Saving money, paying bills, or staying within your means is not always an easy task.

Charlotte Riersgard
Staff Chair

If you are hunting for wild game and are successful, the OSU/Lane County Extension Service has a publication available on the web, as well as at the office, titled “Big Game from Hunt to Home,” PNW 517, to help you take care of your game.

The publication contains information on field care, aging, and skinning and boning wild game, as well as preparing the meat for the table. The publication also includes information on preserving your game by freezing, canning and drying.

Copies of the publication, “Big Game from Hunt to Home,” PNW 517, are available for download on our web site for free at http://extension.oregonstate.edu/lane/food-preservation/publications or come by the office to pick one up, cost $2.50.

Using a pressure canner is imperative when canning wild game or meat.
Charlottes Corner Continued from Page 1

see nutrition as a priority. The survey also showed that consumers like to know where their food comes from and how it is raised. Maybe that explains the success of the "Get to Know Your Farmer" program and the growing interest in community supported agriculture (CSAs). The Oregon Department of Agriculture reports that about 80 farmers’ markets throughout the state serve 90,000 customers weekly. Many of these farmers will be offering their fresh fruits and vegetables to limited-resource families and seniors via the state’s Oregon Farm Direct Nutrition Program. To learn more about farmers’ markets in Oregon visit: www.oregonfarmersmarkets.org.

Nutrition research shows that fruits and vegetables are critical to promoting good health and may protect us from chronic diseases including stroke, cardiovascular disease and some cancers. The Center for Disease Control (CDC) has launched a new campaign – “Fruits and Vegetables: More Matters.” This project targets all age groups by encouraging increased intake of a variety of fruits and vegetables. Take a look at the impressive web site: www.fruitsandveggiesmorematters.gov and if it makes you hungry, head for the nearest produce stand.

Our County is a community that values diversity and shares common values of interest and concern and ideas during this transition. The coming year will require new and if you don’t have access to the internet and wish to visit our web site, try out our new computer and printer soon to be located in our lobby area.

Living within our reduced means has meant some hard changes for all of us. The Extension Service appreciate your interest and concern and ideas during this transition. The coming year will require more creative thinking and hard work for meeting future budget challenges. In the meantime, know that we are dedicated to continue supporting the key values of outreach education to our community.

Calendar of Events

All events are held at the OSU/Lane County Extension Service and are free, unless otherwise stated. *Pre-registration Requested. **Pre-registration Required.

September
3 Office Closed.
6 Moving Forward to Financial Security, 1-3 p.m. Cost.**
9 (Every Thursday through Sept 29) Free cooking class series for qualified families, 6:30-8 p.m. Call 682-4281 for details.**
10 Overcoming the Unexpected, Extension Study Group Lesson, 9:30-11:30 a.m.*
25 Kitchen Creations ‘From Apples to Sauce,’ 6-8:30 p.m. Cost.**
28 Pressure Canner Gauge Testing, 6:30-8 p.m.
28 Master Gardener application due.
28 Worm Bin Composting Workshop, 10 a.m.-Noon. Cost.**

October
3 (Every Wednesday in October 3, 10, 17, 24) Women Secure Your Financial Future Series, 6-8:30 p.m. Cost**
4 (Every Thursday through Oct 25) Free cooking class series for qualified families, 6:30-8 p.m. Call 682-4281 for details.**
6 Master Gardener Fall Bulb Sale and Workshops, 9 a.m.-4 p.m.
9 Moving Forward to Financial Security, 6-8 p.m. Cost.**
13 Compost Demonstration, River House, 301 N. Adams (along bike path in east Maurie Jacobs Park.
18 The Wonderful, Weird and Whacky Things that come from Trees, Extension Study Group Lesson, 9:30-11:30 a.m.*
23 Kitchen Creations ‘Food Drying,’ 6-8:30 p.m. Cost.**
27 Worm Bin Composting Workshop, 10 a.m.-Noon. Cost.**

November
6 Moving Forward to Financial Security, 6-8 p.m. Cost.**
9 (Every Tuesday through Nov 27) Free cooking class series for qualified families, 6-7:30 p.m. Call 682-4281 for details.**
10 Compost Demonstration, GrassRoots Garden, 1465 Coburg Rd., behind St. Thomas Episcopal Church.
13 Food Pantry Project Volunteer Training, 9 a.m.
15 4-H New Leader Training, 6-9 p.m.
15 Taking the Mystery Out of the Web, Ext. Study Group Lesson, 9:30-11:30 a.m.*
20 Master Gardener Seminar ‘Herbal Gifts,’ 7:30-8:30 p.m.
22-23 Office Closed.
27 Kitchen Creations ‘Gifts from the Kitchen,’ 6-8:30 p.m. Cost.**

