Newsletter

March-April 2024

WSU EXTENSION
Garfield County

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

Contact Us:

Office Location: 757 Main St.
Pomeroy, WA 99347

Mailing: PO Box 190,
Pomeroy, WA 99347

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

Phone: 509-843-3701
Fax: 509-843-3341

Website: https://extension.wsu.edu/garfield/

Mark Heitstuman, County Director
heitstuman@wsu.edu

Michelle Kelp, 4-H Coordinator
michelle.kelp@wsu.edu

Monica Bartlow, Office Manager
mbartlow@wsu.edu

2024 First Stripe Rust Forecast for the Eastern Pacific Northwest

January 8, 2024

Xianming Chen

Based on the weather data of the November and December 2023, stripe rust in the 2024 wheat growing season is predicted to be in the range of severe epidemic level (40-60% yield loss on susceptible varieties). Using different forecast models based on the 2023 November and December weather data, yield loss of highly susceptible winter wheat varieties in the 2024 crop season is predicted to be in the range of 29 to 54% with an average of 42%. The predicted severe epidemic level is attributed to the relatively high temperatures in November and December. Based on such level of potential yield loss on susceptible wheat, commercially grown varieties are predicted to have 0 to 27% yield losses depending upon the level of resistance or susceptibility of individual varieties. Based on the forecast, fields grown with moderately susceptible (MS, ratings 6 and 7) or susceptible (S, ratings 8 and 9) winter wheat varieties may need the early fungicide application at the time of herbicide application. Resistant (ratings 1 and 2) and moderately resistant (ratings 3 and 4) spring wheat varieties should be selected to plant, and variety with MS and S ratings (6 – 9) should be avoided. See the Seed Buying Guide of wheat varieties or the stripe rust ratings below (Table 1 and Table 2).

Table 1. Stripe Rust Ratings of Winter Wheat Varieties

Rating	Varieties (Soft white, Hard red, Club, Hard White)
R (1,2)	aMaze, AP Dynamic, AP Exceed, AP Iliad, AP Octane, Appleby CL+, ARS Castella, ARS Crescent, ARS-Selbu 2.0, Bobtail, Bruehl, Cameo, Cara, Chukar, Farnum, Inspire, Jameson, Jasper, Kairos, LCS Artdeco, LCS Biancor, LCS Blackjack, LCS Drive, LCS Evina, LCS Hulk, LCS Jefe, LCS Rocket, LCS Shark, LCS Shine, LCS Sonic, LCS Yeti, LCS Zoom, Legion, Madsen, M-Press, Nimbus, Nixon, Norwest 553, Norwest Duet, Norwest Tandem, OR2x2 CL+, Resilience CL+, Rosalyn, Sockeye CL+, Sprinter, SY Assure, SY Banks, SY Clearstone CL2, SY Dayton, SY Ovation, SY Raptor, VI Bulldog, VI Frost, VI Presto CL+, WB1529, WB1604, WB1720, WB4311, WB4510CLP, WB4623CLP
MR (3,4)	AP Redeye, AP Venom, ARS Selbu, Coda, LCS Ghost, LCS Helix AX, Masami, Mela CL+, Millie, Pritchett, Stingray CL+, TMC M-Pire, UI Bronze Jade, UI-WSU Huffman, WB1376CLP, WB1621, Whetstone
M (5)	AP503 CL2, AP Badger, Guardian, GS Bounty, LCS Aymeric, Mary, ORCF102, Otto, Piranha CL+, Puma, Stephens, SY107, SY Command, SY Touchstone, UI Castle CL+, UI Sparrow, WB1783, WB4394
MS (6,7)	AP700 CL, AP Legacy, Canvas, Curiosity CL+, Devote, Eltan, Irv, Keldin, LCS Fusion AX, Milestone, Purl, Scorpio, Sequoia, UI Palouse CL+, WB1532, Whistler, Xerpha
S (8,9)	Battle AX, Brawl CL Plus, CP7010, CP7909, LCS Jet, ORCL103, Snowmass 2.0, UI Magic CL+, VI Voodoo CL+, WB4303, WB Rimrock

