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Sam Angima selected as Regional Administrator for North Coast

It is with great pleasure that we announce the appointment of Sam Angima as OSU Extension Regional Administrator for the North Coast area of our state.

Sam has been OSU Extension Agent/Staff Chair for Lincoln County since 2006, and will retain some of the duties related to leadership and administration.

In his role of Regional Administrator for Clatsop, Columbia, Tillamook & Lincoln Counties, Sam will help provide the needed leadership, vision, and administrative oversight; help identify local and regional needs, evaluate programs and services; identify and utilize technologies to support increased outreach and improve communications; provide access to training; maintain strong, positive relationships with local partners and stakeholders; and help to maintain Civil Right compliance.

The Faculty and Staff at OSU Extension, Lincoln County, wish to extend our CONGRATULATIONS and BEST WISHES to Sam in this new post. Sam will continue to be housed here and serve as OSU Extension County Leader for Lincoln County, for which we are very grateful!
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.

November is National Family Caregiver Month

Sponsored each year by the National Family Caregivers Association (NFCA), National Family Caregiver Month focuses on the challenges facing family caregivers. Family caregivers provide a vast array of emotional, financial, nursing, social, homemaking and other services on a daily or on an intermittent basis. While some family caregivers provide 24/7 care for loved ones who require assistance for all daily living activities, others may provide care on a part-time basis. Family caregiving can extend for a few years or a lifetime.

"NFC Month provides an opportunity to advocate for stronger public policies to address family caregiving issues," said Suzanne Mintz, president of the National Family Caregivers Association. "And it is a time to thank, support, educate, and celebrate family caregivers who are literally America's primary long-term care providers. Eighty percent of long-term care is provided by families or friends."

TOP 10 WAYS TO CELEBRATE NATIONAL FAMILY CAREGIVERS MONTH

1. Offer a few hours of respite time to a family caregiver so they can spend time with friends, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten a family caregiver's day.
3. Encourage local businesses to offer a free service for family caregivers through the month of November.
4. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
5. Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them with a book on tape.
6. Find 12 different photos of the caregiver's family and friends. Have a copy center create a 2012 calendar that the family caregiver can use to keep track of appointments and events in the year ahead.
7. Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
8. Take a few minutes to write a letter. Encourage your faith community to ask for prayers for those who are ill as well as those who care for them.
9. Encourage family caregivers to become a part of the National Family Caregiver Story Project. It's a great place to not only share but read about others in like situations.
10. Help a family caregiver find new educational materials and support through family caregiving web sites or by calling local social service agencies for help.

Visit the National Family Caregiver Association website to learn more about National Family Caregiving Month and for additional resources and information.
Early childhood is the critical time to create successful learners

Transforming Public Education: Pathway to a Pre-K-12 Future is the final report recently issued by the Pew Center on the States, as it concludes its 10-year initiative to advance pre-kindergarten for all three and four-year-olds. The report strongly advocates that policymakers transform public education by moving away from our current K-12 system. Here are some key points from the report to consider:

More than 50 years of research has informed us that vital learning happens before age five. When “education” starts at kindergarten or first grade, children are deprived of an opportunity to make the most of this critical period in their lives. We also know that because of these missed opportunities, our schools are not helping huge numbers of our children develop the skills needed to succeed in our modern global economy. This is limiting our nation’s ability to compete and prosper.

Our national understanding of pre-k has changed significantly over the last decade. While previously associated with child care and support for working parents, it is now more accurately seen as a valuable educational opportunity and a critical part of sustainable, long-term economic development.

The report recognizes the importance of high quality early education. A key recommendation from the report is to incorporate the play-based, child-centered approaches used in early education settings into K-12 classrooms. While direct instruction is important, most often teacher centered approaches do not maximize learning. The report states:

“... teachers trained to convert child development research into practice know how to complement direct instruction by structuring and facilitating activities in which children have a more dynamic role: creative play, working with manipulatives, independent or small group projects. These teachers are at the ready to provide feedback and to help children connect what they are doing to targeted concepts. Such intentional practices, common in high-quality early programs, foster social-emotional development and cognitive skills by giving children opportunities to exercise their curiosity and bring their own experiences into the learning environment.”

The report concludes by stating: “… Our nation is at a crossroads. Public education that begins with five year olds is the way of the past. Costly reform efforts have targeted older children for decades without delivering needed results. The 21st century has presented challenges that demand a new Pre-K-12 vision for our public education: “To ensure that all children fulfill their potential as individuals and citizens, we must re-imagine public education as a system that begins, not with kindergarten, but with quality pre-k, and builds on that foundation to raise performance in later grades.”

This is a worthy vision. It will require leaders in traditional education, education reform, and early childhood to agree to change the way they think, talk and work, and to do it together.

Source: www.pewcenteronthestates.org

Stretch Your Brain

The special US News & World Report publication, "Secrets of Your Brain" offers a wide-ranging exploration of ongoing brain research. Included is the research that told us we continue to grow new brain cells and form neural pathways throughout our lives – as long as we challenge our brains. Here are some ideas to challenge your brain:

- **Cultivate connections.** Harvard researchers found that people with at least five social ties, such as church groups, social groups, phone calls from family and friends, were less likely to suffer cognitive decline than those with no such ties.