December
11 Master Gardener Seminar ‘Managing Invasives,’ 7-30-8:30 p.m.
12 Moving Forward to Financial Security, 10 a.m.-12 p.m. Cost.**
15 Private Pesticide Applicator Training, 8 a.m.-Noon.*
20 De-Clutter Your Life, Extension Study Group Lesson, 9:30-11:30 a.m.*
24-25 Office Closed.

Who’s Who In OSU/Lane County Extension Service

Administration
Charlotte Riersgard, Staff Chair
Robin White, Operations Manager

4-H Youth Development
Carolyn Ashton, 4-H Faculty
Kelly Makinson, 4-H Program Asst.

Family & Community Development (FCD)
Susan Busler, General Home Economics, Extension Homemaker Study Groups
Nellie Oehler, Family Food Education/Master Food Preserver Program, Leadership Education

Limited Income Nutrition Education
Programs (NEP)
Charlotte Riersgard, Program Leadership
Dana Baxter, Professional Faculty
Ananda Beller-Owen, NEP Admin. Asst.
Liz Canizales, Program Asst.
Karren Cholewinski, Prof. Fac./NEP Mgr.
Nancy Despain, Nutrition Coordinator
Shirley McSilvers, Program Asst.
Lisa Neubauer, Program Asst.
Noy Rathaketti, Professional Faculty
Cindy Roach, Program Asst.
Linda Selig, Program Asst.-Florence/Reedsport

Natural Resources/Agriculture
Steve Bowers, Forestry, Master Woodland Manager Volunteers
Ross Penhallegon, Commercial Horticulture, Home Gardening, Master Gardeners (MG)
Tammie White, Information Specialist/Forestry Admin. Asst.

Off-Site Extension Faculty
Mark Melbye, Field Crops; 888-883-0522
Shelby Filley, Livestock/Forage; 800-883-7568
Melissa Fery, Small Farms; 800-365-0201
Gary Stephenson, Small Farms; 800-365-0201

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Homemade Soup, a Winter Favorite

There is nothing like a big pot of soup cooking on the stove to cheer up those dreary winter days. Soups can be made very inexpensively and also help stretch the food dollar and use up all those leftovers.

Today’s “on the run” generation want fast nutritious foods that have few ingredients, are low in calories and low in cost. Soup fits that bill and is a favorite of young and old alike. It is hard to mess up soup; even beginning cooks can have great success. Try the recipe below.

Bean Soup with a Bite

- 5-6 cups cooked beans
- 2 cups salsa*
- 6 cups water of broth
- 1 small onion, chopped
- 2 ribs celery, thinly sliced
- 3 carrots, sliced
- 1 15 oz. can diced tomatoes or stewed tomatoes
- 2 cups salsa*
- 1 8 oz. can tomato sauce
- Ham bone (optional)

Combine all ingredients, bring to a boil, reduce heat and simmer until vegetables are tender.

Season to taste with salt, pepper, sugar, broth granules, etc. (This is also a great way to use leftover salsa.)

*Chose between mild and hot salsa depending on how spicy you like your soup.

Kitchen Creations Workshops Continue

Three classes remain in the “Kitchen Creation” hands-on food preservation series presented by the OSU/Lane County Extension Master Food Preservers. Classes are all held in the Extension Auditorium from 6-8:30 p.m. Cost is $15 per class. You can register at the Extension office or download the form from the OSU/Lane County Extension web site at: http://extension.oregonstate.edu/lane/food-preservation.

- Sept. 25—From Apples to Sauce
- Oct. 23—Food Drying
- Nov. 27—Gifts from the Kitchen

Check Our Web Site

The OSU/Lane County Extension Service has an incredible web site to help with your food preservation, food safety, monthly tips, publications, upcoming workshops, resources and much more. The web site is: http://extension.oregonstate.edu/lane/food-preservation

Helpful Holiday Hints, Tips and Resources

Need help preparing that Thanksgiving bird? Log on to the OSU/Lane County Extension’s new web site, http://extension.oregonstate.edu/lane/food-preservation/food_tips and download the publications Turkey Tips and Basic Turkey Recipes for your holiday dinner. Don’t have internet access...call the Holiday Hotline at 682-4246. The hotline will be available November 12th-15th and the 19th-21st, 9 a.m.-4 p.m. and staffed by certified OSU/Lane County Extension Family Food Education Volunteers.