Table 2. Strip Rust Rating of Spring Wheat Varieties

Rating	Varieties (Soft white, Hard red, Club, Hard White)
R (1,2)	Alum, AP Octane, AP Renegade, Chet, CP3055, CP3066, CP3099A, CP3119A, CPX39120, Dayn, Expresso, Glee, Hale, JD, Melba, Seahawk, SY Basalt, SY Gunsight, SY Teton, Tekoa, TMC2021, TMC Lochaven, WB6121, WB7202CLP, WB9636, WB9662, WQL008, WQL195, YSC-605
MR (3,4)	Cabernet, CP3322, Diva, Hedge CL+, LCS Iron, Net CL+, Roger, Ryan, SY Coho, SY Selway, SY Steelhead, UI Platinum, UI Stone, SY Saltese, WB9668, UI Cookie, YSC-603
M (5)	AP Coachman, AP Venom, Buck Pronto, Bullseye, Louise, WB6341, Whit
MS (6,7)	AP Mondovi CL2, Hollis, Jefferson, Jefferson HF, LCS Luna, Kelse, WB9303, WB9623
S (8,9)	Babe, CP3530, SY605 CL2, WB1035 CL+, WB6211CLP

Winter Control of Weeds

You have probably heard the saying "nature hates a void." To assist in filling a space, plants have adapted to survive and thrive in many difficult environments. When these plants show up in our lawns, pastures, and gardens, we call them weeds. When the temperature reaches 45 degrees grass will start growing, other "weeds" such as dandelions need a temperature of almost 50 degrees. As you can see weeds can become a nuisance during the colder winter months, as our temperatures have been showing quite wide swings over the last several years. You may be looking at your carefully put to bed flower and garden spots only to view a bit or more of bright green showing.

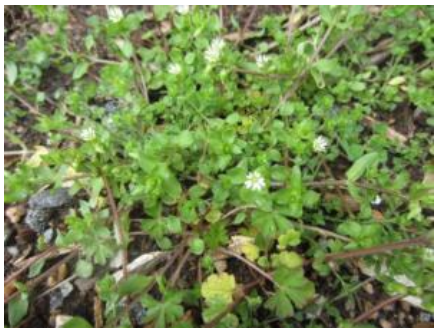
Now is the time to get after them before they can grow and develop roots that make them more difficult to remove. Identification is the first step in controlling unwanted plants in cultivated spaces. We can narrow the options down with a few simple classifications: season (summer or winter) and type (broadleaf or grass/grass-like). Let's look at some of the common winter weeds out there now.

Common broadleaf winter weeds

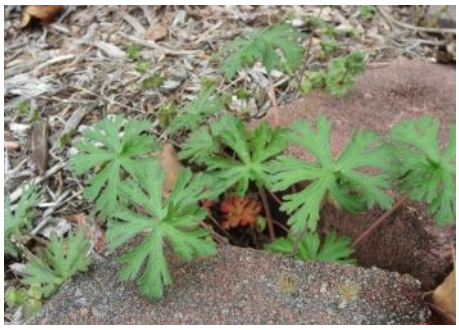
Chickweed (*Stellaria media*) is a mat-forming annual with small, white flowers at the ends of stems. It spreads outward from the center. When hand weeding, reach under the stems to the central point and pull up from there to remove the entire mat. For chemical control, products containing 2,4-D + MCPP + dicamba give good control and are safe to use in most turfgrasses.

Carolina geranium (*Geranium carolinianum*) is a semi-erect annual weed with pink to purple flowers and deeply divided leaves at the ends of long petioles. This is also known as crane's-bill or stork's-bill because of the shape of the fruit capsule

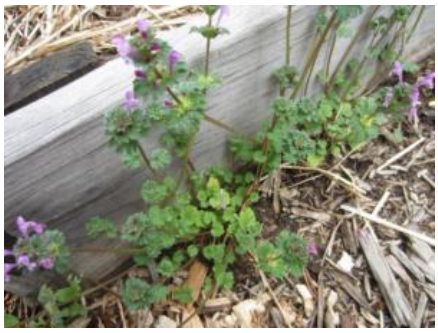
Henbit (*Lamium amplexicaule*) is a very common winter annual weed. It bears narrow, purple flowers on green or purple, 4-sided stems. Chemical control is the same as for chickweed.



Common Chickweed
Photo by H.N Kolich



Carolina Geranium
Photo by H.N Kolich



Henbit
Photo by H.N Kolich

Common grass or grass-like winter weeds

Annual bluegrass (*Poa annua*) is probably the most recognizable winter grassy weed. Its round, bright-green clumps are quickly topped by light-green to white spikelets bearing small, white flowers. The flowers then produce seeds that fall into the lawn to ensure a new crop of annual bluegrass next winter. Control methods include frequent mowing to prevent seedhead formation, hand removal (ideally before seeds form.)

