November is
National Family Caregivers Month

There are many ways to celebrate family caregivers and to take action and communicate the important messages of National Family Caregivers Month in your community:

**Top 10 Ways to Celebrate National Family Caregivers Month**

1. Offer a few hours of respite time to a family caregiver so they spend time with friends, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten up a family caregiver’s day.
3. Encourage local businesses to offer a free service for family caregivers through the month of November.
4. Participate in the National Family Caregivers Association’s FREE national teleclass: Safe & Sound: How to Prevent Medication Mishaps. For more information visit [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).
5. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
6. Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them an amusing audio book to listen to while doing their caregiving activities.
7. Find 12 different family photos and have a copy center create a monthly calendar that the family caregiver can use to keep track of appointments and events.
8. Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
9. A United States postage stamp honoring the more than 50 million family caregivers in America is officially “under consideration” by the U.S. Citizens Stamp Advisory Committee for introduction as early as 2011. Sign the petition at [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) and ask others to sign the petition letter.
10. Help a family caregiver find information and resources on the internet or to locate a local support group.
Family Care Connection is a free service, making the CONNECTION for families in Clatsop, Lincoln and Tillamook Counties with the child care they need.

As the Child Care Resource & Referral (CCR&R) Agency we provide a critical link for parents to child care providers in their communities and consumer education on the importance of choosing a high quality child care environment. We provide training, consultations and technical assistance to promote the success of child care providers. As the CCR&R, Family Care Connection is the primary organization that works with and relates to all parts of the child care system – families, child care providers, educators, businesses and policymakers.

What Oregon industry supports 181,000 Oregon jobs, $8 billion in income and $25 billion in sales annually?

Nina Roll, Family Care Connection Director

The answer to the above question may surprise you……. It is the Child Care Industry. The Economic Impact of Oregon’s Child Care Industry 2010 Edition was recently released and there are some statistics that should amaze you. During this time of intense focus on economic development, when we are all concerned with how to best stimulate the economy, create new jobs and save existing ones, it would be a worthy investment of your time to explore just how much the child care industry contributes to our economy. You can find the full version at http://www.oregon.gov/EMPLOY/CCD/docs/Reports/child_care_econ_impact_2010.pdf

Some updated statistics from this 2010 report show the child care industry in Oregon:

- Generates $367 million in income.
- Generates $1.2 billion in gross revenues, on par with Oregon’s signature greenhouse and floriculture operations.
- Comprises 10,946 child care businesses that employ people, pay wages and make purchases in your community.
- Ranks 17th (yes 17th!!) in employment out of the state’s 410 industries, employing 29,626 people – more than telecommunications, lumber and paper mills, computer related services, and wineries combined.
- Keeps more than 98,000 parents on the job earning $4.3 billion annually.
- Is linked to an estimated additional 83,000 jobs, which are generated by the jobs these 98,000 parents hold, as well as by the wages they earn. The combined salaries and wages of all these workers amount to more than $8 billion and their work generates nearly $25 billion in gross revenues.

Just last month the National Association of Child Care Resource & Referral Agencies (NACCRRA) released its newest report, "The Impact of the Economy on Parents’ Child Care Choices and Perspectives." This report shows that despite modest improvements in the economy, many families are still struggling. Quality of care and cost remain the most important factors for parents when choosing child care. Nearly 40% of parents say the current economy has affected their child care arrangements and they worry about not being able to meet their household expenses. Over 75% of parents rate affordable child care as the most important or one of the most important factors in helping working families. Despite the down economy, parents want quality child care. Seventy-three percent of parents said they support investing more government money to improve the quality of care, even if it means they would have to pay more in taxes.

(continues on page 3)
Oregon industry (cont. from page 2)

Numerous studies show investing in high-quality early child care and education is one of the best investments around. Communities can save money on remedial education, incarceration, and drug and alcohol treatment; while seeing teen pregnancies decline. Research clearly shows that children in high-quality early care do better when they enter school, have higher graduation rates and have higher earning potential as adults.

Child care has clearly proven its importance as an industry; creating jobs that stimulate local economies, helping parents get and maintain their jobs thereby supporting local businesses, and providing quality early care and education for our children — our link to our future workforce. The child care industry is an essential part of a successful economic recovery and is critical to the infrastructure of future economic development.

The Magic of Preschool

An article, "How does preschool work its magic?" in Wired magazine, reviews a new paper by Flavio Cunha, an economist at the University of Pennsylvania, and James Heckman, a Nobel Laureate at the University of Chicago, on the reasons to invest in preschool education. In the paper Cunha and Heckman discuss the findings of the Perry Preschool Study and the article summarizes....

"Interestingly, the Perry Preschool didn’t lead to a lasting boost in IQ scores. While kids exposed to preschool got an initial bump in general intelligence, this dissipated by second grade. Instead, preschool seemed to improve performance on a variety of 'non-cognitive' abilities, such as self-control, persistence, and grit. While society has long obsessed over raw smarts — just look at our fixation on IQ scores — Heckman and Cunha argue that these non-cognitive traits are often more important. They note, for instance, that dependability is the trait most valued by employers, while 'perseverance, dependability, and consistency are the most important predictors of grades in school.' Of course, these valuable skills have little or anything to do with general intelligence. And that’s probably a good thing, since our non-cognitive traits are much more malleable than IQ, at least when interventions occur at an early age. Preschool might not make us smarter — our intelligence is strongly shaped by our genes — but it can make us a better person, and that’s even more important."

Source: ExchangeEveryDay [exchangeeveryday@ccie.com] August 20, 2010
TheBUZZ About Cooking Fruits & Vegetables in the Microwave
From: www.fruitsandveggiesmorematters.org/

Does microwaving destroy the beneficial compounds in fruits & vegetables?

**WHAT WE KNOW**
The cooking process in general can cause some destruction of beneficial compounds in fruits and vegetables (phytochemicals, antioxidants, vitamins, minerals), BUT it can also make some beneficial compounds (such as lycopene) more available to the body. **In fact, microwaving is actually a good way to minimize the loss of nutrients!** The nutrients of most concern when microwaving are the water-soluble vitamins: vitamin C and the B vitamins. These vitamins are lost more easily during the cooking process, because they easily move into the cooking water. The fat-soluble vitamins (A, D, E, and K) are not as easily lost in the water during the cooking process.