‘07-’08 Extension Study Group Invites You

The general public is invited to participate in all Extension Study Group educational programs. Pre-registration is requested. Call the OSU/Lane County Extension Service to register. All trainings are held on Thursdays, from 9:30-11:30 a.m. and are held in the OSU/Lane County Extension Service Auditorium. The program schedule includes:

- September 20th—“Are You Ready? Preparing yourself for the Unexpected”—If you had to leave your house with very short notice, would you know what to take with you? Be prepared for the unexpected — be it storm, flooding, fire or other emergency situation. Know where to get help and how to navigate the maze of resources.

- October 18th—“The Wonderful, Weird and Whacky things that comes from Trees!”—Everyday each American uses a wide array of things that come from trees. Besides lumber and wood products trees also provide many foods, additives, and pharmaceuticals, not to mention clothing, health care products, as well as industrial chemicals. We will learn all about these uses and their importance in our lives.

- November 15th—“Taking the Mystery Out of Navigating the Web”—Figuring out how to navigate the web for seniors can be quite intimidating. Join Denise, Suzi and Charlotte as they demonstrate how to navigate the OSU/Lane County Extension web page, how to find information on the Study Group program and learn about the senior food pyramid. Pre-registration required.

- December 20th—“De-Clutter Your Life”—Organizing our homes and getting rid of clutter becomes important as our families change, lifestyles evolve and we may need to make the decision to “down-size.” We will focus on how to manage it, dispose of it or store it.

Finance Continued from Page 1

The OSU/Lane County Extension Service Auditorium, 6-8:30 p.m. with evening refreshments provided. The registration fee is $30 per person. Be sure to register early as space is limited. Contact the OSU/Lane County Extension Service for more information.

The second program, “Don’t Let Your Golden Years be Tarnished,” is a six-week financial series geared to retired seniors. The challenge for seniors today is to figure out how they can maximize their investments to support them throughout their lifespan. Increased cost of living, insurance and health care are escalating and seniors worry if they will have enough money to take care of themselves. The six-part educational series will be offered Tuesday mornings in February and March of 2008 and will focus on answers to these future challenging financial situations plus much more.

For those individuals who find themselves in debt and decide to file for bankruptcy, Extension has been approved to offer the two-hour educational workshop, “Moving Forward to Financial Security,” required for debtor education. Your choice of class dates include: Thursday, September 6th, 1-3 p.m.; Tuesday, October 9th, 6-8 p.m.; Tuesday, November 6th, 6-8 p.m.; and Wednesday, December 12th, 10-12 p.m. Cost for the class is $50 and pre-registration is required.

Extension also offers workshops for the general public or in collaboration with public service agencies. For example, Extension partners with St. Vincent de Paul Second Chance Renter’s Rehabilitation program, to provide two classes (out of their eight-week series), on financial management and stretching your food dollar. Other financial classes the Extension Service offers include Managing Your Money before Your Debt Manages You, Repairing Your Credit, Basic Budgeting and Developing Spending and Savings Plan. Watch the Extension calendar of events or the OSU/Lane County Extension web site: http://extension.oregonstate.edu/lane/ for these and other financial education opportunities.
Forest Field Day

Promoting forest stewardship through education reaches 11 area schools...

Thanks to an array of volunteers, Forest Field Day has completed another successful year. The Forest Field Day program includes an outdoor session and an in-class curriculum allowing students to explore forest management issues via role-playing. Prior to their field trip, a Forest Field Day representative visits the classroom and reinforces the concept of sustainability.

The field component involves students portraying one of four “grandchildren” who inherit 200 acres from “Grandma Peterson.” “Grandma” stipulated they cannot sell the property and are required to create enough revenue to pay the taxes. This is to be done through managing the timber and resources in a sustainable manner, following the rules and regulations of Oregon’s Forest Practices Act.

The four “grandchildren” each have a focus they represent during the session. One wants to make money by harvesting timber. Another loves animals and wishes to enhance wildlife habitat. Yet another is concerned about soil and water protection, while the last of the “grandchildren” wants to develop recreational opportunities such as hiking trails and a campground.

