

## Something for Everyone

By Mitch Lies

### Extension's wide reach touches many lives

Home gardeners turn to the Oregon State University Cooperative Extension Service for advice on sustainable gardening. Commercial farmers utilize the Extension Service for large-scale production advice. Families participating in the federal Supplemental Nutrition Assistance Program (SNAP) turn to Extension for healthy eating advice. And there's 4-H helping youth develop essential life skills.

"Our staff and trained volunteers do so many things that touch people's lives," said Robin Galloway, the Linn County Extension County Leader and 4-H faculty. "We offer educational programs for the whole lifespan: Things like helping people learn how to raise and preserve their own food, manage animals on small acreage, get nitrate screening on well-water and when and how to prune their fruit trees."

Beginning this month, Linn and Benton counties will be combining their county newsletters and publishing it as a bimonthly publication titled Growing. "Extension decided it was a cost effective measure that will also showcase the many ways residents can benefit from programs provided by the

Extension Service in the two-county region," said Benton County Extension Leader Maggie Livesay.

Extension viewed this first issue as an opportune time to provide readers a snapshot of the many benefits provided by the service and to inform readers how to participate, either as a volunteer or a beneficiary, in the many services offered by Extension.

### 4-H Youth Development

4-H used to be plows and cows, according to Galloway, but that's no longer the case.

"We're trying to get the kids to be innovative and learn things that are going to benefit them in life in general, as well as in their content area," she said.

That's not to say animal science and other agricultural education aren't important facets of 4-H. They are and always will be, according to Carolyn Ashton, one of three 4-H agents serving Benton County and the county's lead 4-H agent.

"Animal science continues to be a popular project area in 4-H because our program is uniquely positioned to offer these programs," Ashton said, "and we also work toward creating programs to meet current interests and trends.

"The bottom line is we are teaching youth from age 5 through 19 about

communication, citizenship, and leadership skills," said Ashton.

"Whether it be woodworking or teaching or animal science, natural science, or whatever project areas they are interested in, we are helping youth to develop their leadership skills," she said.

"We used to say we are 'developing the youth of today to become the leaders of tomorrow,' but these youth are leaders right now," Ashton said.

Information: In Linn County, call 541-967-3871; In Benton County, call 541-766-6750.

### Small Farms

Growers hoping to generate income on small acreages typically produce a variety of fruits and vegetables that ripen at different times of year in an attempt to generate a consistent food supply for their customers.

Small farms, in fact, are some of the most intensely managed farm operations around.

When small farmers in Linn and Benton counties have questions, they can turn to Melissa Fery, senior instructor for OSU Extension Service's Small Farms Program.

Fery acknowledges she doesn't have answers to all of the questions she fields over the course of a year. "I answer a lot of questions about specific production issues for diverse crop production," Fery said,



PHOTO BY LAURE GIBSON

From left are Extension faculty Clare Sullivan, field crops agent; Melissa Fery, small farms agent; Chrissy Lucas, well water specialist; and Brad Withrow-Robinson, forestry agent. These and other Extension Faculty and volunteers in Linn and Benton counties work to improve the well-being of our local communities in a myriad of ways.

"but obviously I don't know the answers to all of the questions. So I call upon Extension specialists to help me."

Fery assists small farmers in production and marketing issues, works one-on-one with farmers, hosts field days and conducts workshops and classes for Linn, Benton, and Lane county residents.

This month she will be conducting a three-part workshop, which she describes as an introduction to small farms. It will be held on consecutive Thursdays from 6-8:30 p.m., beginning January 14, at the Linn County Extension Service Office in Tangent at 33630 McFarland Road.

Information: 541-967-3871

### Community Horticulture

Learning the best time to plant peas or whether they like full or partial sun is just a phone call away for gardeners in Linn

and Benton counties. Available year-round at the counties' Extension Service offices are Master Gardeners ready to answer questions.

"We take thousands of questions each year," said Brooke Edmunds, an assistant professor in the Department of Horticulture at OSU. "Anything anyone wants to know, gardening wise, we will help them figure it out."

In addition to answering questions over the phone, Master Gardeners regularly are on hand to answer questions at farmers' markets in Corvallis, Albany, Lebanon, Sweet Home, Brownsville, and elsewhere.

"They really try to reach out," Edmunds said.

For more information on the Master Gardener program, residents in Linn County can call 541-967-3871; in Benton County, call 541-766-6750.