- **Try something new.** Take your memory to a higher level. Expose it to as many new experiences as possible. Recent studies conducted in Germany found that novelty stimulates activity not only in the memory centers, but also in the midbrain areas responsible for motivation and reward processing. By trying something new at least once a week... you provide yourself with extra information to draw on in the future.
Oregon Nutrition Education Program (OFNP) Through classes, demonstrations & displays, participants learn to make better food choices, to handle food safely, and to stretch their food dollar, as well as incorporate physical activity into their daily lifestyle.

Health Benefits of Blueberries -- How Blueberries Affect the Human Body

Source: Hell Roy, LSU AgCenter
Last Updated: October 12, 2011

Did you know eating blueberries can help improve your vision, make blood flow through your vessels easier and lower your cholesterol?

Well, blueberries can do this plus a whole lot more! To learn more, check out this link Health Benefits of Blueberries from the LSU AgCenter. This activity is designed to show the effects of blueberry phytochemicals on the human body and organs.

Health benefits of blueberries

The healthful aspects of blueberries are believed to stem from the diverse range of phytochemicals contained within them. As a result, the healthful properties of blueberries include:

- Anti-oxidant
- Anti-cancer
- Anti-neurodegenerative
- Anti-inflammatory

Because of these properties, many studies have been conducted to further explore the potential relationship between the components found in blueberries and chronic diseases, including possibly lowering risk for cancer, heart disease, and Alzheimer’s disease.

Blueberries have antioxidant phytonutrients called anthocyanidins. They are common plant pigments that neutralize free radicals in cells. They work their protective magic by preventing free-radical damage within the cells. Anthocyanins, a type of anthocyanidin, are blue red pigments found in blueberries. They improve the entire vascular system and enhance the effects of vitamin C. Out of several berry extracts tested, the anthocyanin extract was found to be the most effective in inhibiting cancerous cell growth.

Gastrointestinal health

The consumption of berries also has been suggested to play a role in gastrointestinal health. Some of the components in blueberries can inhibit the growth of several intestinal pathogens, such as Salmonella and Staphylococcus. All berries are effective in inhibiting the growth of Helicobacter pylori – a bacterial infection that can lead to peptic ulcer disease.

Berries Are Good To Eat Anytime Of Day – Fresh are good in season, frozen are good all the time.

- Top your breakfast cereals, pancakes, or waffles with berries.
- Toss berries into your salads.
- Add berries to cottage cheese or low fat yogurts.

- Top unfrosted cake, frozen yogurt or ice milk with berries.
- Eat plain berries for a snack.
- Make a “berry” good smoothie.
Blueberry Shake  By Food and Health Communications

1 cup low-fat, light vanilla-flavored yogurt
1 cup fresh or frozen blueberries
1/2 cup orange juice

Place all ingredients in blender. Blend on high speed until smooth. Pour into 2 glasses and enjoy!

Servings:
Serves 2. Each serving: 1 cup

Diabetic Exchanges:
Bread & Starch: 1.0
Fruit: 1.0
Milk: 1.0

Total Preparation & Cooking Time: 5 min (5 min Prep, 0 min Cook)

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<tr>
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Blueberry Shake

Ingredients
- 1 cup low-fat yogurt
- 2/3 cup canned chopped peaches
- 2/3 cup fresh or frozen blueberries
- 2 Tablespoons granola

Directions
1. Divide yogurt between 2 clear glasses or dishes.
2. Spoon half of the blueberries and peaches on top of each sundae.
3. Sprinkle each sundae with granola, and enjoy!
4. Refrigerate leftovers within 2-3 hours.

- Substitute any fruit you have on hand: try sliced bananas, canned mandarin oranges, or grapes cut in half.
- Try different flavors of yogurt, like lemon or strawberry.

Source: OSU Nutrition Education Program_Fruit & Veggie Recipe Cards
http://extension.oregonstate.edu/nep/osu-edmaterials/

Super Sundae

Ingredients
- 1 cup vanilla low-fat yogurt
- 2/3 cup canned chopped peaches
- 2/3 cup fresh or frozen blueberries
- 2 Tablespoons granola

Nutrition Information per 1 cup serving: Calories 150, % Calories from fat 13%
Carbohydrate 27g, Dietary Fiber 3g, Protein 6g, Total fat 2.5g, Saturated fat 1g,
Trans Fat 0g, Cholesterol 10mg, Sodium 95mg

Source: http://healthyrecipes.oregonstate.edu/
Seedlings: Availability expected to be less than demand