Annual Blue Grass

Annual weed control

What these featured weeds have in common is that they are annual, as opposed to perennial, weeds. That's good news because annual weeds have only one means of reproduction: seeds. Frequent mowing to remove flowers and hand removal of the entire weed before it matures enough to be able to flower are effective for control of emerged weeds, with the important benefit of preventing these weeds from dropping seeds to germinate next year.

Unfortunately, previous crops of annual weeds may have built up a seed bank in the immediate growing area. Additionally, visiting birds and animals can drop weed seeds into our yards. These seeds can lie dormant, often for several years, just waiting for the environmental conditions they need to germinate. That's where our second line of defense, pre-emergence herbicides, enter the field. They actually need to enter the field twice each year.

When to apply pre-emergent herbicide

A pre-emergent herbicide acts on plant seeds to halt the germination process. That's why it's important to apply the product to the lawn area before the season of growth begins. As noted earlier, we have two seasons for annual weeds: cool season and warm season. Cool season (winter) weeds grow from late fall to early spring, and warm season (summer) weeds grow from late spring to early fall. To reduce the germination success of weed seeds, established lawns need a pre-emergence herbicide application twice each year. Because warm season weeds can begin germinating when soil temperatures reach 55˚ Fahrenheit, apply a pre-emergence herbicide in mid-March and again after you have finished cleaning the flower and vegetable beds in the fall. Read the label on your choice of pre-emergent as some can damage lawn grasses.

Biological control of weeds

Biological control uses a living agent to control weeds. The biocontrol agent can be an insect species, a fungus, or grazing animals. A good biocontrol insect, or "bug," reduces the target weed population but never completely eliminates it. Some bugs work better than others. During some years, conditions can be very hard on the bugs' ability to thrive and reproduce. Factors include the weather and the population of the weed host. Bug populations rise and fall in cycles because they lag behind growth of the host weed. When a lot of weeds build up, the next year there will be a lot of bugs. Those bugs will eat the weeds, so the following year there will be fewer weeds to support bugs, and the bug population will crash.

Finding the right biocontrol bug for your target weed

The section on Biological Control in the PNW Weed Management Handbook provides details on various biocontrol methods. The Oregon Department of Agriculture's Noxious Weed Control website lists many types of insects and fungi that control the noxious weeds found in Oregon. The history of weed species and release of biocontrol agents is included. Most of the important biocontrol agents against weeds are already populating the noxious weeds in Oregon. If you don't find biocontrol bugs on your weeds, you can collect them from other sites and release them on your weeds. You can also purchase some of the biocontrols from Integrated Weed Control. (1-888-319-1632 or iwc@integratedweedcontrol.com), located in Montana. Make sure to follow their recommendations to choose the correct biocontrol for each specific weed species.

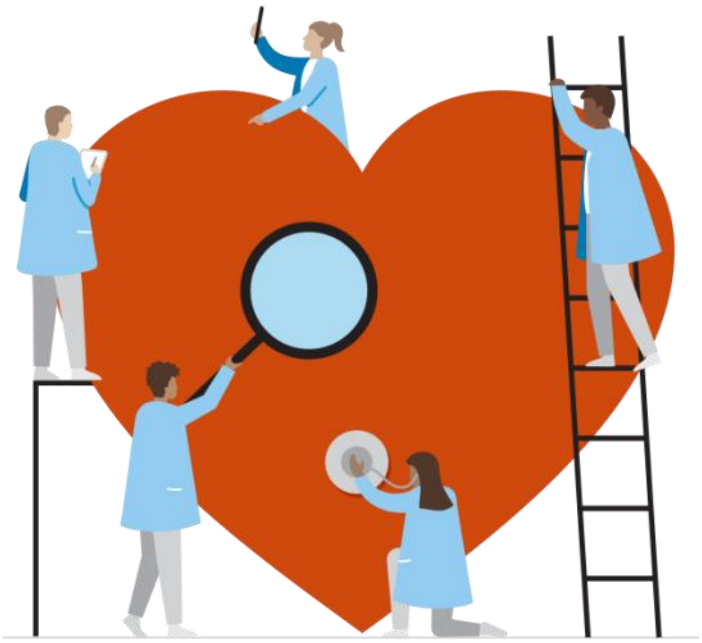
Information from Georgia State Extension and Oregon State Extension online sites

Your WSU Garfield County Master Gardeners.