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## Who We Are

The Oregon State University Extension offices in Linn County and Benton County offer practical, lifelong learning experiences. We sponsor conferences, workshops, demonstrations, tours, and short courses. We recruit, train and manage volunteers who assist us with community outreach and education. Our Extension faculty and volunteers answer questions and give advice by phone, in person, through e-mail, and on our Websites. We provide brochures and flyers with specific information on a variety of subjects. We are funded by a cooperative partnership between Oregon State University, the U.S. Department of Agriculture, and our local counties.

### Office locations and hours

The Benton County office is located at 4077 SW Research Way in Corvallis. Office hours are 8 a.m. until 5 p.m. Monday through Friday. Telephone: 541-766-6750. Fax: 541-766-3549. <http://extension.oregonstate.edu/benton>.

The Linn County office is located at 33630 McFarland Rd (on the corner of Old Highway 34 and McFarland Road), in Tangent. Office hours are from 8 a.m. to 5 p.m., Monday through Friday. Phone 541-967-3871. Seed Certification phone 541-967-3810. <http://extension.oregonstate.edu/linn>.

### Program Staff Phone Numbers

Linn County 4-H Youth Development & Linn County Leader	Robin Galloway	541-730-3469
Linn County 4-H Youth Development	Andrea Leao	541-730-3534
Benton County 4-H Youth Development	Carolyn Ashton	541-766-6750
Youth 4-H Natural Resource & Benton County Leader	Maggie Livesay	541-766-6750
4-H Latino Outreach Coordinator	Ana Lu Fonseca	541-766-6750
Field Crops*	Clare Sullivan	541-730-3537
Livestock & Forages*	Shelby Filley	541-672-4461
Commercial Swine & Forage*	Gene Pirelli	541-623-8395
Orchard & Berry Crops*	Ross Penhallegon	541-344-1709
Small Farms*	Melissa Fery	541-967-3871
Small Farms*	Amy Garrett*	541-766-6750
Small Farms & Groundwater Education*	Chrissy Lucas	541-766-3556
Community Horticulture*	Brooke Edmunds	541-730-3470
Community Horticulture*	Pami Opfer	541-730-3471
Forestry, Natural Resources*	Brad Withrow-Robinson	541-967-3871
Forestry and 4-H Youth	Jody Einerson	541-766-6311
Family & Community Health (FCH)*	Jeanne Brandt	541-730-3544
FCH & SNAP Ed*	Tina Dodge Vera	541-730-3541
SNAP Ed*	Iris Carrasco	541-967-3871
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\* Multi-county assignment

### Administration and program support serving Linn County

Office specialist	Laurie Gibson	541-967-3871
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### Administration and program support serving Benton County

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Office manager	Liz McGovern	541-766-6750
Office specialist	Andrea Watson	541-766-6750
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GROWING editor	Mitch Lies	541-967-3871

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# Volunteers Propose Benton County Extension and 4-H Service District

By Derek Godwin, Mid-Willamette Regional Administrator, and Maggie Livesay, Benton County Extension County Leader

A group of Extension volunteers in Benton County have been working the past year to establish a Benton County Extension and 4-H Service District. They have received resolutions from all five cities in the county and have requested the county commissioners hold public hearings to consider the proposal. If the commissioners support the proposal, they will create a measure for the May 17, 2016, ballot.

## What is proposed and why?

A new *Benton County Extension and 4-H Service District* would be a permanent source of funding for Extension services in Benton County. Every \$1 collected by the proposed service district would leverage \$4 in state, federal and grant funds, and an additional \$2 in volunteer services for Extension programs.

State and federal budget allocations have caused losses to more than 20 percent of Extension positions across the state, and more than 30 percent in the Willamette Valley, since 2000. Remaining positions are then modified to cover larger, multi-county regions. These reductions in positions ultimately cause a loss of services to county residents, unless county and grant funding are generated to fund county-based faculty and education

program assistants to continue services to residents. In Benton County, examples include Forestry and Natural Resources, Field Crops, Vegetable Crops, Orchard Crops, Community Horticulture (includes Master Gardeners) and Family Community Health positions.

While county funding has remained consistent, county officials have been unable to replace Extension losses from state and federal budgets. Since Extension is not considered an essential county service, such as law enforcement and emergency management, it could be reduced or eliminated during tough budget times ahead.