**HOW DO WE KNOW THIS?**
A review in the *Journal of Food Composition and Analysis* found higher retention values of water-soluble vitamins in foods that were prepared in the microwave, steamed, or stir-fried. Vitamin C in spinach and green beans cooked in the microwave had a mean retention of up to 79% when compared to 66% retained when boiled.

Another study cited in the article found that retention of vitamin C was the highest in fresh broccoli, cauliflower, potatoes, frozen corn, and peas cooked by microwave steaming, followed by microwave-boiling, stovetop steaming, and stovetop boiling. Folate, vitamin C, retinol (a form of vitamin A), and thiamin (B1) seem to be most affected by the cooking process.

**BEST ADVICE**
The difference in nutrient quality caused by cooking (including microwaving) is **very minimal**! The most important thing is that **you are eating your fruits and veggies**! No matter how you prepare them, or what form—fresh, frozen, canned, dried, or 100% juice—you prefer, consuming fruits and vegetables is much more beneficial to you than not consuming them at all!

**A bigger concern with microwave ovens is food-borne illness.** Here are some key ways to diminish your risk of contracting a food-borne illness when using a microwave:

- Clean microwaves with baking soda and vinegar at least once a week (especially in office settings)!
- Make sure your refrigerator is held at 40° F to decrease the growth of bacteria in leftovers and other food products.
- When using an older microwave that does not have a turn plate, shift your food half way through the cooking process. This will minimize cold spots in your food where bacteria are not killed.
- Use a food thermometer to make sure your food is heated to 165° F—this will ensure all bacteria is killed.

More NUTRITION, page 14
Oregon Sea Grant provides programs to promote and enhance a better understanding of fisheries management, working towards creating vibrant and sustainable coastal communities. Sea Grant is often a bridge between commercial fishermen and researchers, and includes projects such as Scientists and Fishermen Exchange, The Fishermen Involved in Natural Energy, Cooperative Research on Oregon Ocean Salmon, and Sea Safety Training. We act as a consultant on many educational programs relating to commercial fisheries, and answer a variety of marine-related questions that come to the Extension Office.

**NEWPORT AREA COMMERCIAL FISHERMEN**

**DRILL CONDUCTOR COURSE**

**“Training Required by 46 CFR 28.270(c)”**

~ 2-Day Course ~

Nov 11-12, 2010

7:45am—5:00pm

Englund Marine

Newport, Oregon

Free! No Cost

Thanks to AMSEA & The Oregon Crab Commission

Pre-registration is required and space is limited

Contact Patty @ OSU Extension

541-574-6534, Ext. 11

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**Dungeness Crab-Stuffed Eggs**

4 hard-cooked eggs

1/2 c. shredded Dungeness crabmeat

2 Tbsp. mayonnaise

1/2 tsp. lemon juice

1/2 tsp. grated onion

1/2 tsp. dry mustard

Salt & pepper to taste

Halve eggs lengthwise and remove yolks, keeping whites intact. Mash yolks well with fork; add remaining ingredients and stuff whites. Garnish with paprika or finely-chopped parsley. Makes 8 stuffed egg halves.

*The above recipe — and many other seafood recipes — is included in the Newport Fishermen’s Wives SEAFOOD COOKBOOK, available for $15 at OSU Extension Office in Newport or from Newport Fishermen’s Wives.

A great gift idea for the holidays!
State of the world’s forests

The Food and Agriculture Organization (FAO) of the United Nations released their 2010 Global Forest Resource Assessment statistics. The FAO has collected statistics on the world’s forests at 5 to 10 year intervals since 1946. This is probably the most comprehensive study of the world’s forests, forestry and forest industry.

According to the report, forests cover 31% of the earth’s total land area. The world's total forest area is just over 4 billion hectares (almost 10 billion acres), which corresponds to an average of 0.6 ha (about 1.5 ac) per capita. The five most forest-rich countries are the U.S., the Russian Federation, Brazil, Canada and China. Collectively, they account for more than half of the total forest area. Ten countries or areas have no forest at all and an additional 54 countries have forest on less than 10 percent of their total land area.

The rate of deforestation shows signs of decreasing. Most of the deforestation is the conversion of tropical forests to agricultural land. Around 13 million hectares (about 32 million ac) of forest were converted to other uses or lost through natural causes each year in the last decade compared to 16 million hectares (about 39 million ac) per year in the 1990s. Both Brazil and Indonesia, which had the highest net loss of forest in the 1990s, have significantly reduced their rate of loss, while in Australia, severe drought and forest fires have exacerbated the loss of forest since 2000.

Large-scale planting of trees is significantly reducing the net loss of forest area globally.

Afforestation and natural expansion of forests in some countries and regions have reduced the net loss of forest area significantly at the global level. The net change in forest area in the period 2000–2010 is estimated at −5.2 million hectares (about 13 million ac) per year (an area about the size of Costa Rica), down from −8.3 million hectares (about 20 million ac) per year in the period 1990–2000.

The forest area in America was estimated as almost the same in 2010 as in 2000. The forest area in Europe continued to expand, although at a slower rate than in the 1990s. Asia, which had a net loss in the 1990s, reported a net gain of forest in the period 2000–2010, primarily due to the large-scale afforestation reported by China and despite continued high rates of net loss in many countries in South and Southeast Asia.

Primary forests, forests of native species where there are no clearly visible indications of human activities and the ecological processes have not been significantly disturbed, account for 36% of forest area – but have decreased by more than 40 million hectares (about 99 million ac) since 2000. On a global average, more than one-third of all forest is primary forest. Primary forests, in particular tropical moist forests, include the most species-rich, diverse terrestrial ecosystems. The decrease of primary forest area, 0.4 percent over a ten-year period, is largely due to reclassification of primary forest to "other naturally regenerated forest" because of selective logging and other human interventions.

The area of planted forest is increasing – it now accounts for 7% of total forest area. Forests and trees are planted for many purposes and make up an estimated 7 percent of the total forest area, or 264 million hectares (about 652 million ac). During 2005–2010, the area of planted forest increased by about 5 million hectares (about 12 million ac) per year. Most of this was established through afforestation, particularly in China. Three-quarters of all planted forests consist of native species while one-quarter comprises introduced species.

Legally established protected areas cover an estimated 13% of the world's forests. National parks, game reserves, wilderness areas and other legally established protected areas cover more than 10 percent of the total forest area in most countries and regions. The primary function of these forests may be the conservation of biological diversity, the protection of soil and water resources, or the conservation of cultural heritage. The area of forest within a protected area system has increased by 94 million hectares (about 232 million ac) since 1990. Two-thirds of this increase has been since 2000.