Happy Gardening!

Preventing Heart Disease

https://healthy.kaiserpermanente.org/washington/health-wellness/heart-health/prevention



Prevention is at the heart of our approach to cardiac care. We check your heart health numbers at almost every appointment and track them over time. Plus, automatic reminders from your electronic health record make it easier for you to stay up to date with preventive screenings. This helps us spot problems earlier and start treatment sooner. You can even get help making heart-healthy lifestyle choices. Together, we can work to keep your heart healthier for many years to come.

Managing your heart health

To prevent heart disease and stroke, it's important to know your risk factors. Your health numbers can help identify and treat issues before they become serious.

The following are the recommended adult values for some of the most common health numbers. Talk with your doctor about your specific ranges based on your unique risk factors and other conditions.

Blood Pressure—A normal heart rate for a healthy adult is between about 50 and 100 beats per minute. Exercise, stress, and some medications can raise it. But it should go back to normal with rest. Learn more about blood pressure

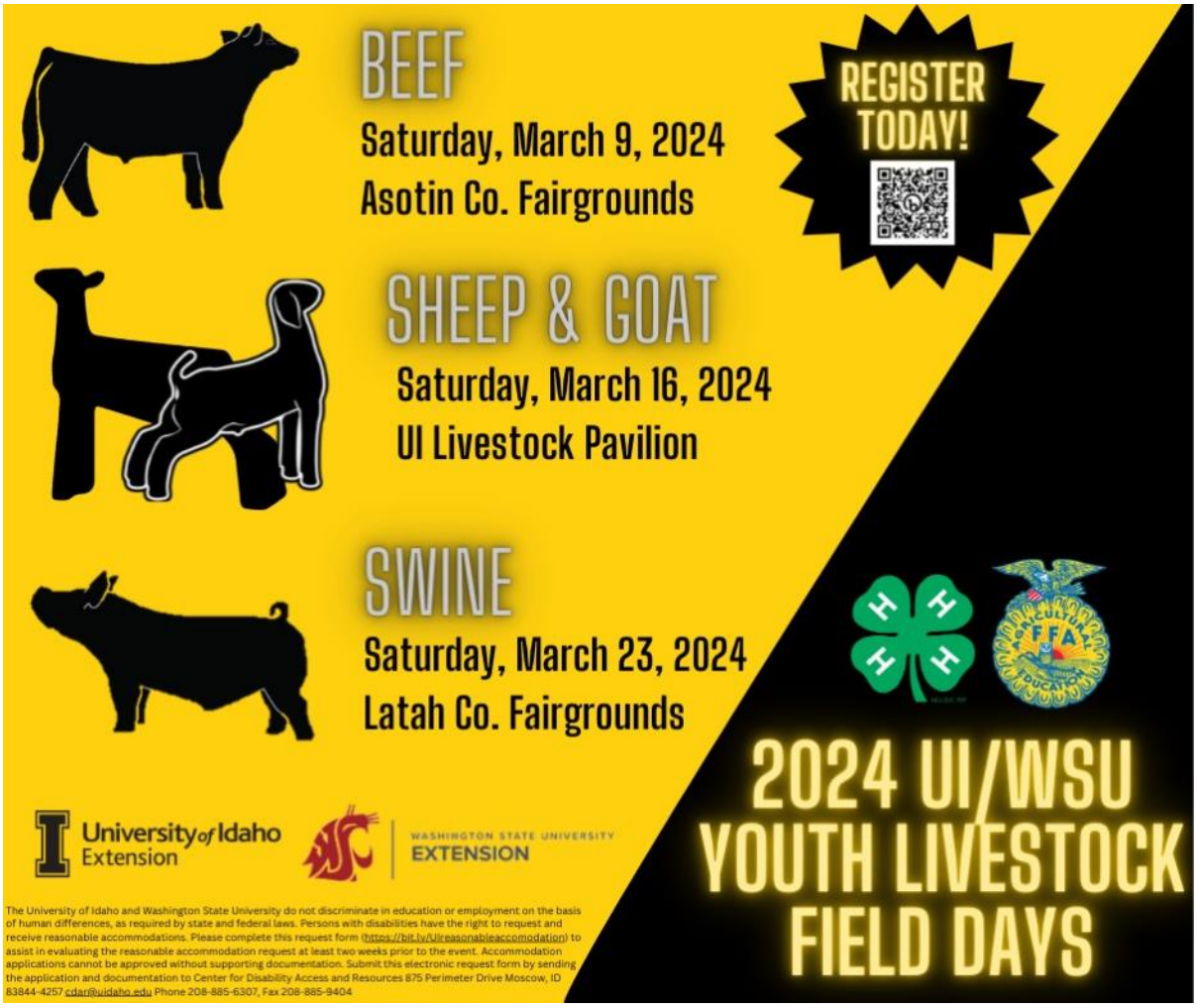
Heart Rate— A normal heart rate for a healthy adult is between about 50 and 100 beats per minute. Exercise, stress, and some medications can raise it. But it should go back to normal with rest. Learn more about heart rate