According to the Forest Seedling Network, low demand for spec seedlings during 2006 - 2009 resulted in reduced spec sowing. Increased logging in 2010 resulted in a shortage of spec seedlings. With a good log market in 2011, seedlings again will be in short supply. Some growers increased their spec sowing numbers so availability of one-year-old stock will improve but two-year-old stock will still be scarce. To find seedlings, check out the Forest Seedling Network: [http://forestseedlingnetwork.com/Search.aspx?st=41&pg=2&spec=53&impr=2](http://forestseedlingnetwork.com/Search.aspx?st=41&pg=2&spec=53&impr=2), and the Oregon Department of Forestry Sources of Native Forest Seedlings: [http://www.oregon.gov/ODF/privateforests/docs/ForestNurserySeedlingSources.pdf?ga=t](http://www.oregon.gov/ODF/privateforests/docs/ForestNurserySeedlingSources.pdf?ga=t).
Living with Wildfire
Lincoln County Firewise Community Workshop
December 3, 2011
OSU Lincoln County Extension Office
9:00am – 12:00pm

Did you know that 10 of the largest fires in Oregon history occurred west of the Cascade Mountains?

Do you live in the wild-land-urban interface or WUI? The WUI has been defined as areas where structures and other human development meet or intermingle with undeveloped wildland and forests. That beautiful setting for your home can be extremely dangerous in cases of wildfire. If you would like to learn about protecting your home and your family in case of wildfire, this workshop might be just for you.

This 2 – 3 hour discussion will cover the history of wildfire along the central Oregon coast and Coast Range, wildfire behavior, and methods to mitigate your risks by setting up defensible zones that include, vegetation control, landscaping with fire-resistant plants, construction materials and more.

There is no charge and refreshments will be served so you need to pre-register by Wednesday, November 30. To pre-register, contact the OSU Lincoln County Extension Service at 29 SE 2nd Street, Newport or call 541-574-6534.

Contact Jim if you are interested in conducting a neighborhood workshop where we can discuss what actions are necessary to defend your property and your neighbors’ properties from wildfire.

Visit the Lincoln County Firewise Website for more information: http://extension.oregonstate.edu/lincoln/firewise-resources-homeowners

OFRI revises popular illustrated manual of Oregon forest protection laws
8/2/2011 – From OFRI website:

Those working in Oregon timberlands can gain a better understanding of the Oregon Forest Practices Act and how to comply with its provisions by obtaining a copy of a recently-updated manual from the Oregon Forest Resources Institute.


Straightforward explanations, clear diagrams and vivid photographs make this a standard reference for those planning road building, harvest operations or reforestation. The second edition introduces a new chapter on fire and chemicals, while expanding information on stewardship agreements, voluntary programs and financial assistance. The manual reflects changes in forest laws over the past decade.

“This has been a go-to resource that lives in the pickup cabs of many forest landowners and forestry professionals,” said Paul Barnum, OFRI executive director. “People like it because it makes the legislative language and administrative rules easy to understand and clear to the average person. This new edition does an even better job of giving the forest landowner an accessible guide to our forest protection rules.”

The revised second edition of Oregon Forest Protection Laws may be downloaded for free or ordered from OFRI's website, www.Oregonforests.org. Look under the “Facts & Resources” pull-down menu, select publications and scroll down the alphabetized list.

Stop by your OSU Lincoln County Extension office to get a copy.
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.
### Important Dates to Remember

**LCEO = Lincoln County Extension Office**  
**LCFG = Lincoln County Fair Grounds**

#### November

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>7th</td>
<td>4-H Leaders Association Mtg, LCEO, 6:30pm</td>
</tr>
<tr>
<td>9th</td>
<td>Santa Photo Night, LCFG, 7-9pm</td>
</tr>
<tr>
<td>10th</td>
<td>Judging Clinic @ Tammy Kaps, 4-5:30pm</td>
</tr>
<tr>
<td>22nd</td>
<td>Animal Science Committee, LCEO, 6:30pm</td>
</tr>
<tr>
<td>24th &amp; 25th</td>
<td>Extension Office Closed</td>
</tr>
<tr>
<td>28th</td>
<td>Horse Committee, LCEO, 6:30pm</td>
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#### December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>4th</td>
<td>Youth in Action and Awards, 1-3pm, LCFG, Main Exhibit Hall</td>
</tr>
<tr>
<td>5th</td>
<td>4-H Leaders Association Mtg, LCEO, 6:30pm</td>
</tr>
<tr>
<td>10th</td>
<td>Regional Horse Judging Day, Benton Co. Fairgrounds, 8:30am</td>
</tr>
<tr>
<td>23rd</td>
<td>Extension Office Closed</td>
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<tr>
<td>26th</td>
<td>Extension Office Closed</td>
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<tr>
<td>26th</td>
<td>Horse Committee, LCEO, 6:30pm</td>
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#### Continuing Leader Education

Watch for updates on Continuing Education for the 2011-2012 4-H year.

### 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 9th, 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 $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.