During the field visit, the student’s in-class instruction is reinforced as small groups rotate through four, hands-on learning stations that illustrate the topics. The experience is completed when the “family” works together after the field day and creates a management plan meeting the criteria.

The entire program involves volunteers from private and public sectors, including OSU Forestry Extension and their Master Woodland Manager volunteers, biologists, recreation specialists, tree planters and business owners. These individuals donate their time, energy, knowledge and experience to help area youth understand the complex issues of managing forestland.

This year, Forest Field Day was made possible by more than 100 volunteers who reached approximately 1,000 middle-school students from 11 area schools. The most recent session involved students from Pleasant Hill Middle School and Goshen Elementary. These students visited the property of Extension Master Woodland Managers, LeRoy and Mary Lou Petersen on Upper Camp Creek Road. The Petersens are one of the original volunteers to have donated their time and property for a Forest Field Day.

A new venue to Forest Field Day included Master Woodland Manager, Tom Bauman and his wife, Lindsay, who offered the use of their tree farm on Territorial Road near Lorane. Prior to volunteering their property, Tom has been a regular volunteer with Forest Field Day.

Yet another extremely active set of volunteers include Dave and Dianne Rankin, Master Woodland Managers from the Florence area. This was the second year they were the primary organizers for a Forest Field Day on Norland and Maureen Huntington’s property near the North Fork of the Siuslaw River. Dave and Dianne have also hosted tours on their property and are actively involved in the Oregon Small Woodlands Association.

Although the primary intent of this article is to display the participation and impact of OSU Forestry Extension and its volunteers, it would be remiss to not mention the various organizations that have contributed to the great success of Forest Field Day. The Oregon Department of Forestry, Oregon Fish & Wildlife, Bureau of Land Management, U.S. Forest Service, Army Corp of Engineers, Weyerhaeuser, Seneca Jones, Roseburg Forest Products, Swanson Group, Giustina Resources and Giustina Land & Timber, Zip-O-Logs Mills, Rosoboro Lumber, Baker & Associates, NW Timber Consulting, Pape’ Machinery, Cole Resources Management, the Campbell Group, EPUD and individuals in these organizations are responsible for this event.

Volunteer Spotlight

Molly Schworm moved to Lane County in early 2000 and immediately became very active in the OSU/Lane County Extension Master Food Preserver program. She has volunteered hundreds of hours each year to the program answering the hotline, teaching classes, working at the fair and mentoring new volunteers. When the Food Pantry Program started in 2004, Molly was one of the first volunteers to train for the program. Every month, Molly visits the two largest pantries providing samples and recipes to the pantry shoppers. In addition, Molly serves as a member of the Extension Advisory Committee. She devotes many hours promoting Extension to groups, speaking to decision makers, as well as assisting with fund raising activities. Molly Schworm is a truly amazing volunteer!
4-H Youth Fair...a Hit!

The 2007 Lane County 4-H/FFA Youth Fair, held in July, was a huge success! There were over 600 youth members who participated in showcasing their 4-H/FFA projects that they worked on all year, ranging from photography and woodworking to raising beef cattle or showing their horse. The Fair gives youth from Lane County the opportunity to have their exhibits judged and to compete against their peers in their chosen project field. The Fair is about more than just ribbons and awards, it is about youth development.

4-H members have a chance to showcase their projects and develop life skills. Parents and leaders smile and proudly tell you that, as a result of experiences throughout the year and at Fair, they see their 4-H’ers as more responsible, confident, and hard working team members. While anecdotal stories about these experiences are great, it is even more powerful to be able to say that Oregon 4-H has conducted research to prove it. A study was conducted among five different Oregon counties during the 2006 Fair season. The results revealed that different aspects of Fair including herdsmanship, competition, life at Fair and participating in the market animal program each contribute to the development of particular life skills. The three life skills that were rated highest by both parents and members were: responsibility, cooperation, and teamwork. This information reinforces our observations that 4-H is an important workforce preparation experience. 4-H members report significant changes in the level of self-esteem and their proactive coping skills. Parents confirmed that Fair helps their 4-H’ers develop four key characteristics: belonging, independence, generosity, and mastery. In youth development research, these characteristics are commonly referred to as the “Four Essential Elements of Youth Development.”

So, as we look back at the Youth Fair for the 2007 season, it’s nice to know that our youth in Lane County, as well as youth throughout Oregon, are doing more than just competing for an award or a ribbon. They are learning essential skills that will travel along with them throughout their journey in life.