## What services would be gained?

The service district will stabilize local funding and strengthen 4-H Youth Development programs throughout the county, especially after-school, camps and school enrichment activities; education services for local family farm and forest businesses; and training and volunteer support for local food systems and sustainable natural resource education, such as Master Gardeners, Master Food Preservers, community and school gardens, Master Woodland Managers, Neighborhood Sustainability Stewards and 4-H Wildlife Stewards. Benton County boasts one of the largest volunteer programs in the state. Increased funding allows more volunteers to be trained to serve communities.

## What have other counties done?

In Oregon, voters in 24 of 36 counties established Extension service districts to secure, maintain and, in some cases, expand educational services for their county. All of the coastal counties, along with Linn, Polk, Yamhill, Marion and Clackamas Counties in the Willamette Valley, have service districts to fund Extension. All of these counties have significantly leveraged new state, federal and grant money from dollars collected by the service district.

## How much would a service district cost taxpayers?

The maximum rate is 8 cents for every \$1,000 in assessed property value. This amount may never be increased. A homeowner with an assessed property value of \$200,000 would pay approximately \$16 per year for the service district. The average assessed property value in Benton County, including manufactured structures, is \$194,220.

## Is there an election campaign for the proposed service district?

The Citizens for Benton County Extension will form a Political Action Committee (CBCE PAC) if this proposal is accepted. For more information on this effort, please view their website at <http://www.citizensforbentonextension.com/>. There are many opportunities to help with this effort. Please email [cbcext@gmail.com](mailto:cbcext@gmail.com) for more information.

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# Linn County EXTENSION ASSOCIATION

## Big changes coming to LCEA Annual Meeting

You are invited to meet the new Linn County Extension Association team in a new venue, dine on fabulous culinary cuisine and enjoy an interactive evening with Extension staff and volunteers. Oh, and it's free.

Last issue, we spoke of changes for LCEA, launching our Speakers' Bureau and grant programs, re-purposing and re-branding our Association. We are set to meet in the Fireside room at Linn Benton Community College in Albany on Wednesday, Feb. 17.

Get ready for LBCC's fabulous culinary students' appetizers, desserts and beverages.

Each Extension faculty will have an information table presenting a review of their program, their successes and their needs. During the first hour, you will have a chance to talk to our program faculty about master gardening, master food preserving, 4H, Small Farms, Woodlands or Crops and Berries to name just a few.

So come early, fill up your plate, cruise the room, ask questions and get to know the staff and their programs. Connect and get inspired.

We won't keep you long either: We have "short" presentations, a "short" meeting report and an interactive session where you will be asked your opinion on one, or maybe two,

questions. We need your help growing community in our county.

The 2016 Annual Meeting is designed to give you access to all OSU Linn Extension programs and staff, a short summation of where Linn Extension is now and then your thoughts on the direction of LCEA in 2016.

Remember, LCEA is the marketing and advocacy arm of OSU Linn County Extension, as well as their advisory board. This event is for you, the public, to tell us where you feel the programs are working, improvements that are needed, and how we can reach out to communities to improve their gardening, cooking, farming, children's programs, etc.

Did you know that the master gardeners are available year-round to answer those tough gardening questions? Did you know that the master food preservers will answer canning and food preserving questions, again, year-round? This advice is free and scientifically research based. OSU Extension volunteers reach out to the public at many events in the county.

Did you know that the Small Farms division operates a list serve free to women farmers or would-be farmers? The Willamette Women's Farm Network holds farm meetings with instruction on how to build chicken coops, drive

tractors, or which fence will really keep the pigs inside. If you need hens or want to sell your goats, have excess hay or need a farmworker, use this network. This is an amazing service to novice or experienced farmers alike, and it's free.

The meeting will also be a time to comment on our annual Scholarship Program for deserving college students and our new grant programs that will fund projects Extension leaders cannot fulfill with their budget.

Extension is in the business of education. Many people do not know about the numerous free programs that are available to them through Extension. How do we reach these people and how can we help you improve your business, hobby, or avocation through Extension programs? Plan on attending. Help us map the future for LCEA.

One of the new LCEA Board members, Shelly Garrett was instrumental in contacting the following 2016 Annual Meeting sponsors:

- H&R Block, Albany and Corvallis Offices
- Keller Williams Mid-Willamette Laura Gillott Team, Lebanon
- OreGro Seeds Incorporated, Albany
- Linn-Co Federal Credit Union, Lebanon

- Joyce Kanoff - Zoup Restaurant
- Bert and Betty Udell - Happy Valley Tree Farm, Lebanon
- PEAK Internet, Corvallis

LCEA thanks each of these businesses for their time, commitment and support for OSU Linn County Extension Association and Extension programs.