### Regionals Horse Judging Day

Benton County Fairgrounds on Saturday Dec. 10th, 2011 @ 8:30am. (Remember to bring boots, warm clothes, a clipboard and some pencils)

#### January

<table>
<thead>
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<tr>
<td>2nd</td>
<td>4-H Leaders Association Mtg, LCEO, 6:30pm</td>
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<tr>
<td>7th</td>
<td>Horse Bowl, 10am-12 noon</td>
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<tr>
<td>14th</td>
<td>Horse Clinic (PEC), 8am-5pm, location TBA</td>
</tr>
<tr>
<td>17th</td>
<td>Animal Science Mtg, LCEO, 6:30pm</td>
</tr>
<tr>
<td>19th</td>
<td>Static Meeting, LCEO, 6pm</td>
</tr>
<tr>
<td>23rd</td>
<td>Horse Committee, LCEO, 6:30pm</td>
</tr>
<tr>
<td>27th</td>
<td>4-H Bee keeping essay due to State Office</td>
</tr>
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### 4-H Japanese Exchange - Internship Program

This is an opportunity to spend time living and learning in Japan. This is a year-long program that allows college-age (18-25) students to live with Japanese host families while working on an independent study project, studying the Japanese language and working with the sponsoring Japanese exchange organization assisting with workshops, camp, group activities for members in Japan, and orientation programs for 4-H Summer Exchange Program delegates from Japan. **Applications are due to the State 4-H Office by December 9, 2011.**

Program includes:

- Airfare
- Lodging with one or more Japanese host families
- Medical insurance
- Monthly stipend

For complete Intern information and application materials check the following web sites:

- **LABO Intern** (Follow information for U.S. applications, not Canadian or Australian) [http://www.labo-exchange.com/intern.html](http://www.labo-exchange.com/intern.html)
Oregon 4-H Leadership Conference with Michael Brandwein

- **Who should attend?** All staff, volunteers and older youth who work in any Oregon 4-H programs - clubs, day camp, afterschool or camp - with junior and intermediate age youth.
- **Location:** Oregon 4-H Center, Salem, OR
- **Cost:** $40.00 per participant for meals
- **What is included?** The camp committee will cover:
  - The 4-H Center’s lodging fee.
  - 1 van or car per county to travel to the 4-H Center.
  - All presenter and program costs.

Registration will be by county group to the Yamhill County office (Thanks Mike!). The registration deadline is March 1, 2012. Groups will be assigned lodging on a first come first serve basis, starting with the cottages. When the cottages are filled groups will be housed in the cabins in gender groups.

The Camp Leadership Conference registration document is available at [http://oregon.4h.oregonstate.edu/oregon-4h-program-newsletters](http://oregon.4h.oregonstate.edu/oregon-4h-program-newsletters). Under October 2011 attachment: Registration form for Camp Leadership Conference

Please complete and mail registration on or before March 1st to:

Mike Knutz
OSU Extension Service - Yamhill County
2050 Lafayette Avenue
McMinnville, Oregon 97128
Questions call 503-434-8913
Or email: Mike.Knutz@oregonstate.edu


Upcoming Oregon 4-H Master Shooting Sports Leader Training

Klamath Falls, Oregon
March 2-4, 2012
Early Bird rate registration due postmarked on or before February 1, 2012

If you have any questions about this training please contact: Dr. David J. White, Oregon 4-H Outdoor Education and Recreation Coordinator, 541.548-6088 david.white@oregonstate.edu

Also of interest the following extension publication is now available:

- **The 4-H Sporting Dog Project Member Guide, 4-H 368,**
  - Author: Jeremy W. Green
  - New September 2011, 25 pages
  - For more information contact Lincoln County Extension Service office: 541-574-6534

Training Scheduled

Training for faculty, staff and volunteers (county coordinators) related to 2012 international exchange programs is scheduled for March 16-17, 2012.

Training location is TBA. 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, and families in your county hosting delegates from other countries. Most costs for the training are covered by the program.

Additional details related to the training will be available in mid-January.

Youth in Action: Holiday Centerpiece Making

It is 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. Last year, 4-H’ers and Girl Scouts created over 150 of these gifts for the home-bound population. This year, our —Youth-in-Action! event will be held on Sunday, December 4th, from 1 to 3pm

Youth Award Day

After the conclusion of Youth in Action on December 4th, we will again 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.
Dog R.A.N.
Rally, Agility & Nosework
Saturday, Nov. 19, 2011

Clatsop County Fairgrounds Arena
8:00 am Check-in; 8:15 Orientation; Dress in layers!
8:30 Introduction to Rally Obedience Workshop: Free
10:00 Rally Obedience Fun Runs: $3.00 each
11:30 Nosework: Demo & Beginner Lesson: $3.00
1:00 Introduction to Agility Workshop: Free
2:15 Agility Fun Runs: $3.00 each
Silly Ribbons awarded & Fabulous Raffle.
Bring: kennel, non-tightening collar (agility), 6' leash, tiny soft treats (e.g. cheese, hot dogs), water bowl

Questions? Contact Sally @ 503-325-7161
youngriver@yahoo.com

Hosted by: Classy Canines 4-H Club
News From The Lincoln County Foods Group

Thanks to a lot of hard work, members of the LCSFA and LCFG indoor market committee have been busy the last couple of months. The Lincoln County Farmers Market, under the auspices of the LCSFA but separate from the Newport Farmers Market, will Start Nov. 19th and run through March on Saturdays from 10 am - 2 pm excluding holidays such as Christmas and New Years at the Lincoln Co. Fairgrounds. It has 33 vendors to start. Carrie Corson reports that Lincoln County Fairgrounds Farmers Market web page is now live, www.lcffarmersmarket.org. Application and rules are available. The market committee will hang new posters and order signs soon.