Join the Fun... Join 4-H

The 4-H year is October 1st, 2007 through September 30th, 2008.

What is 4-H?
4-H programs are designed to help youth in both urban and rural areas “learn by doing.” The variety of 4-H projects offered is endless. If you don’t see your favorite, contact your county OSU Extension staff member to help you find the resources to start your own project area.
- Adults and teen volunteer leaders use hands-on projects and activities to help youth develop important life skills, such as:
  - Leadership
  - Decision-making
  - Communication and interpersonal

Who can join?
- Any 4th – 12th grader can join 4-H
- Youth in grades K – 3 can join “4-H Adventures”
- We also need adult volunteer leaders to assist with 4-H Clubs. For more information about becoming a leader please call the OSU/Lane County Extension Service. Or see our web site at: http://extension.oregonstate.edu/lane

How do I join?
- It’s easy! Contact the OSU/Lane County Extension Service and tell them that you are interested in receiving information about 4-H and we’ll mail out an information packet.
- You can join an existing club, or encourage your mom, dad, and neighbor or teacher to become a 4-H Leader and start your own 4-H club.

4-H Quiz - True or False?

- To be a 4-H member you must live on a farm and have animals. FALSE – over half of Lane Counties’ 4-H members live in the city. There are over 100 projects to choose from, most of them are non-animal related (photography, art, science, clothing, knitting, woodworking, ceramics, bee keeping, foods and nutrition, etc.) There is a 4-H project for every interest.
- 4-H is expensive. FALSE – to join 4-H there is a minimal project service fee. This covers materials, mailings and insurance.
- 4-H is a great way to meet people. TRUE – Through 4-H, youth can meet people from all parts of Lane County and Oregon. In fact, life long friends are often made through 4-H. There are no uniforms or other “hidden costs” to be in 4-H. The rest of your expenses will depend on your project. For example, the horse project may be very costly, but a cooking project may cost very little and would meet your daily nutritional requirements.

Join the Fun... Join 4-H

Thirty-two Lane County 4-H’ers enjoyed the 2007 4-H Summer Conference.

Carolyn Ashton 4-H Youth Development
Greener Pastures

By Shelby Filley

Every summer we see many of our fields dry up and turn brown. We think about the previous season’s forage and wonder if we could have done better. The anticipation of fall rains brings thoughts of improving on what we have. What should we do?

If we have a new field, we may get in a hurry to improve the farm ground and rush into a course of action that actually hinders the process. The tendency is to want to completely renovate the pasture without giving it a chance (a little TLC) to express what is already there.

Whether we are working with a familiar field or a new prospect, plowing and tillage right away may cause us to overlook preliminary steps that are important to success further down the line or overlook the potential that already exists. We should slow down and take care of some basic duties that will actually put us ahead of the improvement process compared to rushing into things.

Pertinent questions to ask ourselves include: What is the intended use of the forage? What is the current and potential yield of the field? What is needed to reach that potential? And how much will it cost to get there?

For more information and help in answering these questions, please contact Shelby Filley, or access the complete version of this article, including references and study materials at: http://extension.oregonstate.edu/douglas/ImprovingPastures.pdf.

Out of Control Algae

By Melissa Fery

In the summer time, water temperatures rise and the sun shines bright, helping create ideal conditions for excess algae growth in farm ponds. Aquatic plants, including algae, are important to a pond’s ecosystem, but it is easy for these plants to grow out of control, causing problems for water quality, fish and other wildlife.

Excess algal biomass (algae blooms) is prompted by non-living and living factors. Algae utilize nutrients in the water from decaying plant materials like fallen leaves, fish wastes, dead bugs and fertilizers. Nutrient enrichment along with warmer water temperatures and fewer organisms eating the algae leads to an algae bloom. Not only are these algae blooms unsightly, they can potentially create an unhealthy environment for aquatic animals.

The first line of defense against algae blooms and excessive weed growth is prevention. Reducing use of fertilizers near the pond, limiting livestock access, and ensuring that septic system drain fields function properly will reduce nutrient loading in the water. Removing fallen leaves and other decaying materials deprives algae of food needed for growth. Providing shade around the pond may help by reducing water temperature and filtering the sunlight needed for algae to photosynthesize. Research shows that barley straw is another way to prevent excess algae growth in water. Controlling excessive algae and weed growth is an ongoing endeavor if the ecosystem is drastically out of balance. Experts believe that adding beneficial bacteria to the pond system is valuable. Beneficial bacteria maintain the nitrogen cycle, by breaking down sludge along the bottom of the pond and reducing odor.

