

# Newsletter

January-February 2025



WSU EXTENSION  
**Garfield County**



2024 FFA New Year's Eve Auction

## 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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## 2024 Plant Diagnostic Clinic Wrap-Up

November 13, 2024

<https://smallgrains.wsu.edu/24-clinic/>

The 2025 crop year is shaping up differently, with early moisture in August and September 2024 that has resulted in abundant volunteer and planting/emergence of winter wheat occurring earlier than the past couple of years. These conditions are more conducive for fall establishment of stripe rust, eyespot, and Cephalosporium stripe than we've experienced the past several years. In addition, wheat streak mosaic virus (WSMV) can build-up in volunteer wheat, which should be destroyed before planting.



Typical leaf symptoms of Cephalosporium stripe including yellow stripes in leaves with necrotic centers.

In anticipation of the 2025 crop season, here is an overview of what small grains problems were diagnosed by the WSU Plant Pest Diagnostic Clinic in 2024.

Common abiotic issues that were seen: weather-related, Physiological Leaf Spot, soil compaction-related issues, and potential herbicide damage, *which can only be confirmed using a certified analytical lab*. In addition, some issues with uneven planting (too deep and too shallow) were also seen.

Diseases observed in the lab included Fusarium foot rot, Cephalosporium stripe, as well as Ergot in seed. Ergot is uncommon but the affected seed lot was produced in western Montana and the seed producer noted the disease occurs frequently in that area. Also noted in a few samples were Wheat Streak Mosaic and Soilborne Wheat Mosaic viruses (SBWMV). Most of the samples received this year were soft white winter, although some reds were submitted.

### New for the 2025 season

Samples submitted for wheat virus diagnosis in 2025 will be tested against a virus panel of four wheat viruses: SBWMV, Wheat Spindle Streak Mosaic Virus (WSSMV), WSMV, and Barley Yellow Dwarf Virus (BYDV). The clinic has also introduced nematode testing as a service and if you are interested in this service, please contact the clinic on how best to sample for nematodes.

Plant samples can be sent into the WSU Plant Pest Diagnostic Clinic year-round. For more information about submitting a sample and the specialized testing available, please visit the [Plant Pest Diagnostic Clinic's website](#).

For questions or comments, contact the Plant Pest Diagnostic Clinic by [email](#) or by phone at 509-335-3292.

## Agriculture Can Be Stressful – You are not alone

Wheat and Small grains  
December 3, 2024

<https://smallgrains.wsu.edu/not-alone/>

We know agriculture is a dangerous occupation full of potential stressors like weather, machinery breakdowns, and changing economic markets. This season in particular—with shorter days, attention on bookkeeping tasks amidst high input costs and interest rates and low crop prices—can be especially challenging and stressful for our community. We want to provide a reminder to everyone that you are not alone in these challenges.

Due in part to the stresses faced in farming and ranching—along with our tendency to work stoically and independently through our difficult times—agricultural workers have nearly three times greater rates of suicide compared to the general population. These losses of parents, spouses, children, and siblings can be avoided by reaching out to one another, having direct conversations about hard topics, and when needed reaching out to a confidential crisis line or some of the other free resources listed below.

The [WSU Extension Farm Stress and Suicide Prevention program](#) and our partners have many free resources for Washington farmers, all of which are listed and described in further detail on the program's website. The program is housed on the Skagit County Extension website, but the program serves all farmers in Washington.

### Free Farm Stress Counseling Voucher Program

Our free farm stress voucher program allows individuals in Washington's agricultural community to



access free counseling without health insurance. Our counselor is based in Pullman and offers in-person or telehealth options. The first six counseling sessions are free, and the program adopts a sliding-scale after the first six.

To access the Farm Stress Voucher Program, interested individuals should call the WSU Psychology Clinic at 509-335-3587 and tell the clinic that they are calling to participate in the Farm Stress Counseling Voucher Program. All information shared between the individual and the counselor is completely confidential. WSU Extension only receives the number of program participants per county and does not receive names or other information. You can learn more about what to expect when setting up your sessions at the [voucher program page](#).

### Free Financial Consulting

Our Agricultural Economist, Jon Paul Driver, provides free and confidential financial consulting for producers across the state of Washington. Jon Paul will meet one-on-one with producers to review their bookkeeping or answer any finance-related questions they have. Interested producers can reach Jon Paul

at 509-671-2804 or at [jon-paul\\_d@wsu.edu](mailto:jon-paul_d@wsu.edu).