There are lot of inquiries about the Market! It will be here before we know it!

The local fall market crops are: Pumpkins - edible and decorative, cabbage, greens, potatoes, peppers, tomatoes, cukes, all types of squash, fresh meat, poultry, farm fresh eggs, breads and baked goods, mushrooms, fresh herbs, jams, jelly, honey, decorative gourds and squash, and more!

The Lincoln Co. Food Group will function as a local chapter of Ten River Food Web (TRFW). Spencer Masterson gave the LCFG a copy of the by-laws. TRFW requires that events sponsored by LCFG must first be approved by the TRFW Board of Directors. Projects such as the Lemonade Project stand which funds SNAP matching funds at farmers markets and the proposed Harvest Dinner must be approved by the TRFW Board and the agreement first will be reviewed by an attorney.

TRFW is hoping to receive grants from Meyer Memorial Trust (MMT) and USDA Farmers’ Market Promotion Program (FMPP) by the end of October. Grants will fund Chloe's Rico's position starting Nov. 1st and other projects.

Katy Giombolini, a new TRFW Americorp grant recipient, is preparing the introduction of SNAP incentives for Yachats, Toledo, and Lincoln City Farmers' Markets.

The Harvest Dinner has been postponed until next fall, giving more time to prepare for the event. The group wants to consider other projects for the winter and/or spring, among which are Food Share Lincoln County recipes using local foods and on-site demos, 4-H Self-Reliance Harvest program, Food Literacy ideas (food fair, panel discussions, movie screenings, etc.). Join the group and bring your ideas!

At the last meeting, Carl and Coralee Palmer provided the group with a copy of their Self Reliance project information sheet which offers DIY, self-wicking garden boxes and barrels, raised beds, and a well equipped food preservation kitchen. Their method is providing delicious coastal tomatoes.  

http://www.4h4u.info/garden.

Follow LCFG on Facebook at  http://www.facebook.com/pages/Lincoln-Co-Foods-Group/109382772436772?sk=wall


LCFG meeting are held monthly, 1-3pm at the Lincoln Co. Extension Office Conference Room.

Lincoln County Local Foods Contact Center

A Free Service provided by the OSU Extension Service in Lincoln County to promote Consumer-Supported Sustainable Agriculture

List farm, forest, and seafood products and services for sale, trade or wanted!

The online Bulletin Board URL is:  

http://lincolncofoods.org/

Contact: Judy Pelletier  
Phone: 541-574-6537 Ext. 24  
Fax: 541-265-3887  
Web site: http://extension.oregonstate.edu/lincoln/agriculture/local-foods

E-mail: lcfood.judy@gmail.com
Build a compost worm bin to enrich soil and recycle waste

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu
Source: Sam Angima, 541-574-6537 ex. 17, sam.angima@oregonstate.edu

CORVALLIS, Ore. — Although compost worm bins and their "red wiggly" worms are known for their ability to turn worm castings into rich compost, in the process they also recycle food waste otherwise destined for the landfill.

A new 13-page booklet by the Oregon State University Extension Service gives detailed instructions on how to compost with worms in a process called "vermicomposting." Written by Sam Angima, an OSU Extension agriculture faculty member, and OSU Master Gardeners Michael and Sally Noack, the guide also tells how to make a vermicompost bin.

The booklet is online at http://bit.ly/OSUESem9034 and is free of charge.

"Food waste makes up about 20 percent (by weight) of landfill materials," Angima said. "When the food decomposes, it makes methane, a greenhouse gas about 20 times more potent than carbon monoxide as a gas that warms the atmosphere."

Vermicomposting is an easy process compared to conventional composting methods, which need complex ratios of materials and to be turned frequently, Angima said. "Worm compost bins are ideal for people who don't have a place for a regular compost bin, and the bins keep well indoors without odor if well-tended."

What do you feed a "wiggly worm?" These worms have amazing powers of digestion and will consume just about any organic matter such as fruit and vegetable scraps, pulverized eggshells and coffee grounds, Angima said.

"Earthworms, however, will not survive in the environment of an indoor worm bin," Angima said.

After three to six months, the mixture of worm castings and decomposed organic matter looks like crumbly chocolate cake and smells earthy and fresh, Angima said. You can use it blended with potting or garden soil or as fertilizer and soil amendment for house plants. Vermicompost adds beneficial bacteria, fungi and protozoa to the soil, as well as nitrogen, phosphorus, potassium, calcium and magnesium.