Body Mass Index (BMI)— The body mass index (BMI) formula compares how much you weigh with how tall you are. A BMI between 18.5 and 24.9 is considered healthy. Learn more about body mass index

Sleep— Most adults do best when they get 7 to 8 hours of sleep each day. Not getting enough sleep is linked to chronic disease and health conditions. Learn more about sleep

Cholesterol— Total cholesterol includes levels of good (HDL) and bad (LDL) cholesterol. Total cholesterol above 200 mg/dL is usually considered high. Learn more about cholesterol

Waist Size — Your waist circumference helps check if you have extra fat on your belly. Less than 35 inches for women and less than 40 inches for men is considered healthy. Learn more about waist size



FFA competed in Local Leadership CDE's Sunday, February 25, 2024.

Creed: 3rd Place was Molly Warren; 2nd Place was Haven Kimble; 1st Place was Josephine Watson. They all advance to Sub-Districts which will be held on March 13th at Pomeroy

Public Speaking: 2nd Place was Caroline McKeirnan; 1st Place was Izzy Field
Both advance to Sub Districts

Extemporaneous Speaking: 1st Merritt Scoggin Advances to Sub-Districts

We also had 4 Conduct of Chapter Meeting teams do demonstrations as well as 2 Parliamentary Procedure teams compete demonstrations as well.

Kyle Kimble

FFA Calendar

March 7th: Ag. Mech @ Walla Walla High School

March 9th: Hoof Trimming Day at the Fairgrounds 9AM

March 13th: Sub-Districts @ Pomeroy 9AM

March 21st: Districts @ Asotin 9AM

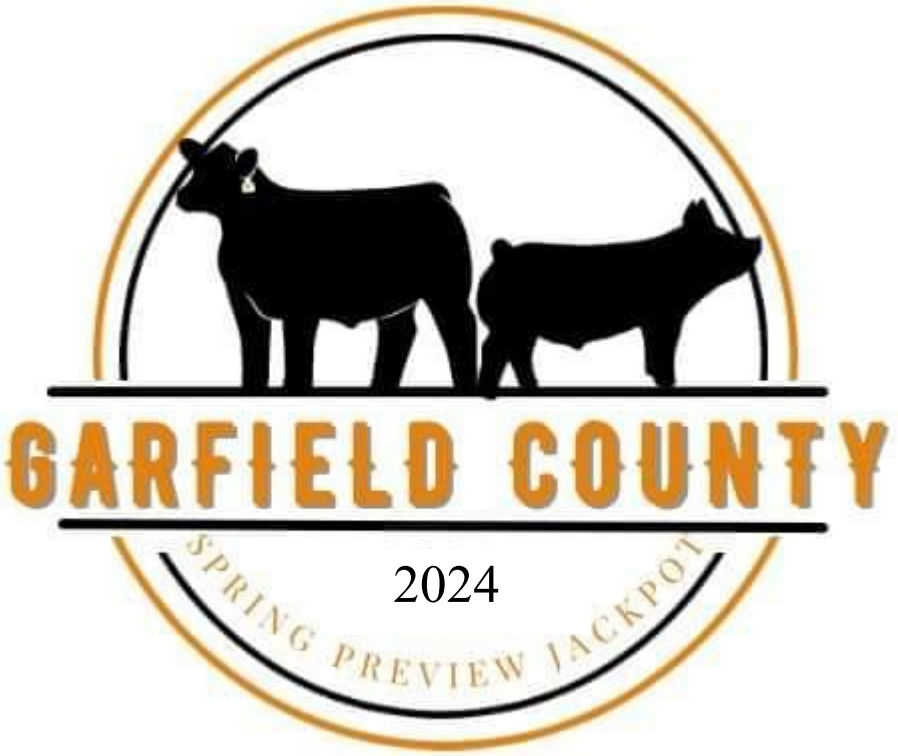
April 6th: Garfield County Jackpot Preview