Shading products or dyes can be used to limit light penetration for algae. Dyes are not a long term solution but may be used until vegetation can be established around the pond to provide natural shade. Dyes turn water a bright blue color. Pond rakes or skimmers are mechanical methods to remove algae masses and weeds from the pond. As a last resort, chemical treatment may be used. Algicides are fairly selective chemical controls; however caution should be used, as ponds are often connected to ground water and surface water systems. When selecting chemical treatments read the label carefully and follow application and safety directions and obtain any necessary permits. Algae are a natural part of the pond ecosystem, but attention should be given to keep the pond in balance to prevent excessive algae growth.

Watch Soil pH before trying to Direct Seed Crops

By Mark Mellbye

Direct seeding is a term pretty much synonymous with no-till. Regardless of the term a scientist or farmer likes to use to describe this method of farming, planting any crop without tillage and seedbed preparation can be a challenge.

Tillage accomplishes several things for the farmer. Tillage helps control weeds and soil pests like slugs, and helps insures good seed soil contact for uniform germination of the a crop. Tillage also helps mix in fertilizer and lime if needed. One of the tips to helping insure a direct seeding works is to take a close look at soil fertility. It is important to correct problems before going into a no-till program. Keep in mind: “When we plant good seeds in bad chemistry, bad chemistry wins.”

Bad chemistry in this case is often low (acidic) soil pH. In a field with a low pH that has not been worked up in a number of years, the surface inch or two of soil may actually have a pH that is low enough to restrict root growth and interfere with stand establishment.
Feeding the Minds of Lane County

Since the early 1970’s, the OSU/Lane County Extension Service has implemented a federally funded nutrition education program. Over the years, the Nutrition Education Program (NEP) has shared the benefits of good nutrition with thousands of limited-resource Lane County residents. We currently work with a variety of organizations to educate youth and adults about the importance of a healthy diet and physical activity.

NEP is federally funded through two USDA programs. These programs target limited-resource individuals, families and children. They both rely on community partnerships to exist.

Our program teaches basic nutrition through hands-on, experiential learning. We cook, complete activities, problem solve, and try to make the nutrition information “come alive” as we teach. Experiential learning ranges from school children tasting new foods through participatory learning games such as “Fear Factor”, to parents measuring the amount of sugar in commonly eaten foods, to seniors adapting their cooking styles to meet their changing nutritional needs. We strive to provide educational opportunities for every age group.

The Nutrition Education Program is always interested in expanding its outreach. Below is a partial list of districts and agencies we have partnered with in the past year:

- DHS Jobs and TANF Programs
- Eugene Recreation Services
- FOOD for Lane County food pantry sites.
- Head Start
- Laurel Hill Center
- Looking Glass Youth and Family Services
- Metropolitan Affordable Housing
- Options Counseling Services
- Relief Nursery
- River Road Parks & Recreation
- St. Vincent de’Paul
- Various School Districts in Lane County
- Willamette Family Treatment Center
- Willamalane Parks & Recreation
- WIC

For more information about nutrition education classes call Karen Cholewinski at 541-682-7378. Or see our web site at: [http://extension.oregonstate.edu/lane/nutrition](http://extension.oregonstate.edu/lane/nutrition).

Food Pantry Volunteer Opportunity

The OSU/Lane County Extension Service and FOOD for Lane County are seeking interested volunteers to help with the collaborative Food Pantry Project. Each month, Extension trained volunteers prepare selected recipes for demonstration and tasting at one of over 20 FOOD for Lane County pantry sites. Pantry shoppers, managers and volunteers state that the project successfully encourages families to try nutritious foods. We encourage you to contact the OSU/Lane County Extension Service Nutrition Education Program for more information.

On Tuesday, November 13th beginning at 9 a.m., in the Extension Auditorium, there will be a training for people interested in becoming Food Pantry Project volunteers. Topics for the training will include food safety, recipe preparation, food demonstrations, and more. If the Food Pantry Project sounds interesting to you, we encourage you to attend the training session for this important project.