Twelve percent of the world’s forests are designated for the conservation of biological diversity. The area of forest where conservation of biological diversity is designated as the primary function has increased by more than 95 million hectares (about 235 million ac) since 1990, of which the largest part (46 percent) was designated between 2000 and 2005. These forests now account for 12 percent of the total forest area or more than 460 million hectares (about 1.1 billion ac). Most of

(Cont. on page 7)
them are located inside protected areas.

Forest fires are severely underreported at the global level. While some forest ecosystems depend on fire for their regeneration, forest fires can be devastating to others and they frequently cause loss of property and human life. On average, 1% of all forests were reported to be significantly affected each year by forest fires. However, the area of forest affected by fires was severely underreported, with information missing from many countries, especially in Africa. Less than 10 percent of all forest fires are prescribed burning; the rest are classified as wildfires.

Pests and diseases, natural disasters and invasive species are causing severe damage in some countries. Outbreaks of forest insect pests damage an estimated 35 million hectares (about 86 million ac) of forest annually, primarily in the temperate and boreal zones. The mountain pine beetle has devastated more than 11 million hectares (about 27 million ac) of forest in Canada and the western United States since the late 1990s. Woody invasive species are of particular concern in small island-developing States, where they threaten the habitat of endemic species. Information availability and quality continues to be poor for most of these disturbances.

Thirty percent of the world’s forests are primarily used for production of wood and non-wood products. Close to 1.2 billion hectares (about 2.9 billion ac) of forest are managed primarily for the production of wood and non-wood forest products. An additional 949 million hectares (2.3 billion ac) are designated for multiple uses – in most cases including the production of wood and non-wood forest products. The area designated primarily for productive purposes has decreased by more than 50 million hectares (about 123 million ac) since 1990 as forests have been designated for other purposes. The area designated for multiple uses has increased by 10 million hectares (about 25 million ac) in the same period.

After a decrease in the 1990s, wood removals began to increase. At the global level, reported wood removals amounted to 3.4 billion cubic metres (about 120 billion cubic feet) annually, similar to the volume recorded for 1990 and equivalent to 0.7 percent of the total growing stock. Considering that informally and illegally removed wood, especially woodfuel, is not usually recorded, the actual amount of wood removals is undoubtedly higher. At the global level, woodfuel accounted for about half of the removed wood.

Eight percent of the world’s forests have soil and water conservation as their primary objective. Around 330 million hectares (about 815 million ac) of forest are designated for soil and water conservation, avalanche control, sand dune stabilization, desertification control or coastal protection. The area of forest designated for protective functions increased by 59 million hectares (about 146 million ac) between 1990 and 2010, primarily because of large-scale planting in China aimed at desertification control, conservation of soil and water resources and other protective purposes.

The management of forests for social and cultural functions is increasing, but the area is difficult to quantify. The only regions with fairly good data on the designation of forests for recreation, tourism, education or conservation of cultural and spiritual heritage are East Asia and Europe, where provision of such social services was reported as the primary management objective for 3 and 2 percent of the total forest area, respectively. Brazil has designated more than one-fifth of its forest area for the protection of the culture and way of life of forest-dependent people. Globally, 4 percent of the world’s forests are designated for the provision of social services.

The value of wood removals is high but fluctuating. Wood removals valued just over US$100 billion annually in the period 2003–2007, mainly accounted for by industrial roundwood. At the global level, reported values show no change between 1990 and 2000, but an increase of about 5 percent annually over the period 2000–2005, suggesting that roundwood prices recovered somewhat since their decline (in real terms) in the decade 1990–2000. However, they have since fallen sharply.

The value of non-wood forest products remains underestimated. The reported value of non-wood forest product removals amounts to about US$18.5 billion for 2005. Food products account for the greatest share. However, information is still missing from many countries in which non-wood forest products are highly important, and the true value of subsistence use is rarely captured. As a result, the reported statistics probably cover only a fraction of the true total value of harvested non-wood forest products.

Around 10 million people are employed in forest management and conservation while many more are directly dependent on forests for their livelihoods. Reported employment in forest establishment, management and use declined by about 10 percent between 1990 and 2005, probably because of gains in labor productivity. Europe, East Asia and North America saw steep declines (15 to 40 percent between 1990 and 2005), while in other regions, employment increased somewhat – probably because roundwood production has increased faster than gains in labor productivity. Most countries reported increased employment in management

(footnotes to continue on page 16)
Soil Mixes for Vegetables
Sam Angima

Introduction
Soil mixes are popular for container gardening and may be used for a variety of reasons such as growing vegetables during offseason, container gardening when there is insufficient space, or to grow vegetables indoors. Good soil mixes should mimic ideal conditions provided by normal garden soil by providing water, nutrients, good drainage and physical support for the plant and a good root system. Both synthetic and natural ingredients can be used to make soil mixes for gardening.

Synthetic Soil Mixes
Synthetic soil mixes do not contain any soil and are used mostly in container gardening. These mixes are usually lightweight and free from weeds and diseases. They have very good drainage but hold moisture and nutrients well. Such mixes may contain sawdust, wood chips, peat moss, perlite, or vermiculite. A method to make soilless mixes is to mix horticultural grade vermiculite, peat moss, limestone, superphosphate and garden fertilizer. An example is to mix one bushel each of vermiculite and peat moss, add 10 tablespoons of limestone, 5 tablespoons of 0-20-0 (superphosphate) and 1 cup of garden fertilizer such as 6-12-12 or 5-10-10. Make sure to wet the mixture very well before planting.

Non-Synthetic Based Soil Mixes
These soil mixes usually contain some soil. An example is to mix equal parts of sphagnum peat moss or compost, pasteurized soil, and vermiculite or perlite. A compost base e.g. cow or chicken manure is then added to improve the physical properties and provide nutrients. In this mix, peat moss and perlite provide the structure that allows easy water movement and retention and at the same time provide aeration for respiration of roots and microorganisms. These mixes can be used for container gardening or for raised bed gardening out in the garden.