### Save the Date

Linn County Extension Annual Meeting  
Wednesday, Feb. 17, 2016 6-9 p.m.  
Linn Benton Community College,  
Fireside Room  
6500 Pacific Blvd. SW, Albany

### Reservations are required for entrance:

*Our reservation site will not be open until after the first of the year 2016. Please send your email address with your full name to [casteen@aol.com](mailto:casteen@aol.com) with LCEA in the subject line. We will email you the reservation link when it is open.*

*Also check [www.extension.oregonstate.edu/linn](http://www.extension.oregonstate.edu/linn) for more information after the first of the year, and look for the LCEA link.*

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## Upcoming Linn/Benton Master Gardener Events

- **Gearing up for Gardening: The Year of the Veggie.** Free lunch-time talks every Tuesday in January and February from noon to 1 p.m., Corvallis Public library.
- **BENTON County January Master Gardener Association Membership Meeting:** Jan. 18 from 6-8 p.m., Sunset room of the Benton County Extension Office. Topic: *How New Landscape Plants are developed.* Open to the public.
- **LINN County January Master Gardener Association Membership Meeting:** Jan. 14 from 6-8 p.m., Tom's Garden Center (location subject to change). Topic: *Soil Subcontractors: What soil microbes can do for your plants.* Open to the public.
- **Fruit Tree Pruning Workshop:** Jan. 21, 1-3 p.m., Lewis Brown Farm in Corvallis. Registration info can be found at extension.oregonstate.edu/benton/upcoming-gardening-events
- **Insights into Gardening:** Feb. 13. Insights is a day-long seminar offering practical, research-based information for gardeners and gardeners-to-be. Held at LaSells Stewart Center, OSU campus in Corvallis. Registration info: extension.oregonstate.edu/benton/insights
- **Fruit Tree Pruning Workshop:** Feb. 9, 1-3 p.m., Grandpas Farmstand in between Albany & Lebanon. Registration info: extension.oregonstate.edu/benton/upcoming-gardening-events
- **BENTON County February Master Gardener Association Membership Meeting:** Feb. 15, 6-8 p.m., Sunset room of the Benton County Extension Office. Topic: *TBA.* Open to the public.
- **LINN County January Master Gardener Association Membership Meeting:** Feb. 11, 6-8 p.m., Tom's Garden Center (location subject to change). Topic: *TBA.* Open to the public.
- **BEEvent Pollinator Conference:** March 12. The Beeevent is an informative day-long seminar to inform homeowners about practical landscaping techniques to encourage pollinator health. @ Holiday Inn Express in Albany. Registration info: extension.oregonstate.edu/linn/master-gardener-events-calendar.

## Second annual pollinator conference How to save pollinators in your neighborhood

By Sheryl Casteen

Do you eat fruits and veggies? Did you know that three-fourths of the world's flowering plants and about one-third of our food crops depend on pollinators? It is estimated that pollinators are responsible for every third bite of food you eat. Taste that luscious plum, strawberry, pear, squash, or tomato. Pollinators made that food available. There are many different species that actually pollinate, from bees, butterflies and moths, to birds, bats, beetles and other insects.

Our pollinators are in trouble. Honey bees are dying by the thousands. Butterflies are disappearing because of lack of habitat. There are other insects you may not even be aware of that also pollinate and do no harm to your gardens. In fact, they create luscious floral displays for you.

You can help the pollinators in your own backyard by learning how to create habitat

on your property by adding some native plants and floral diversity - nothing fancy, expensive or hard to maintain.

The Linn County Master Gardeners Association invites you to attend the BEEvent, a pollinator conference, on Saturday, March 12, at the Holiday Inn, Knox Butte Road, Albany.

This all-day seminar features:

Dr. Sujaya Rao, professor in entomology and associate department head in OSU's Crop and Soil Science Department. Rao will talk the plight of bumble bees in the Willamette Valley and how you can help.

Rich Hatfield, conservation biologist in the Endangered Species Program from the Xerces Society for Invertebrate Conservation, will discuss other insect pollinators, their habitats and how easily you can work one into your landscape.

Molly Monroe and Jarod Jebousek, both biologists with

the U.S. Fish and Wildlife Service, will discuss birds and their roles in pollination. Beyond the birdhouses, learn how your yard can be a sanctuary for them.