The OSU booklet illustrates how to build a bin and add bedding and where to buy worms. Most homemade worm bins are refurbished plastic totes, but wooden bins and commercial stackable towers also are popular.

"Worms are very sensitive to light; be sure if you use a plastic container that it's opaque, has a lid and is well-vented, as worms need oxygen to survive," Angima said.

Note to editors: A photo for use with this story is available at: http://www.flickr.com/photos/oregonstateuniversity/6287165210/
Cutline: Table scraps plus wiggly worms equal vermicompost. Photo by Michael Noack and Sally Noack.

more GARDEN NEWS on page 15 & 17)
**Individual Water Discharge Permits for Forest Roads?**

**Governor Kitzhaber asks U.S. Supreme Court to review forest roads ruling**

*(July 25, 2011 Press Release from the Governor’s Office)*

*(SALEM, Ore.)* — Governor Kitzhaber today requested the Oregon Attorney General’s office to ask the U.S. Supreme Court to review the Ninth Circuit Court of Appeals decision that forest roads require individual water discharge permits under the federal Clean Water Act.

Governor Kitzhaber considers certain portions of the ruling by the federal Court of Appeals to be legally flawed and is concerned that the ruling could create increased economic, social, and environmental instability across Oregon’s important forest management sector. Specifically, the Governor believes the Ninth Circuit’s ruling wrongly mandates a permitting approach that should have been left to the discretion of the U.S. Environmental Protection Agency and states and effectively overturns a rule that has been in place for 35 years.

“The Clean Water Act stipulates that challenges to rules adopted to implement the act must be brought within 120 days of the adoption of the rule,” Kitzhaber said. “Allowing a challenge to proceed now, in one state, 35 years after the rule’s adoption, throws the timber industry and agencies into confusion; upsets established expectations; and will lead to different rules in different parts of the county – contrary to congressional intent.”

Oregon Board of Forestry chair John Blackwell agreed with the Governor’s decision to ask the Supreme Court to review the ruling.

“Clean water is a crucial benefit of well-managed forests,” said John Blackwell. “Roads are critical to that management, and we need sound rules about the construction and use of roads in forests. But that’s a matter best addressed by natural resources agencies, not the courts.”

The Governor strongly believes that improvements in water quality are needed, but that those improvements will most effectively be achieved through constructive interactions between policy makers, regulatory agencies, forest landowners and managers, and other interests.

“I’m not arguing with the outcome sought by the plaintiffs in this litigation: to improve forest road management and curtail impacts that result in harmful discharges to streams and degradation of water quality and fish habitat,” said Governor Kitzhaber. “However, we are at a point in the history of our management of forest lands where we need to develop stability, consensus, and collaboration, not management by lawsuit. Dramatically expanding citizen lawsuits risks accelerating the conversion of our forest land to development, costing us both in terms of harvest revenue and environmental values, as well.”

The Oregon Department of Justice will prepare a petition for the Supreme Court’s review in the coming months. Meanwhile, U.S. Senator Ron Wyden has decided to pursue a legislative response to the Ninth Circuit’s decision. While Governor Kitzhaber recognizes that a narrow amendment to the Clean Water Act may ultimately be necessary, he does not believe that this should be our starting point.

“Before seeking a legislative solution we should fully explore an administrative resolution of the issues created by the Ninth Circuit’s decision, including approaches that improve water quality while minimizing or avoiding the requirement for individual permits,” said Governor Kitzhaber.

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**Taxes and More**

**Overview of Oregon’s Farm & Forest Special Assessment Tax Program**

**Workshop for Forest and Farm Landowners**

December 6, 2011

1:00PM – 3:00PM

Toledo Public Library

Forestry and agriculture landowners will learn about Exclusive and Non-exclusive farm use taxation base for their properties, followed by a Discussion Session with Instructor: Justin Reed, Appraiser, Lincoln County Oregon.

This event is sponsored by the OSU Lincoln County Extension Service and the Lincoln County Chapter of the Oregon Small Woodlands Association.
Mature green tomatoes can ripen off the vine

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu
Source: Barb Fick, 541-766-6075, barb.fick@oregonstate.edu

CORVALLIS, Ore. – Autumn frosts can turn your green tomatoes that are still on the vine to mush. But, if you pick them before frosts or heavy rain hit them, many will ripen off the vine.

"You can tell when a tomato is nearing maturity by its light green, almost translucent, appearance," said Barb Fick, horticulturist with the Oregon State University Extension Service in Benton County. "Tomatoes that are not in this 'mature green' stage won't ripen."

A green tomato is mature if its interior is yellowish and the tissues are gelatinous, or sticky, when the tomato is cut, Fick said. "Mature green tomatoes also have a pink or reddish tinge on the blossom end," she said.

To check for maturity, cut a green tomato in half. If the pulp filling the compartments is jelly-like, it is mature green. In immature green tomatoes, seeds are easily cut through and the jelly-like pulp has not yet developed.