Taking Care of Soil Mixes
Soil mixes used in container gardening do not behave the same as soil in the garden. They drain fast, warm up faster and accumulate salts faster. Regular watering is required. If the soils say wet for a long time, they may get infested with soil gnats that feed off on decaying organic matter. If this happens, let soil mix dry before watering and use warm rather than cold water. Choice of containers is very important too depending on what is going to be grown in these soil mixes. Choose bigger containers for long season vegetables like tomatoes, eggplants and pepper. For green onions, beans, lettuce, squash, radishes and parsley, choose smaller 2-5 gallon containers. To enhance drainage, put some gravel at the base of the container and drill drainage holes on the side, near the bottom of the container. Where possible, recycle the water that drains out of the container as it contains leached plant nutrients. Always repot perennial vegetables grown in containers yearly for optimum root growth and nutrient uptake. Use liquid or water soluble fertilizers regularly to provide optimum plant nutrition. For soil mixes used out in raised bed gardens, ensure you do not step onto the soil mix to avoid compaction problems.
Important Dates to Remember
LCEO = Lincoln County Extension Office
LCFG = Lincoln County Fair Grounds

**November**
- 1st: Leaders Association Meeting 6:30pm – LCEO
- 15th: Animal Science Meeting 6:30pm – LCEO
- 20th: Regional Horse Judging Day 9am – Rody Ranch, Albany
- 22nd: Horse Committee Meeting 6:30pm– LCEO
- 25th & 26th: Extension Office Closed

**December**
- 6th: Leaders Association Meeting 6:30pm – LCEO
- 11th: Youth In Action 9am – LCFG
- 11th: Toledo Christmas Parade
- 23rd-24th: Extension Office Closed
- 31st: Extension Office Closed

**Coming Soon**
Clackamas County Rabbit and Cavy Show, March 12th, Clackamas County Fairgrounds
- Showmanship, Breed classes, Color Id and judging contests
- Mark your calendar for this new show! Details will be coming soon!

**Horse Bowl Results**
This year’s Horse Bowl very successful! A great big THANK YOU goes to all the youth who participated and all the adults who volunteered their time.

**State Qualifying Seniors:**
- Shantelle Brown
- Chelsea Chirrick
- Katie Joynt
- McKenna Swinford
- Ivy Jones

**State Qualifying Intermediates:**
- Gabriella Cook
- McKenzie Orr
- Brooke Thomas
- MaKella Bliss
- Cara Knott

**Hocus Pocus Small Animal Show**
This year’s Hocus Pocus Small Animal Show was a great success! There were over 20 exhibitors from all over the state.

**Thank You Volunteers!** Without you the day wouldn’t have ran so smoothly.

**Santa Dog Photo Night**
Come and get your dog’s picture taken with Santa (you can be in the picture too) from 7pm-9pm on Wednesday, November 10th at the Main Hall on the Fairgrounds in Newport. This is a great way to remember the holiday season with your best friend! You will get two 4x6 photos (same pose) for $12.00 and you can buy more than one pose. If you can, please bring 2 cans of food or either pets or people and you will get...
Santa Dog Photo Night (cont. from page 9)

$1.00 of the cost of the photo. All proceeds will benefit the K-9 Krusaders Dog Club.

Please remember to bring all dogs on leashes and if you have any questions, contact Sue Giles Green at 444-9247.

Continuing Leader Education

Watch for updates on Continuing Education for the 2010-2011 4-H year.

New Volunteers Wanted!

Think back to your childhood. You probably remember at least one adult who took the time to mentor and teach you valuable skills—whether it involved using pinking shears, gardening shears or sheep shears! Would you like to give that back to a child of today’s generation? You may be thinking that you don’t have any skills to teach, or don’t have the time, the place, or how to get the materials you need. But if you have the interest to work with a child and know you are having a beneficial impact on a life, 4-H can help you fulfill that dream. 4-H is not just about the animals that you see at the county fair... There are all kinds of projects that can be done within 4-H: photography, robotics, leadership, sewing, cooking, surfing, arts and crafts…the list goes on and on.

The wonderful aspect about 4-H is that it allows the leaders and members to design a program to fit their interest and schedules. A club is not required to meet a certain number of times per month, year-round, or even have a single leader. If you would like to job-share, that is possible. Members of the 4-H office at Extension will help you find curriculum to help and train you to be an effective leader. Give Vanessa Klingensmith a call at 574-6534.

Youth in Action: Holiday Centerpiece Making

It is nearly that time of year again for 4-H’ers and families to get together and create beautiful, fanciful, fragrant centerpieces for Meals-On-Wheels recipients throughout the county. In the past, 4-H’ers and Girl Scouts have created about 130 of these gifts for the home-bound population. This year, our “Youth-in-Action” event will be held on Saturday, December 11th from 9am to approximately noon at the fairgrounds. Please bring your own clippers and gloves, if you have them. Donations of fresh greenery and small ornaments suitable for a centerpiece are also encouraged. Please call 574-6534 closer to the event and we can tell you where these donations should be dropped off.

Youth Award Day

After the conclusion of Youth in Action on December 11th we will hand out youth awards. Awards will be given for record books, leadership development, horse bowl and regional horse judging day. Please come to support your fellow 4-H’er and see if you are an award recipient this year.

4-H Night with the Portland Trailblazers

Visit Rip City this year at 4-H Night with the Portland Trailblazers!! This is the fourth year Oregon 4-H has partnered with the team to provide this opportunity to our members, it is a lot of fun! This year’s game is Friday, March 25, 2011 at 7pm. This year’s game is against the San Antonio Spurs and makes a great spring break family, club, or county wide activity.

Tickets are offered at a discounted price for our members. Twenty members will get the chance to” high five” the Blazers take the court. Please purchase your tickets before March 4th. All friends, family, and alumni are welcome.

Registration form:
http://oregon.4h.oregonstate.edu/portland-trailblazers-4h-night

State Committee Members Needed for Communications

The new Advisory Committee we are forming for the Communications project is in need of members. Communications includes presentations, educational displays, and videography. Since this is a relatively new project area, the advisory would begin by reviewing the resource material available and the scoresheets that are currently being used. We will also discuss what we can do about standardizing the judging of these areas and work on revising the explanation cards used at State Fair.

If any leaders, or older youth are interested in helping send in an application form right away. If you have any questions contact Roberta Lundeberg 541-737-9295. The application form is online: http://oregon.4h.oregonstate.edu/sites/default/files/statecommitteeform10-10.pdf
State Shooting Sport Training

Columbia County is hosting a regional training in Rainier, February 11-13, 2011. The training is open to all prospective and returning volunteer leaders. New volunteers will need to attend the mandatory 4 hours of 4-H youth and adult development training plus the 8 hours of hands-on. If a volunteer has been through training in the last two years and want to tackle a new discipline, they only need to sign up for the Saturday training. With luck, the e-Learning Modules will be available starting in January 2011. This means new leaders can accomplish 4 hours of training at home and show up just for the hands-on training. Registration forms will be available sometime in November.