Rich Little, retired entomologist and master gardener, will show you how to increase Mason bees in your backyard. Mason bees emerge in late February and start pollinating earlier than honeybees and are better at it. One Mason bee can do the job of 20 honeybees and has no hive to maintain.

Vendors offering everything 'pollinator' will be on site throughout the day.

Tickets will go on sale the first week in February. You can check online at [www.extension.oregonstate.edu/linn/horticulture](http://www.extension.oregonstate.edu/linn/horticulture) for updated information on this event. If you are interested, please send your email address to [casteen@aol.com](mailto:casteen@aol.com). You will be contacted via email when ticket sales open. There is no obligation to purchase a ticket.





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# Gail Langelotto to be keynote speaker at Insights Into Gardening

## Humans support biodiversity

**By Jana Tindal**, Benton County Master Gardener volunteer

Gail Langelotto will be the keynote speaker at this year's Insights Into Gardening conference presented by the Benton County Master Gardener Association. Her topic, "Biodiversity in the Home Garden," shares the results from a 2014 study that found bee biodiversity actually increases as human population density increases. This is the first instance where humans are known to have a positive impact on biodiversity, and it is all because of gardeners. More people equals more gardens, equals more flowers, equals more bees.

This talk will explore the capacity of home and community gardens to conserve biodiversity.

She will discuss plants, insects, birds and other garden inhabitants, and will conclude with specific recommendations, based on published research, on what gardeners can do to conserve biodiversity.

Langelotto earned her PhD at the University of Maryland and is an associate professor of horticulture at Oregon State University. She also serves as the statewide coordinator of the OSU Extension Master Gardener Program. Her research and Extension programs are diverse, but are united by the broad theme of developing a better understanding of the benefits of gardening to human health and the environment.

Insights Into Gardening is a full day of current, practical,

research-based learning for new and experienced gardeners. It will be held on Feb. 13 at OSU's LaSells Stewart Center. Attendees choose one of four topics in each of three sessions covering edibles, ornamentals and general interest topics, presented by knowledgeable speakers. More than 20 exhibitors provide information-packed displays with some items for sale. Grassroots Bookstore will have many speaker-recommended books available to purchase. Raffle ticket sales support the Marie Madison Scholarship program for horticultural students at OSU and LBCC. More information and registration can be found at [extension.oregonstate.edu/benton/insights](http://extension.oregonstate.edu/benton/insights). This event is open to the public.

## Imagine That!

**By Suzy Pelican**, Benton County Master Gardener volunteer

Owners, staff and patrons of a Benton County coffee shop were pleasantly surprised and had their mid-winter spirits uplifted when branches from a cherry tree, which had been brought in for a Valentine's Day decorating scheme in late January 2015, started to blossom in mid-February. How is it, they asked, that delicate pink blooms

appeared and remained open for several weeks even though their branches had long been pruned from the tree? As it turns out, many trees and shrubs can blossom even without nourishment from roots as long as the environment is warm enough to stimulate growth and flower buds had formed before the branches were pruned.

You, too, can take advantage

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Cherry blossoms are easy to force indoors, and make a unique flower display

## January - February garden calendar for Western Oregon

### Planning

- Plan to replace varieties of ornamental plants that are susceptible to disease with resistant cultivars in February.
- Take hardwood cuttings of deciduous ornamental shrubs and trees for propagation.
- Have soil tested in your garden plot to determine its nutrient needs. Contact your local Extension office for a list of laboratories or view EM 8677 online.
- Begin planning this year's vegetable garden. Check with local retail garden or nursery stores for seeds and seed catalogs.
- Keep a garden journal. Consult your journal in the winter, so you can better plan for the growing season.
- Plan an herb bed for cooking and creating an interesting landscape. For example, choose parsley, sage, chives and lavender. Choose a sunny spot and plant seeds or transplants after the danger of frost has passed.
- Plan to add herbaceous perennial flowers to your flowering landscape this spring. Examples include candytuft, peony, penstemon and coneflower.

### Maintenance and clean up

- Repair winter damage to trees and shrubs.
- Make a cold frame or hotbed to start early vegetables or flowers.
- Fertilize rhubarb with manure or a complete fertilizer.
- Incorporate cover crops or other organic matter into soil.
- Prune and train grapes; make cuttings.
- Prune fruit trees and blueberries.
- Prune deciduous summer-blooming shrubs and trees; wait until April in high elevations of Eastern and Central Oregon.
- Prune and train trailing blackberries (if not done the prior August); prune back raspberries.
- Prune fall-bearing raspberries (in late-February or early-March).
- Prune clematis, Virginia creeper, and other vining ornamentals.