To store and ripen mature green tomatoes, put them in deep straw, wrap them individually in newspaper, or just lay them in a box so that they are not touching. Check tomatoes every few days and discard any that show signs of rot. Storage temperature should range from 60 to 70 degrees. They will ripen over a period of three to four weeks.

"Tomatoes will ripen satisfactorily in the dark," Fick said. "Sunlight is not needed, but the temperature is important."

Plant or move plants in the fall to prevent shock

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu
Source: Ross Penhallegon, 541-344-1709, ross.penhallegon@oregonstate.edu

CORVALLIS, Ore. – Autumn is a good time to plant or move perennials, shrubs and trees in most places in Oregon. The wet and mild conditions can help prevent transplant shock and water stress. "Shock is caused mainly by the demand of the plant for water and the limited ability of the root system to supply it," explained Ross Penhallegon, horticulturist with the OSU Extension Service. "The plant has a better chance of quick recovery if it has a chance in the fall and winter to develop new roots and build up nutrient reserves needed for healthy growth next spring."

If you dig and move a plant, try to leave as much of the root system as possible. In many urban areas, soils are compacted and sometimes poorly drained. You'll need to create a good root zone by amending the beds with sandy-loam topsoil and working the soil as deeply as possible.

Proper planting is the most important step. Dig the hole at least two feet wider than the size of the root system or root ball. A large hole will allow better root growth and is especially important in compacted soils. Roughen the sides of the hole, which should be the same width at the top and bottom, and remove any rocks or debris.

Planting depth is critical. Trees often are planted too deeply in the hole. Carefully set the tree in the hole at the same depth or slightly higher than it was at the nursery or in your yard. Plant it with the root collar at ground level or slightly higher (two inches) to allow for settling.

Often in container-grown trees roots grow around the inside of the container. After you remove the container, gently straighten the roots. Otherwise, they can eventually girdle and kill the tree.

Fill the hole with soil about half full, lightly tamping it with your foot to remove air pockets. Make sure the tree stands upright. Water the plant slowly to saturate the soil and remove remaining air pockets, then finish filling the hole with soil. Remove extra soil rather than mounding it around the tree. You can build a temporary berm at the drip line to hold water around the root system.

Sandy soil, often found in eastern Oregon or along the Oregon coast, benefits from organic matter such as peat moss, compost or old sawdust added to the planting hole to increase the soil's moisture-holding capacity around the roots.
How often should you Water Your Raised Bed Cloche?

In 2008, OSU Extension produced a publication entitled “How to Build Your Own Raised-Bed Cloche” that has gained popularity among gardeners along the coast for promoting early starting of vegetables. This color publication is free online at http://extension.oregonstate.edu/catalog/pdf/ec/ec1627-e.pdf. A cloche looks like a mini-greenhouse with a plastic that helps warm plants in a raised bed (see photo).

As more people adopt this technology, there is one question that has not been answered – how often should the plants in the cloche be watered? With this question in mind, OSU Extension approached The Siletz Tribal Charitable Contribution Fund with a proposal to study water usage in a cloche. The proposal was funded in 2010 and this article summarizes findings from the study.

A group of OSU Master Gardeners volunteered to raise beans (Derby bush beans) using a section of their cloche (3ft by 4 ft) and water the beans using different cycles. The cycles were every 4 days, every 7 days and every 14 days. Each watering cycle used about 55 gallons of water using a soaker hose that delivered enough water to wet the whole 10-inch soil profile in the raised bed. They were asked not to alter any of their day-to-day management on how they used the cloche. The following table shows pounds of produce and amount of water used at the end of the season:

<table>
<thead>
<tr>
<th>Approx. Distance from Ocean</th>
<th>Watering Cycle</th>
<th>Harvest lbs/12 ft²</th>
<th>Harvest Tons/acre</th>
<th>Sun Exposure</th>
<th>Gallons of Water Applied/12 ft²</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 blocks</td>
<td>4 days</td>
<td>1.8</td>
<td>3.3</td>
<td>Half day</td>
<td>1,100</td>
</tr>
<tr>
<td>6 blocks</td>
<td>4 days</td>
<td>1.5</td>
<td>2.7</td>
<td>Half day</td>
<td>935</td>
</tr>
<tr>
<td>1 mile</td>
<td>7 days</td>
<td>1.8</td>
<td>3.3</td>
<td>Full day</td>
<td>550</td>
</tr>
<tr>
<td>7 miles</td>
<td>7 days</td>
<td>10.8</td>
<td>19.6</td>
<td>Full day</td>
<td>660</td>
</tr>
<tr>
<td>2 miles</td>
<td>14 days</td>
<td>1.62</td>
<td>2.9</td>
<td>Half day</td>
<td>385</td>
</tr>
<tr>
<td>1 mile</td>
<td>14 days</td>
<td>7.5</td>
<td>13.6</td>
<td>Full day</td>
<td>385</td>
</tr>
</tbody>
</table>

From these results, three things stand out: 1) watering very often does not translate to more produce, 2) full day exposure helps translate your watering into plant growth and more produce and 3) you can save upwards of 60% on your water bill if you water once in 10-14 day cycles rather than every 4 days and still get good yields. The further inland you live, away from the coast, the better your chances of converting water applied to higher yields. Of course, vegetables do not use water equally. Leafy vegetables may use more water especially if your cloche is open for longer times during warmer days. Still our recommendation will be to water more deeply and less often at minimum once every week.