2011 Outbound 4-H International Exchange Programs

We are offering opportunities to travel to: Australia, Cost Rica, and Japan. Additional information and complete application materials are now available on the state 4-H website. Application deadline is January 7, 2011 for all programs.

NOTE: In order to obtain the best airfare prices, our national management group must purchase tickets by mid-February. Thus the required deposit payment for 2011 will be: $1500 for Japan and Australia, and $1000 for Costa Rica. This deposit is required with the application materials. Anyone not selected, by Oregon, for the program will receive a full refund on their deposit.

Training Scheduled

Training for faculty, staff and volunteers (county coordinators and assistant coordinators) related to 2011 international exchange programs is scheduled for March 11-12, 2011. Location to be determined. I would like to encourage you to attend this opportunity to gain the latest information and insights into youth from your county participating on an international exchange program. Most costs for the training are covered by the program.

Be watching for additional information.

Junior Leader Training
November 11, 2010

This training is required for any youth in the 7th-12th grade who would like to be Junior Leaders

Where: Lincoln County Extension Office Conference Room
Time: 6:30pm-8:00pm

Pizza Dinner will be provided. Please let us know if you have a food allergy or would like to request a vegetarian option.

Please RSVP: (541) 574-6534 or e-mail: vanessa.klingensmith@oregonstate.edu by November 8th to plan for food.

We’re on the Web
http://extension.oregonstate.edu/lincoln/index.php

STAY CONNECTED to OSU EXTENSION!

OSU Extension Lincoln County’s newsletter, COAST RANGER, is published 6 times annually, on the odd-numbered months. If you are interested in receiving notification for the latest edition of COAST RANGER, please e-mail your request to kathy.buisman@oregonstate.edu

AND — you can always go to our Web site at http://extension.oregonstate.edu/lincoln/index.php and keep up-to-date on ALL our programs & events.
Paper Check Conversion (PCC)

Over the next year, the Farm Service Agency (FSA) and the Commodity Credit Corporation (CCC) is moving toward an electronic method for processing producers’ checks. This will allow FSA/CCC to process collections faster.

When producers present checks, either in person or through the mail, the checks will be converted into an Electronic Funds Transfer (EFT). The funds will be debited from the producer’s account, usually within 24 hours of receipt.

Please see the U.S. Department of Treasury legal notices posted in the Service Center or visit the following U.S. Department of Treasury Internet site for detailed information: https://www.pccotc.gov/pccotc/pcc/usingpcc/Legal%20Notices/legalnotices.htm

Crop Insurance Deadlines Near

Now is the time to think about signing up for crop insurance for the 2011 crop year. Many crops can be insured through your local insurance agent. If your insurance agent is not willing or able to insure your crops, contact the Farm Service Agency. We will help you locate agents who can insure your crops and/or provide the coverage through USDA’s Non-Insured Assistance Program (NAP).

Deadlines for signing up are:

- November 20, 2010 - Apples, apricots, blueberries, caneberries, chestnuts, cherries, cranberries, grapes, hazelnuts, honey, nectarine, peaches, pears, plums, prunes, strawberries, walnuts
- November 30, 2010 – All forage and grazing crops, except oats and all grasses and legumes for seed.
- March 15, 2011 - Beans, broccoli, cantaloupe, cauliflower, corn, cucumber, lentils, mustard, peas, potatoes, pumpkin, safflower, sunflower, squash, tomato, watermelon
- May 31, 2011 - Buckwheat

The following crops listed at right can be insured through private insurance companies:
Farm Storage Facility Loan

The Farm Storage Facility Loan (FSFL) program allows producers of eligible commodities to obtain low-interest financing to build or upgrade farm storage and handling facilities.

The new maximum principal amount of a loan is $500,000. Participants are required to provide a down payment of 15 percent. New loan terms of 7, 10 or 12 years are available depending on the amount of the loan. Interest rates for each term rate may be different and are based on the rate CCC borrows from the Treasury Department.

Payments are available in the form of a partial disbursement and the remaining final disbursement. The partial payment will be available after a portion of the construction has been completed. The final payment will be made when construction is completed. The maximum amount of the partial disbursement will be 50 percent of the approved total loan amount.

Applications for FSFL must be submitted to the FSA county office that maintains the farm's records. An FSFL must be approved before any site preparation or construction can begin.

Eligible commodities for the FSFL program include: corn, grain sorghum, rice, soybeans, oats, peanuts, wheat, barley, minor oilseeds, pulse crops - lentils, small chickpeas and dry peas, hay, renewable biomass, fruits (including nuts) and vegetables.

For more information about FSFL please visit your FSA county office or www.fsa.usda.gov.

FSA Conservation Loan Program

The Farm Service Agency makes and guarantees conservation loans on farms and ranches to help conserve our natural resources. The Conservation Loan (CL) Program provides farmers with the credit necessary to implement conservation measures on their land.

The direct CL limit is $300,000 and the guaranteed CL limit is $1,119,000. Guaranteed loans are available through lenders working with FSA.

Applicants will work with Natural Resources and Conservation Service (NRCS) staff to develop a conservation plan. Conservation practices must be approved by NRCS before FSA can provide financing. Examples of conservation practices include installation of conservation structures; establishment of forest cover; installation of water conservation measures; establishment or improvement of permanent pastures; transitioning to organic production; manure management, including manure digestion systems; and more.

Beginning and Limited Resource Farmers

FSA assists beginning farmers and or members of socially disadvantaged groups to finance agricultural enterprises. Under these designated farm loan programs, FSA can provide financing to eligible applicants through either direct or guaranteed loans. FSA defines a beginning farmer as a person who:

- Has operated a farm for not more that 10 years
- Will materially and substantially participate in the operation of the farm
- Agrees to participate in a loan assessment, borrower training and financial management program sponsored by FSA
- Does not own a farm in excess of 30 percent of the county’s average size.

Additional program information, loan applications, and other materials are available at your local USDA Service Center. You may also visit www.fsa.usda.gov.

Acreage Spot Check Determinations and Notification

Each year the Farm Service Agency completes spot checks of acreage reports. Acreage reports are an integral part of farm program participation. Acreage spot checks are completed to ensure accurate acreage reports are used in farm program computations.

FSA will conduct spot checks on a selected number of farms in each state. All acreage determinations will be completed using the FSA Geographic Information System official acreages.

