer require 4-H volunteers to receive either a COVID-19 vaccination or an approved Religious or Medical Exemption as of October 31, 2022.

The memorandum from WSU Extension Associate Dean and Director Vicki McCracken to all Extension faculty, staff and volunteers can be viewed [HERE](#).

### What does this mean for WSU 4-H Extension volunteers (Leaders)?

- Volunteers who chose to take a leave of absence during the 2021-22 4-H Year may return to active status in 2023.
- New volunteers who apply to become WSU Extension 4-H Volunteers during the 2022-23 4-H year are not required to be vaccinated against COVID-19.

Washington 4-H sincerely thanks the volunteers who have helped navigate the program through uncharted territory over the past couple of years and look forward to an exciting new 4-H year, full of increased opportunities for youths and volunteers.

You can view Governor Inslee's announcement here:

<https://www.governor.wa.gov/news-media/inslee-announces-end-remaining-covid-19-emergency-orders-and-state-emergency-october-31>

View Center for Disease Control recommendations here:

<https://www.cdc.gov/>

View Washington State Department of Health recommendation here:

<https://doh.wa.gov/>

Go Cougs!

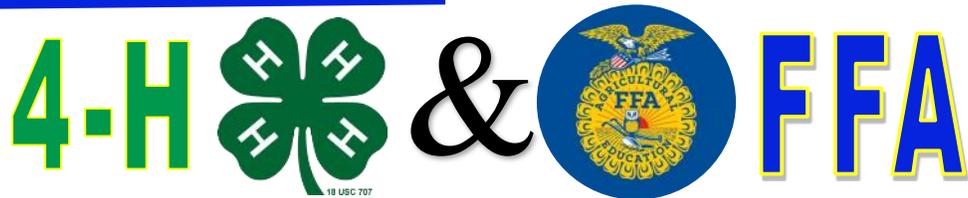
Mark Heitstuman

WSU Interim State 4-H Program Director

<https://extension.wsu.edu/4h/news/>

# 4-H ACHIEVEMENT NIGHT

The Garfield County 4-H Achievement Night, where members and leaders are recognized for their accomplishments will be **November 20, 2022, at 6PM** in the Dick Brown building on the Garfield County Fairgrounds.



## 2023 Cougar Invitational Meat Judging Contest Open to 4-H and FFA Members in Washington State

Paul Kuber

In an effort to create more food animal science opportunities in Washington state for youth (4-H and/or FFA) I have great news to share about the First Annual Cougar Invitational Meats Judging Contest, to be held March 18, 2023. This event will begin with a learner engaged clinic the day prior to the competition on WSU campus in Pullman (see attached) to be held March 17th. Registration and contest details will be released in early January and will be shared at that time. For information or to inquire about sponsorship opportunities, contact Dr. Blake Foraker, [blake.foraker@wsu.edu](mailto:blake.foraker@wsu.edu) or (509) 335-4112. Dr. Foraker is also preparing Washington State University Animal Science students to compete in collegiate meats judging on the national stage in 2023.



<https://extension.wsu.edu/4h/news/>



The Pomeroy FFA Land Evaluation team has competed at multiple soils contests this fall. These contests included Stevens County in Deer Park, Columbia County on the Tucannon, and Whitman County in St. John.

The Pomeroy FFA Land Evaluation team competed at the STATE contest, November 2nd, in Garfield County by Dodge Junction! There were 28 teams at the contest, and while the team didn't place in the top 8 in state, the team had their highest scores of the season!

A big thank you to the Garfield County Conservation District for helping host the contest!

Kristina Knebel  
Pomeroy School District



**Students in the picture from the Columbia Co contest:**  
(Left to right) **Front row:** Christian Ramirez, Tyler Dixon, Rory McKeirnan, Jack Baser, Conrad Nelson, Kaleb Miller. **2nd Row:** Levi Bowen, Raelyn Nagle, Brianne Davis, Reagan McKeirnan, Heather Hastings, Hollie Van Vogt, Tatum Jones, Aria Bingman, Nolan Newberg. **3rd Row:** Brady Bott, Tyler Bagby, Trace Roberts, Kylee Wegrzyn, James Blachly, Addyson Maki



# Garfield County

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PO Box 190  
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Mark Heitstuman, County Extension Director  
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<http://ext100.wsu.edu/Garfield>

## Did You Know Honey Last Forever?

<https://askdruniverse.wsu.edu/2022/10/07/honey-last-forever/>

Archaeologists exploring ancient Egyptian tombs sometimes find honey. It's thousands of years old, but you could still safely spread it on your toast!

**Brandon Hopkins**, a professor in the WSU department of entomology, said honey is one of the only foods that never spoils. Microbes are a big reason other foods go bad. These living things are so small you need a microscope to see them. They include bacteria and fungi like mold. Some microbes break down food. That changes the way it looks, smells and tastes. Microbes can make food look moldy, mushy or slimy. It will smell and taste gross. So, what's the difference between slimy, stinky food in the back of your fridge and ancient honey that's still yummy?

The main difference is that honey doesn't contain much water. Bees gather nectar from flowers to make honey. Nectar is very watery. In fact, it can be 70% water. Honey is about 18% water. Bees dry out the nectar by fanning their wings. This moves air over the nectar and causes water to evaporate. "Bees can determine whether that nectar is ready to be called honey, they use their tongues and antennas to taste the nectar. The taste tells them when the honey is ready," Hopkins said. "When the moisture level is low enough, they put a thin layer of wax over each of the cells containing the honey. Then that honey is stable forever. Like all living things, microbes need water to survive. If they try to live in honey, there simply isn't enough water to keep them alive. If the moisture content isn't low enough, it doesn't stay stable forever. It can ferment and spoil."

Another thing that keeps away microbes is honey's pH. The pH scale shows if something is an acid like vinegar, a base like soap or in between like water. Honey is an acid. That makes it an unpleasant or deadly place for most microbes to live. Honey also contains a tiny amount of hydrogen peroxide. Some people keep bottles of hydrogen peroxide to clean small wounds or rinse their mouths. That's because it kills some microbes.

Bees have a special pouch in their digestive system called the honey stomach. Proteins in the honey stomach and saliva help turn watery nectar into thick honey. That process releases hydrogen peroxide. It stays in the honey and gives it a little extra microbe-busting oomph. In fact, honey is so good at keeping microbes away that it's been used as medicine to treat wounds and prevent infections. Archaeologists have found ancient prescriptions for honey. They even found an of humans collecting honey.

Hopkins says you may notice crystals in your honey. This is normal and doesn't mean the honey is bad. You can eat honey with crystals. Or you can gently warm the honey to melt the crystals and make it smooth again. Now, that's sweet!



Garfield County

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**Helping You Put Knowledge To Work**

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