### Other Resources Crisis Hotlines

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support—the Lifeline network is available 24/7 across the United States. You can call or text **988** anytime to talk with someone confidentially.

There is also a farmer-specific helpline: **833-897-2474**. This AgriStress helpline provides the same quality of crisis services as the 988 helpline, but has specialists that are trained in the culture, values, and lived experiences of agriculture workers. This [AgriSafe network](#) now serves Washington thanks to our partnership with the Western Regional Agricultural Stress Assistance Program.

### Western Region Agricultural Stress Assistance Program (WRASAP)

Our partners at WRASAP have an extensive [clearinghouse of resources](#) that can be sorted by state and type of resource. Categories include financial and business planning, mediation, legal help, farm energy options, and more.

### Farm Aid Hotline and Resource Network

Farm Aid has a farmer resource hotline. English and Spanish-Speaking operators can be reached from 6am-6pm PST each day; 1-800-FARM-AID (1-800-327-6243). Farm Aid also maintains a [searchable online resource network](#).

### You are not alone. We care.

Please do not hesitate to reach out to me ([rachel.wieme@wsu.edu](mailto:rachel.wieme@wsu.edu)) if you have questions about any of these resources.



FFA Soils competed at the State contest on October 30 near Reardan, and placed 6<sup>th</sup> at this state contest! The team that placed 6<sup>th</sup> was Levi Henderson, Grayson Slaybaugh, Gunner Magill, Heather Hastings, and Caroline McKeirnan. Other Pomeroy FFA members competing at this event were Kendyll Potoshnik, Kellee Kendrick, Sage Kimble, Josiah Ledgerwood, and Lincoln Lovgren.



The FFA Potato Judging and Tractor Driving State contest was on November 20 at the Moses Lake Fairgrounds. The Potato Judging team consisted of Lucy Shield, Sidney Wolf, Olivia Cooper, Robbie Wolf, Heather Hastings, Carolina Morfin, Caroline McKeirnan, Kellee Kendrick, and Ismael Arteaga.

The potato team looked at almost 200 potatoes, grading them as a USDA 1, 2 or cull, identifying blemishes, grading seed classes, and giving reasons! Pomeroy placed 23 with over 50 teams competing at this STATE event!



Tractor driving team, Levi Henderson, Grayson Slaybaugh, and Gunner Magill, participated in a knowledge test, parts identification, and driving a tractor through the course (including backing up a trailer!) in a short amount of time! They placed 11 with over 40 teams competing, and had some of the highest scores of the actual drive portion!





# FFA Alumni Auction



## 2024 FFA New Year's Eve Auction

This year's auction was a huge success. If you have never been to the FFA New Year's Eve Auction, you're missing out on both a live and silent auction with great food and great company. The food was a hit, as usual, feeding close to 200 people. The meal was tri-tip, cooked by Larry Ledgerwood and Tom Lundquist. Side dishes were potatoes, donated by Twisted Wire, Caesar salad, and rolls. Dessert was cheesecake and cookies. FFA members served dessert and helped throughout the night. There were many amazing volunteers there to help prepare the food and keep the night running, we owe them a lot of thanks.

The auctioneer this year was Rod Norland and he made the live auction a great time. The live auction items were hot as usual and the silent auction items sold well too. At the end of the auction, we drew for the big money prize and the winners were John and Laura Dixon. It was great to see all the members of the community gathered together at Spinners to support the FFA Chapter. Hope to see everyone there again next year!

Isabella Field

FFA Chapter President

"The Alumni would like to thank the community for all the generous donations and support of our event"





# 4-H Awards Night

Sunday, November 17, 2024



Achievement Night last November went great. There were approximately 110 in attendance. We heard from 8 different clubs as well as Lisa Baser, with her meats and livestock Judging group. Participants were presented with their 4-H pins and special awards winners were honored with trophies and cash awards. The livestock judging competition was sponsored by Dick Ledgerwood & Son, Inc., Ledgerwood Galbvieh, Rafter C Reds, and Bank of Eastern Washington. The Record Book competition was sponsored by Four star and Kelp Family Enterprises LLC. Fair Demonstration competition was sponsored by Bank of Eastern Washington.