After farms are spot checked, a Notice of Determined Acreage will be sent to the farm operator. Producer notifications will be issued by FSA as spot checks are completed. Questions concerning determined acres should be directed to your local FSA office for further explanation.
Entertain the Fruit & Veggie Way
From: www.fruitsandveggiesmorematters.org

We all enjoy gathering with friends and family for fun, laughs, and of course, food! Social gatherings sometimes offer few healthy choices, and you may be tempted to overeat in the company of others.

Encourage others to eat a healthy diet by including a variety of fruits and vegetables at your next gathering. Host a fruit and vegetable pot luck. Ask family and friends to bring their favorite fruit or vegetable dish. Or set a theme, such as cultural night, and prepare fruit and vegetable dishes from a certain country or region.

Creative ways to include more fruits and vegetables at your next get-together
- Use a fresh vegetable platter or fruit salad as a colorful, appetizing, and tasty centerpiece.
- Serve healthy appetizers that use vegetables and fruits.
  - De-seed a cucumber and fill with tabouli, hummus, or tomato bruschetta. Slice into ½ inch pieces.
  - Top party rye with a thin layer of low-fat mayonnaise, a cucumber slice and a dash of lemon pepper, or spread with **Tuna Vegetable Dip**.
  - Marinate mushrooms in your favorite low-fat vinaigrette.
  - Top a thin slice of French bread or a melba toast round with a thin slice of part-skim mozzarella and sun-dried tomato.
- Make kabobs by placing bite-sized pieces of fruits or veggies onto skewers. Get your kids to help—they are fun to make and eat!
- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.
- Season your dishes with garlic, onions, or lemon juice to add flavor without adding fat or salt.

Sample Regional Menus (see RECIPES, page 17)
**Mediterranean:** Whole-wheat pita bread with hummus ● **Turkey apple gyros** ● Cucumber and tomato salad

**Mexican:** Baked tortilla chips with salsa ● **Avocado tacos** ● Black beans and rice

**Italian:** **Bruschetta with plums and fresh basil** ● Whole wheat pasta with tomato sauce ● Steamed mixed Vegetables

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Egg Recall and Salmonella

From May 1 to September 14, 2010, over 1600 reported cases of *Salmonella* Enteritidis infections were associated with contaminated shell eggs. While eggs are one of nature's most nutritious and economical foods, you must take special care with handling and preparing fresh eggs and egg products to avoid food poisoning.

**Egg Basics:** Thorough cooking is an important step in making sure eggs are safe.
- **Scrambled eggs:** Cook until firm, not runny.
- **Fried, poached, boiled, or baked:** Cook until both the white and the yolk are firm.
- **Egg mixtures, such as casseroles:** Cook until the center of the mixture reaches 160 °F when measured with a food thermometer.

**Egg Recipes: Playing It Safe**
- **Homemade ice cream and eggnog** are safe if you do one of the following:
  - Use a cooked egg-milk mixture. Heat it gently and use a food thermometer to ensure that it reaches 160 °F. Use pasteurized eggs or egg products.
- **Dry meringue shells, divinity candy, and 7-minute frosting** are safe — these are made by combining hot sugar syrup with beaten egg whites. However, avoid icing recipes using uncooked eggs or egg whites.
- **Meringue-topped pies** should be safe if baked at 350 °F for about 15 minutes. But avoid chiffon pies and fruit whips made with raw, beaten egg whites — instead, substitute pasteurized dried egg whites, whipped cream, or a whipped topping.

**Adapting Recipes:** If your recipe calls for uncooked eggs, make it safe by doing one of the following:
- Heating the eggs in one of the recipe’s other liquid ingredients over low heat, stirring constantly, until the mixture reaches 160 °F. Then, combine it with the other ingredients and complete the recipe. Or use pasteurized eggs or egg products.
- Using pasteurized eggs or egg products.

*Note: Egg products, such as liquid or frozen egg substitute, are pasteurized, so it’s safe to use them in recipes that will be not be cooked. However, it’s best to use egg products in a recipe that will be cooked, especially if you are serving pregnant women, babies, young children, older adults, and people with weakened immune systems.
Registration is now open for 2011 Master Gardener classes!

Oregon State University Extension Service
Master Gardener™ Program

- Do you want to learn more about plants, growing vegetables, and sustainable gardening?
- Are you eager to participate in a practical and hands-on training program?
- Do you look forward to sharing your knowledge with people in your area?
- Do you have time to attend training and complete volunteer work?

If you answered yes to these questions, check out the Oregon Master Gardener program!

Master Gardener™ training in a local classroom setting begins January 2011.

For more information, please contact OSU Extension Lincoln County Office, 574-6537, Ext. 10.

Or you can check out the Lincoln County Extension Web site:
http://extension.oregonstate.edu/lincoln/master_gardeners
for more information about the local Master Gardener classes.

A team of Master Gardeners working on a raised bed at a community garden.
of protected areas. Given that much forestry employment is outside the formal sector, forest work is surely much more important for rural livelihoods and national economies than the reported figures suggest. Governments generally spend more on forestry than they collect in revenue.

On average, total forest revenue collection was about US$4.5 per hectare (2.47 ac), ranging from under US$1 per hectare in Africa to just over US$6 per hectare in Europe. Public expenditure on forestry was about US$7.5 per hectare on average. Average expenditure was highest in Asia (over US$20 per hectare). In contrast, the average expenditure per hectare was less than US$1 in South America and Oceania.

Eighty percent of the world’s forests are publicly owned, but ownership and management of forests by communities, individuals and private companies is on the rise despite changes in forest ownership and tenure in some regions, most of the world’s forests remain under public ownership. Differences among regions are considerable. North and Central America, Europe (other than the Russian Federation), South America and Oceania have a higher proportion of private ownership than other regions. In some regions, there is an increasing trend of involving communities, individuals and private companies in the management of publicly owned forests.

You can find more information at: www.fao.org/forestry/fra2010

Oregon’s 2009 timber harvest hits historic low

According to Oregon Department of Forestry economist Gary Lettman, a struggling economy, reflected in weak housing and nonresidential construction, drove Oregon’s 2009 timber harvest to historic lows. The harvest of 2.748 billion board feet is 20 percent lower than the already depressed 2008 harvest and the lowest since the Great Depression-level harvest of 2.622 billion board feet. Timber harvest information to-date for 2010 shows harvest levels slowly increasing, but a major recovery in harvests is not forecast until 2011 or beyond. “Oregon’s forest industry infrastructure, although much reduced in recent years, remains intact,” said Lettman. “There have been numerous recent temporary mill shutdowns, but few mills are being permanently shuttered.”