April 26th: Asotin Co. Fair Livestock Contest

April 30-May 4th: Jr. Livestock Show of Spokane

May 1st: State FFA Livestock Contest @ Spokane

May 9-11: State FFA Convention @ WSU



When: April: 6th 2024

Where: Garfield County Fairgrounds
99 Fairgrounds Road, Pomeroy ,WA 99347

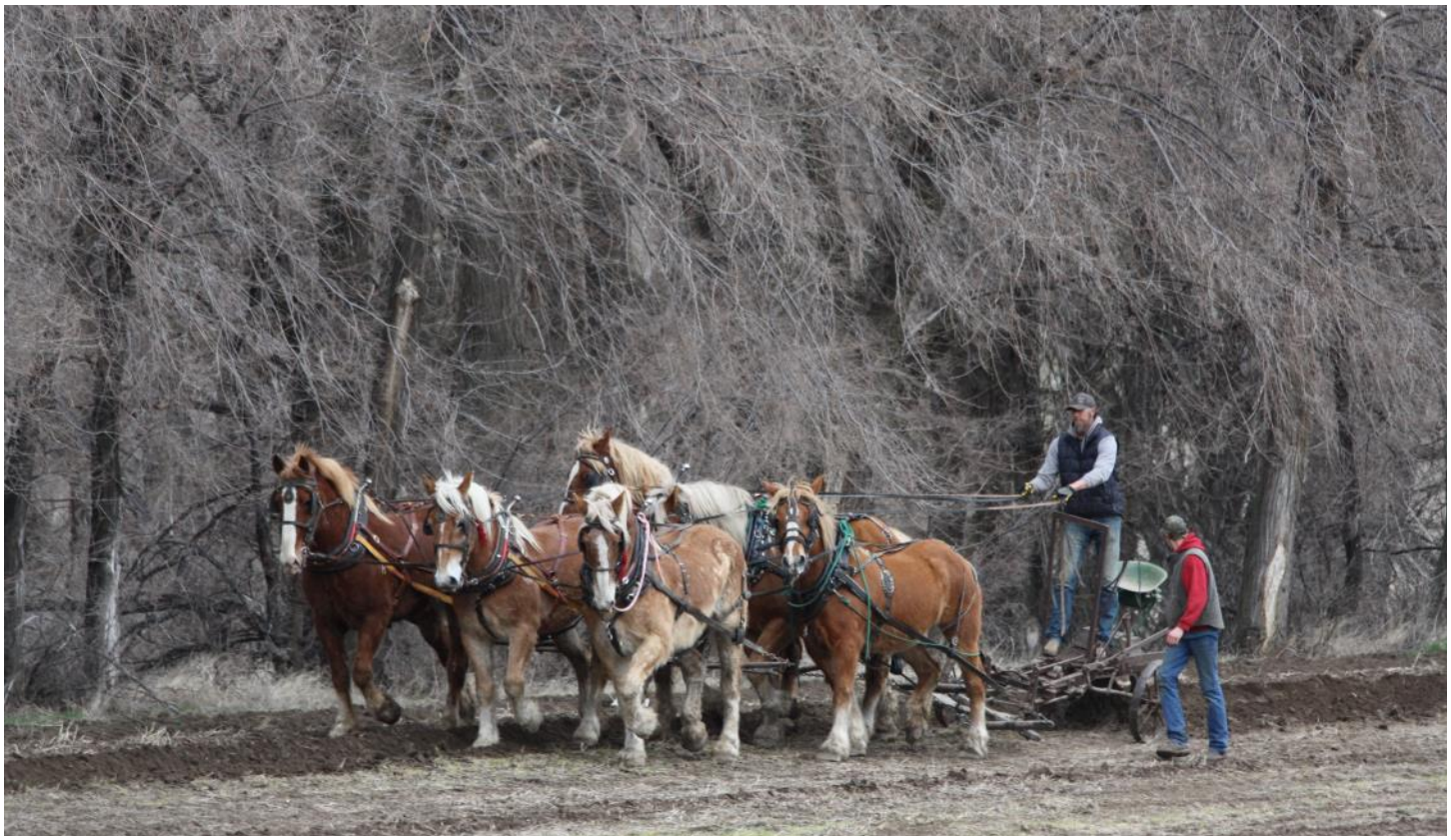
Jackpot steer or Heifer- $20 per head
Market Hog or Breeding Gilt- $20 per head