Pirate Ponies



Feathered Friends



Creative Kids



Blue Ribbon



Pomeroy Country Kids



Garfield County Livestock Club

# 4-H Awards Night



**Outstanding 4-H Leaders** (Left to right) Tina Warren, Jamie Hames, & Jessica Nelson

**4-H Club Leaders** (Left to Right) Sherry Ledgerwood, Jessica Nelson, Lora Dixon, BJ Cannon, Tina Warren, Jamie Hames, Cody Jones, & Maria Dispenza. (Not in Photo) Tracy Burnstad, Vonni Mulrony, Chelsey Eaton, Miranda Bowen

## LIVESTOCK JUDGING AWARDS



**Junior** :(left to right) Kendyl Tetrick (not pictured)-1st place, Emilee Blickenstaff-2nd place, Hadley Hames, Gage Severson and Rylan Berglund (not Pictured)- three way tie for 3rd place, Mark Heitstuman



**Intermediate:** (left to right) Sophie Miller-1st place, Peyton Newberg-2nd place, Collin Hames-3rd place



**Senior:** (left to right) Camryn Claassen-1st place, Chance Savage-2nd place, Talyn Anderson-3rd place, Mark Heitstuman.

## RECORD BOOKS AWARDS



**Junior** :(left to right) Emilee Blickenstaff-1st place, Sage Harker-2nd place, & Colyer Nelson & Hudson Newberg—tied for 3rd Place



**Intermediate:** (left to right) Peyton Newberg-1st place, Dutch Jones-2nd Place, Myka Horal-3rd place

## FAIR DEMONSTRATIONS AWARD



(left to right) Kieara Marquez (not pictured) -1st place, Merritt Scoggin (Not pictured)-2nd place, Lilaina Severson -3rd place, & Gage Severson-4th place



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### **Did You Know Buckwheat isn't really a grain?**

Market hall Goods Blog & Recipes | 15 January 2017  
<https://blog.markethallfoods.com/inside-market-hall/hey-what-exactly-is-buckwheat>

**Buckwheat—rustic, robust, earthy and healthful to boot—wows us every time we eat it.** But what exactly is it? Here are some tasty facts about this delectable superfood and a tasty recipes that uses buckwheat as one of its main ingredients.

1. **Buckwheat isn't *actually* wheat at all.** While it's name suggest otherwise, buckwheat is actually a fruit seed. It's more closely related to rhubarb and sorrel.
2. **Buckwheat is gluten-free.** Since these small pyramid-shaped groats are truly seeds, they're naturally gluten-free.
3. **Buckwheat is a nutritional powerhouse.** It might be small in size, but buckwheat is packed with nutrients—it's high in protein, full of fiber and B vitamins (just to name a few)—plus, it tastes great!



### **Pizzoccheri Valtellinesi (Buckwheat Pasta with Potatoes, Cabbage & Fontina)**

Prep Time: 10 Mins

Cook Time: 20 min

Total Time: 30 mins

Serves: 4

#### **Ingredients**

- 2-medium Yukon gold potatoes, peeled and cut into 1/2 in cubes – about 1.5 cups
- 1– 8.8 Ounce package buckwheat pizzoccheri pasta
- 4 cups savory cabbage, shredded into 1/2 in pieces
- 1 stick unsalted butter
- 2 garlic cloves thinly sliced
- 2 cups Fontina Val d'Aosta Cheese, grated
- Grated Parmigiano-Reggiano cheese for garnishing

#### **Instructions:**

- Bring a large pot of salted water to a boil over high heat.
- Add the cubed potatoes and cook for 2 minutes, then add the buckwheat pizzoccheri pasta and shredded cabbage, reducing the heat to medium high (you don't want the pasta to break apart). Cook until the pasta is *al dente*, about 10-12 minutes.
- When the pasta and vegetables have 5 minutes left to cook, make the browned butter. In a medium skillet or saucepan, melt the butter over medium high heat. Add the garlic to the melted butter, reduce the heat to medium, and cook until the butter begins to brown and the garlic is lightly golden, about 3-5 minutes. Turn the heat down to low and keep warm.
- Drain the pasta and vegetables. To assemble, spoon an even layer of the pasta and vegetables into a warmed serving dish. Top with an even layer of Fontina Val d'Aosta cheese. Repeat with the remaining pasta and fontina cheese ending with the cheese. Spoon the reserved browned butter and garlic over the top of the dish.

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