Most of the timber harvest decline was in western Oregon, declining from 3.079 billion board feet in 2008 to 2.403 billion board feet in 2009. Even though the eastern Oregon timber harvest volume has been decreasing every year since 2005, the decline in harvest is slowing. Eastern Oregon harvest volume had dropped 45 percent from 2004-2008, but dropped only 5 percent from 2008-2009.

Douglas County jumped in front of Lane County as having the highest volume harvested during 2009, with 384 million board feet. Lane County, the top 2008 producer of timber volume, dropped 22 percent in 2009 to 338 million board feet. In western Oregon, Yamhill was the only county that harvested more timber in 2009 than in 2008, with an increase in harvest of 581 thousand board feet. Klamath County once again harvested the most timber in eastern Oregon, with a cut of 77 million board feet – a 14 percent increase from 2008. In Lincoln County, 145 million board feet were harvested in 2008. This fell to 81.5 million board feet of harvested timber in 2009.

Most timber harvested in Oregon comes from forest industry landowners and those harvests declined significantly in 2009, with the change between 2008 and 2009 representing the largest change in timber harvest by ownership class. Cutting 2.583 billion board feet in 2008, the forest industry accounted for 75 percent of Oregon’s total volume removed. In 2009, the forest industry’s volume harvested decreased by 597 million board feet, a 23 percent drop to 1.986 billion board feet. Most of this decline occurred in western Oregon, where 2009 forest industry harvests decreased in every county. Forest industry timber harvests in eastern Oregon decreased by only 6 percent. The forest industry harvested more timber in 2009 than in 2008 in Klamath, Jefferson, Morrow, and Wasco counties.

“When even a struggling timber economy, Oregon’s Native American Tribes and the U.S. Bureau of Land Management were able to increase timber harvests in 2009,” Lettman said. Tribal timber harvests increased 13 percent for 2009 to a total of 65 million board feet. The Bureau of Land Management increased harvest
Oregon’s 2009 timber harvest (cont. from page 16)

from 2008 by 26 percent to a total of 147 million board feet, making 2009 that agency’s highest timber harvest since 1999.

To consider it a good year, housing starts in the US have to be 1.5 million or more. For July, the annualized projection for 2010 was 546,000 starts. There are a reported 4.5 million houses on the market and until this glut of already existing houses is reduced there won’t be much demand for new housing and therefore not much demand for Oregon lumber. There is hope that with historically low interest rates available already existing houses will sell and 2011 will be a better year for Oregon landowners and Oregon forest products manufacturers.

You can contact Gary at: 503-945-7408 or glettman@odf.state.or.us.

NUTRITION—Recipes (cont. from page 14)

<table>
<thead>
<tr>
<th>Bruschetta with Plums and Fresh Basil</th>
<th>Avocado Tacos</th>
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<tr>
<td>Bruschetta is typically served with tomatoes and mozzarella cheese, but plums are a sweet surprise in this tasty Italian inspired side.</td>
<td>Try this variation of a Mexican favorite.</td>
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1 sourdough baguette (24 inch)<br>4 oz fat-free cream cheese, whipped<br>6 cups sliced fresh plums (about 9 plums)<br>1 cup fresh basil | 1 ripe avocado, peeled and seeded<br>1 medium onion, julienne<br>2 large green peppers, julienned<br>1 cup fresh cilantro, finely chopped<br>1-1/2 cup fresh tomato salsa<br>12 whole-wheat flour tortillas (10 inch diameter) | |
| 1. Slice baguette into 24 one inch-thick pieces.<br>2. Toast baguette slices in a 350°F oven until golden brown.<br>3. Spread each slice with fat-free cream cheese.<br>4. Place slices (about 3) of plum on each piece.<br>5. Garnish with basil. (Makes 6 servings—4 baguette slices per serving) | Non-stick cooking spray<br>1. Spray skillet with cooking spray.<br>2. Lightly sauté onion and peppers.<br>3. Cut avocado into 12 slices.<br>4. Warm tortillas in oven; layer peppers, onions, one avocado slice, and salsa.<br>5. Fold tortillas to enclose the filling and serve. (Makes 12 servings.) |

*Nutrition info per serving:
Calories 120kcal; Fat 1g; Sodium 160mg; Carb 25g; Fiber 3g; Protein 5g; Vit A 20%; Vit C 30%; Calcium 6%; Iron 4%

*Nutrition info per serving:
Calories 190kcal; Fat 6g; Sodium 180mg; Carb 28g; Fiber 5g; Protein 5g; Vit A 25%; Vit C 100%, Calcium 2%; Iron 8%

Turkey Apple Gyros
This traditional Greek sandwich gets a makeover with lean turkey meat replacing beef and a golden delicious apple added for a sweet crunch.

2 medium golden delicious apple, cored and thinly sliced<br>2 Tbsp fresh lemon juice<br>1 cup thinly sliced onion<br>1 medium red bell pepper, cut into thin strips<br>1 medium green bell pepper, cut into thin strips<br>1 tsp olive oil<br>8 oz cooked turkey breast, cut into thin strips<br>6 whole-wheat flour pita bread rounds (6-1/2” diameter)<br>1/2 cup plain low-fat yogurt<br>1 garlic clove, minced | 1. Toss apple with lemon juice, set aside.<br>2. In a large nonstick skillet, sauté onion and peppers in hot oil, stirring frequently until crisp and tender.<br>3. Add turkey to skillet and stir until heated through.<br>4. Stir in apple mixture. Add garlic to yogurt and mix.<br>5. Lightly toast the pita and then cut in half. Fill each half with the turkey mixture.<br>6. Drizzle with yogurt mixture. (Makes 6 servings.) |

*Nutrition info per serving:
Calories 280kcal; Fat 3g; Sodium 380mg; Carb 48g; Fiber 7g; Protein 19g; Vit A 15%; Vit C 80%; Calcium 6%; Iron 15%
WESTERN OREGON GARDENER CALENDAR

Oregon State University Extension Service encourages sustainable gardening practices. Preventative pest management is emphasized over reactive pest control. Identify and monitor problems before acting, and opt for the least toxic approach that will remedy the problem.