For more information, or to register for the November Food Pantry Project training, please contact the Nutrition Education Coordinator, Nancy DeSpain at 682-7326 or by email at nancy.despain@oregonstate.edu. Also, you can read more about this project by visiting our web site at [http://extension.oregonstate.edu/lane/nutrition/food_pantry_project](http://extension.oregonstate.edu/lane/nutrition/food_pantry_project).

Boarding the Whole-Grain Train

You have probably heard that whole grains are good for you. Maybe you have even seen flashy ads for whole grains on food packages in your local grocery store. Marketing efforts and the MyPyramid answer many of our questions regarding the benefits of whole grains, but many of us are left wondering what to look for when shopping for them.

Whole grain refers to any grain that includes the whole grain kernel: the germ, endosperm and bran. Refined grains, by contrast, have the germ and bran removed which contain most of the vitamins and minerals of the grain, fiber, and a small amount of fat. Some of the vitamins and minerals are added back to the remaining endosperm through a process called enrichment, yet most fiber is not.

When visiting the grocery store, look for grains that include the phrases “Whole Grain” or “100% Whole Grain.” Terms such as “multi-grain” and “seven-grain” can be misleading, as they do not reveal if it is whole grain. Looking at the color of a food product is not a reliable way to determine if a food is made with whole grains. Many times, food manufacturers use food coloring or molasses to give the color of a whole grain, when actually, it is made entirely of refined flour.

What are some common whole grain items to add to your pantry? Look at the list below for examples:

- Whole Wheat Flour (used to make breads, cereals, crackers etc.)
- Popcorn
- Whole Oats or Oatmeal
- Brown Rice
- 100% Whole Wheat
- Bulgur
- Quinoa (pronounced keen-wah)
- Whole Grain Corn
- Buckwheat

A “Super Snacker” learns to make a yummy, nutritous fruit smoothy.
Horticulture Program
What is it?

The OSU/Lane County Extension Service horticulture program serves the public by answering plant questions, teaching how to better grow plants and helping residents learn about insects, compost, disease and weeds.

The horticulture program has two areas: home horticulture and commercial horticulture. On the home horticulture side resides The Master Gardener (“MG”) program. Duane Hatch instituted this program in 1976 to educate Master Gardener volunteers. The annual 11-week Master Gardener training course provides students (future volunteers) a thorough background in gardening techniques and methods, plus hands-on experience in pruning, composting, weed ID and ways to improve their gardening techniques. After the volunteers are educated, they assist Lane County residents to diagnose plant problems, identify insects and plants, provide methods to improve their gardening, pruning and composting techniques. In addition, MGs identify which plants and insects are poisonous, which are harmless, and which are beneficial. This has helped reassure many families and prevented some dire outcomes. Last year, MG volunteers answered questions from 21,000 walk-in clients, and answered 11,000 phone calls.

The commercial side of horticulture has also protected Lane County residents. Between October 2006 and February 2007, in collaboration with many county agencies, approximately 78,000 pounds of outdated pesticides, oil and fertilizer, were collected and environmentally destroyed. As a result, the ground and surface waters of Lane County were saved from contamination.

Another commercial horticultural activity, ongoing since 1991, involves Extension Service’s research to determine if farmers were leaching fertilizers and/or pesticides into the local groundwater. After 20,000 farm samples and 1,600 home samples, only one pesticide contained above the EPA TMCL (total maximum contamination level). In addition, through working relationships with EWEB, SUB, local Groundwater Guardian groups and Extension Service, Lane County has some of the cleanest surface and groundwater in the world! This tireless effort has paid off. Throughout the years, the horticulture program has positively affected Lane County residents. Since 1992, we have worked to keep Eastern Filbert Blight out of the southern valley. Extension worked with county residents in finding and destroying infested contorted filbert trees. These actions enabled us to keep the infestation out of Lane County for 13 years, which allowed 3,350 acres to be harvested and generated $3,920,000.

In 2005, tomato late blight showed up in Lane County home gardens. Extension’s educational outreach to gardeners saved thousands of dollars worth of tomato plants that were at risk of being spoiled by tomato blight. Our horticultural agent was quick to contact the media and go on air to share tips on handling the problem.

As they said in the Ghost Busters movie, “Who you gonna call?” The OSU/Lane County Extension Service, of course! When you need answers “Who you gonna call or who are you gonna call” to work on the problem. To receive a registration form with the scheduled classes contact the OSU/Lane County Extension Service or print out the registration form online in December at:

http://extension.oregonstate.edu/lane