Each Exhibitor will be entered in Showmanship

Beef Contact:
Sherry Ledgerwood
509-843-3438
t.sledgerwood@gmail.com

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

Please contact Sherry or Becky for entry information and rules,
or look for Facebook page for additional information



HERE IS A LISTING OF SPRING EVENTS
IN POMEROY AND OTHER NECK OF THE WOODS

1. SPRING FARMING DAYS AT THE GARFIELD COUNTY FAIRGROUNDS----APRIL 13 & 14, 2024--
   SATURDAY 9 AM TO 4 PM------LUNCH AVAILABLE FOR PURCHASE BOTH DAYS-----
   CAMPING SPOTS WITH HOOKUPS CAN BE RESERVED AT 509-843-3701
   CONTACT JAY FRANKS (509-566-7027) OR DAVID RUARK(509-843-3506) FOR MORE INFO

2. SPRING FARMING DAYS AT COLFAX FAIRGROIUNDS, ----APRIL 20 & 21, 2024
   CONTACT STAN REIBOLD (509-595-7159) FOR MORE INFO

3. SPRING FARMING DAYS AT DAVENPORT, WA--APRIL 27 & 28, 2024
   CONTACT JON OVERMYER (509-721-1100) FOR MORE INFO

4. PENDLETON, OREGON OLD IRON SHOW AT ROY RALEY PARK---JUNE 7, 8, & 9, 2024
   CONTACT MARK WIGGINS(541-303-3309) FOR MORE INFO

5. POMEROY ENGINE SHOW AT THE GARFIELD COUNTY FAIRGROUNDS---JUNE29 & 30, 2024---
   CONTACT JAY FRANKS(509-566-7027) OR ROY WOLD(509-780-1250) FOR MORE INFO

WSU EXTENSION
Garfield County

PO Box 190
Pomeroy, WA 99347
509-843-3701
Mark Heitstuman, County Extension Director
Michelle Kelp, 4H Coordinator
Monica Bartlow, Office Manager
Email: mbartlow@wsu.edu
http://ext100.wsu.edu/Garfield

Did You Know Caffeine Before Exercise Helps You Burn Fat?

By Carolyn Crist

March 23, 2021 -- Taking caffeine -- or drinking strong coffee -- half an hour before aerobic exercise can increase fat-burning, according to a new study published in the *Journal of the International Society of Sports Nutrition*. The effects of the caffeine are higher if the exercise is done in the afternoon rather than in the morning, the authors wrote.

"The recommendation to exercise on an empty stomach in the morning to increase fat oxidation is commonplace," Francisco Jose Amaro-Gahete, PhD, the lead author and a physiologist at the University of Granada, said in a statement.

"However, this recommendation may be lacking a scientific basis, as it is unknown whether this increase is due to exercising in the morning or due to going without food for a longer period of time," he said.

As part of the study, 15 men (with an average age of 32) completed an exercise test four times at 7-day intervals. They took a 3 mg/kg dose (3 milligrams for every kilogram of their body weight) of green coffee bean powder, about the equivalent of a strong coffee, or a placebo dissolved in water. Each person completed the test under all four conditions in a random order and took the caffeine or placebo 30 minutes before each test at 8 a.m. and 5 p.m.

On test days, the participants took the caffeine or placebo and rested for 30 minutes before starting a cycling exercise. The research team standardized the conditions before each test -- including the hours elapsed since the last meal, the consumption of stimulants, and physical exercise -- and measured for the fat oxidation, maximum oxygen uptake, and exercise intensity.

Overall, the research team found that taking a dose of caffeine 30 minutes before an aerobic workout increased fat oxidation during exercise regardless of the time of day. At the same time, the rate of fat-burning was higher in the afternoon than in the morning for equal hours of fasting.

Compared to the placebo, caffeine increased fat oxidation by 10.7% in the morning and 29% in the afternoon. Caffeine also increased exercise intensity by 11% in the morning and 13% in the afternoon. The maximum oxygen uptake was also higher in the afternoon.

"Overall, these results suggest that a combination of acute caffeine intake and exercise at moderate intensity in the afternoon provides the best scenario for individuals seeking to increase whole-body fat oxidation during aerobic exercise," the authors wrote.

Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life.

Helping You Put Knowledge To Work