First consider cultural, and then physical controls. The conservation of biological control agents (predators, parasitoids) should be favored over the purchase and release of biological controls. Use chemical controls only when necessary, only after identifying a pest problem, and only after thoroughly reading the pesticide label. Least-toxic choices include insecticidal soaps, horticultural oils, botanical insecticides, organic and synthetic pesticides — when used judiciously.

Recommendations in this calendar are not necessarily applicable to all areas of Oregon. For more information, contact your local OSU Extension Service office.

NOVEMBER

Planning

● Force spring bulbs for indoor blooms in December.

Maintenance and Clean Up

● Service lawn mower prior to winter.
● Check potatoes in storage and remove any going bad.
● Place a portable cold frame over rows of winter vegetables.
● Place mulch around berries for winter protection.
● Cover rhubarb and asparagus beds with composted manure and straw.
● Rake and compost leaves that are free of diseases and insects. Use mulches to prevent erosion and compaction from rain.
● Protect built-in sprinkler systems: drain the system, insulate the valve mechanisms.
● Clean and oil lawnmower, other garden equipment and tools before storing for winter. Drain and store hoses carefully to avoid damage from freezing. Renew mulch around perennial flower beds after removing weeds.
● Protect tender evergreens from drying wind.
● Tie limbs of upright evergreens to prevent breakage by snow or ice.
● Trim chrysanthemums to 4 to 6 inches after they finish blooming.
● Leave ornamental grasses up in winter to provide winter texture in the landscape. Cut them back a few inches above the ground in early spring.
● Last chance to plant cover crops for soil building. You can also use a 3- to 4-inch layer of leaves, spread over the garden plot, to eliminate winter weeds, suppress early spring weeds and prevent soil compaction by rain.
● Watch for wet soil and drainage problems in yard during heavy rains. Tiling, ditching, and French drains are possible solutions. Consider rain gardens and bioswales as a long-term solution.
● Take cuttings of rhododendrons and camellias for propagation; propagate begonias from leaf cuttings.
● Prune roses to "knee-high" to prevent winter wind damage.

Planting/Propagation

● Plant window garden of lettuce, chives, parsley.
● Good time to plant trees and shrubs. Consider planting shrubs and trees that supply food and shelter to birds; e.g., sumac, elderberry, flowering currant, and mock orange.
● Still time to plant spring-flowering bulbs, such as tulips, daffodils, hyacinths, crocuses. Don't delay.
● Good time to plant garlic for harvest next summer, and to transplant landscape trees and shrubs.

Pest Monitoring and Management

● Monitor landscape plants for problems. Don’t treat unless a problem is identified.
● Rake and destroy leaves from fruit trees that were diseased this year. Remove and discard mummified fruit.
● Check firewood for insect infestations. Burn affected wood first and don’t store inside.
● Treat peaches 4 weeks after leaf fall spray for peach leaf curl and shothole diseases.
● Bait garden, flower beds for slugs during rainy periods. Use traps or new phosphate baits, which are pet-safe.

Houseplants and Indoor Gardening

● Reduce fertilizer applications to houseplants.
WESTERN OREGON GARDENER CALENDAR

Oregon State University Extension Service encourages sustainable gardening practices. Preventative pest management is emphasized over reactive pest control. Identify and monitor problems before acting, and opt for the least toxic approach that will remedy the problem.

First consider cultural, and then physical controls. The conservation of biological control agents (predators, parasitoids) should be favored over the purchase and release of biological controls. Use chemical controls only when necessary, only after identifying a pest problem, and only after thoroughly reading the pesticide label. Least-toxic choices include insecticidal soaps, horticultural oils, botanical insecticides, organic and synthetic pesticides — when used judiciously.

Recommendations in this calendar are not necessarily applicable to all areas of Oregon. For more information, contact your local OSU Extension Service office.

DECEMBER

Maintenance and Clean Up
- Spread wood ashes evenly on vegetable garden. Use no more than 1.5 lb/100 sq ft/year. Don’t use if the soil pH is greater than 7.0 or if potassium levels are excessive.
- Protect new landscape plants from wind. Use stakes, guy wires and/or windbreaks as needed.
- Yard sanitation: Rake leaves, cut and remove withered stalks of perennial flowers, mulch flowerbeds, hoe or pull winter weeds.
- Turn the compost pile and protect from heavy rains, if necessary.
- During heavy rains, watch for drainage problems in the yard. Tilling, ditching, and French drains are possible short-term solutions. Consider rain gardens and bioswales as a longer-term solution.
- Check stored flower bulbs, fresh vegetables, fruits for rot and fungus problems. Discard any showing signs of rot.
- Tie limbs of columnar evergreens to prevent snow or ice breakage.
- Do not walk on lawns until frost has melted.
- Make sure that landscape plants in protected sites receive water regularly during the winter.

Planting/Propagation
- Good time of year to plant trees, and landscape shrubs.

Pest Monitoring and Management
- Monitor landscape plants for problems. Don’t treat unless a problem is identified.
- Check for rodent damage around bases of trees and large shrubs. Remove weeds to prevent rodents from using them as hiding places. Use traps and approved baits as necessary.
- Avoid mounding mulching materials around the bases of trees and shrubs. The mulch might provide cover for rodents.
- Monitor spruce trees for spruce aphids. Treat if present in large numbers. Read and follow pesticide label directions.

Houseplants and Indoor Gardening
- Protect poinsettias from cold, place in sunlight, don’t let leaves touch cold windows; fertilize with houseplant fertilizer to maintain leaf color.
- Monitor houseplants for adequate water and fertilizer. Water and fertilizer requirements generally are less in winter.
First Annual Natural Resources School Attracts statewide Audience
Sam Angima, Ag Agent
The first annual Natural Resources School offered by Benton and Lincoln OSU Extension counties attracted more than 70 people and 33 instructors from across the state of Oregon. Participants enjoyed a wide array of topics presented by highly-motivated and engaged speakers. Topics ranged from fisheries, fishery products, dock walks, small farms, forestry management, to special forest products. One participant noted, “It was hard for me to choose which one I wanted to attend. I could have attended at least 8 of the workshops.” That is how most attendees felt; however, the variety of topics offered showed how interesting the topics were to Oregonians, especially during this economic downturn of our economy. The school will be offered again next year during the fall and already a variety of topics suggested by the participants have started to line up. The following pictures show scenes during the school.

Wood Mizer demonstrations by Carl Fich awed many of the participants of the Natural Resources School during the course of the day.

Exhibitors had an opportunity to display their products and information for those attending OSU Extension’s NATURAL RESOURCES SCHOOL.

Photos by Patty Mann