In summary, what this study has shown is that we can conserve water especially in summer when we do not have lots of water but still maintain our healthy lifestyle of engaging in vegetable production especially if we use a cloche. If each gardener with a cloche were to change their watering habits this way, there is potential to save nearly half of the water we currently use.
PLANTS IN THE FALL (cont. from page 15)

Organic matter helps clay soil as well. The soil is easily compacted, which obstructs the movement of water and air. Mix in organic matter to help break up clay particles and improve water and air flow around the roots.

Contrary to popular belief, you don't need to fertilize trees when you plant them. In the spring, slow-release fertilizers are good for fall-planted perennials because their effect is long-lasting and less likely to burn roots than rapid-release products, Penhallegon said.

Newly planted trees require routine and thorough watering, particularly during Oregon's dry summer and fall months. Make sure the plant is well-watered for one to three weeks after transplanting. Add a layer of mulch around the base of the shrub to retain moisture and keep weeds from becoming established. Clean straw, clean manure, newspapers, a layer of black plastic or landscape cloth are all good mulching materials.

Water the tree regularly for at least three years after planting. If you have moved a shrub, it can help transplant shock to prune the shrub and make branches on top match the size of the root system.

Wild strawberry plants can cover a lot of ground

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu
Source: Linda McMahan, 503-434-8910, linda.mcmahan@oregonstate.edu

CORVALLIS, Ore. – If you're looking for a groundcover that is native to Oregon and doesn't require much water, three native wild strawberries are available. You might be able to look no further than your own property to find them.

"If you are lucky enough to have wild strawberries on your property, you can transplant them to where you need them," said Linda McMahan, Oregon State University Extension horticulturist. "Make sure to water them after transplanting."

All three are host plants for native butterflies, and the berries provide food for wildlife.

"Perhaps the best known is the beach or coast strawberry, *Fragaria chiloensis,*" McMahan said. This rapid spreader is native to coastal regions of the Pacific Northwest and Chile. The leaves are dark green and shiny, and the above-ground runners (stolons) are red and help spread the plant.

The coast strawberry performs well in full sun and works well to cover a large area. It's readily available commercially or from native plants growers. Since it is such a good spreader, it may need to be cut back from hardscapes such as sidewalks. On softer paths, foot traffic often will keep it in check. The berries are edible, but not really palatable.

"Another sun-loving strawberry is the Virginia wild strawberry, *Fragaria virginiana,*" McMahan said. "At least one of the sub-species is native to the Willamette Valley, although the species itself is native to most of the U.S. To find the best locally adapted kinds, purchase plants from a native plant nursery or from another documented source."

Not quite as vigorous or aggressive as the coast strawberry, the Virginia wild strawberry has lighter green leaves and its berries are edible and tasty, but small.

The third native is the woodland strawberry, *Fragaria vesca.* As the common name suggests, woodland strawberry does well in the shade. The leaves are larger and bluer than the other species. It likes conditions that are slightly moister and does not grow as aggressively. However, it has larger flowers and tasty fruits.

Several subspecies may be purchased locally. "For those interested in other varieties, a nice one with variegated green and white leaves sometimes is available," McMahan said.
Identify problems before acting, and opt for the least toxic approach. Cultural, physical and biological controls are the cornerstones of a sustainable pest management program. Use chemical controls only after you identify a pest problem and carefully read the pesticide label. Least-toxic choices are insecticidal soaps, horticultural oils, botanical insecticides and organic and synthetic pesticides. These recommendations might not apply to all areas of Oregon. For more information, contact your local OSU Extension Service office.

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.
- Place mulch around 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.
- Leaf 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.
- Moss appearing in lawn may mean too much shade or poor drainage. Correct site conditions if moss is bothersome.
- Bait garden, flower beds for slugs during rainy periods. Use traps or new phosphate baits, which are pet-safe.
**WESTERN OREGON GARDENER CALENDAR**

- Identify problems before acting, and opt for the least toxic approach. Cultural, physical and biological controls are the cornerstones of a sustainable pest management program. Use chemical controls only after you identify a pest problem and carefully read the pesticide label. Least-toxic choices are insecticidal soaps, horticultural oils, botanical insecticides and organic and synthetic pesticides. These recommendations might not apply to all areas of Oregon. For more information, contact your local OSU Extension Service office.

**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.
CLASS SIZE IS LIMITED, SO REGISTER EARLY!

Deadline to register is December 9th for Master Gardener™ training.

Classes are held Tuesdays & Thursdays beginning January 10, 2012.

For more information about topics, location of classes, fees, etc., please contact OSU Extension Lincoln County Office, 574-6537, Ext. 10.

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