**Continued on page 8**

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# How growing grapes shrank my apple trees

By **Alan Taylor**, Linn County Master Gardener volunteer

When I first planted an orchard on our new property in 1983, I planted semi-dwarf apple trees. We had been living in a rented house that had a huge Gravenstein tree in the yard. I remember it being 40 feet tall, but that memory has probably been exaggerated by time. Semi-dwarfs on Malling 106 and 7a rootstocks would produce trees averaging 14 feet tall, much more manageable than the old Gravenstein. Also, we naively believed that we would live in harmony with the wildlife, especially the deer. We expected that most of the fruit would be well beyond their reach.

That same year, I planted a vineyard of wine and table grapes. One of the first lessons learned living in the country was that deer don't wait and they don't share. It was difficult to get the grapes and apples established, as the deer would browse the young plants, sometimes down to the ground. Spraying with eggs beaten up with an equal volume of water worked as a good repellent through June, but as the native vegetation dried up in July and August, the egg wasn't enough to keep the deer from munch-

ing. Only fencing really worked: at first, circles of chicken wire around the individual trees and portable electric fence around the garden and vineyard. The



Gravenstein on semidwarf M7a rootstock overwhelms a 10-foot fruit ladder.

chicken wire was effective, but made working on the trees (pruning, spraying, harvesting) inconvenient. The electric fence lost effectiveness in late summer as things became dry: deer are well insulated. Eventually, we could afford to erect a 7-foot field fence around the entire central part of the property,

protecting the garden, orchard and vineyard, as well as the flower beds. That solved the deer problem.

In the meantime, I gained several years of experience in both the orchard and vineyard. I began to notice how much easier it was for me to manage 700 trellised grape vines than 30 fruit trees. In the vineyard, I could do all the pruning and training work with my feet on the ground. I really don't like heights much, and some of my semi-dwarf trees were starting to get too high to safely work on while using a 10-foot fruit ladder. I had a good gas-powered backpack air-blast sprayer for applying copper, sulfur and lime sulfur as needed, but it didn't really reach into the tops of the trees; on the other hand, it effectively carried the spray throughout the grape canopies. Harvest was much easier, too, in the vineyard, while in the orchard I was constantly climbing down the ladder to empty the picking basket, making extreme reaches for fruit, and frequently repositioning the heavy ladder.

I had read some articles about dwarf orchards, which had found favor among commercial orchardists in many parts of the world, especially in the Netherlands. I had a variety of table grape that wasn't

working out for commercial production, so why not dig them up and use the existing trellis for dwarf fruit trees?

Following the descriptions of dwarf-orchard management I had read, I grafted my favorite varieties onto Malling 9, a true dwarfing rootstock, and planted them 6 feet apart in the rows. I only used every other row of trellis, so the rows were 14 feet apart. The original orchard trees had been planted 14 feet apart in both directions.

Success! Some trees began fruiting within two years. Use of dwarfing rootstock usually does result in precocious fruit production. Even Northern Spy, which can take several years to produce, yielded apples in only four years. Pruning was much easier. Not only was I standing on the ground to do it, but the volume of wood removed to the burn pile was much reduced. Most scions stayed at less than 8 feet high, except for perhaps one leader than could be easily pruned back each year. With the trees in rows, like the grape vines, spraying was much easier and well within the capability of my backpack sprayer. And the rows made mowing easier: just up and down between the rows, rather than working around separated trees. We

were able to install a simple irrigation system to water the trees row by row, rather than individually. Harvesting was easier without the need for a ladder, and the dwarf trees proved very productive: my trees may be smaller, but we have more apples than we can use, and so we invite the neighbors over for a cider pressing party or two each fall.

The only disadvantages of dwarf apple trees I've found are that the trees will always need protection from browsing deer, and the trees do need to be supported. The root systems of apple trees on dwarfing rootstocks are usually weaker; when combined with the greater productivity of fruit, the trees may fall over unless supported by posts or trellises. Since I already had both deer fence and trellis, neither was a problem for me. I have to admit that the larger, individual trees may be more attractive in a landscape, and so not all of my apple varieties got converted. If I hadn't had the experience of growing grapes and apples side-by-side, I would not have seen how much easier it was to have dwarf apple trees.

You can learn more on this topic on the extension.org website: <http://tinyurl.com/oah5luq>.

## What else can you do with a greenhouse?

By **Pamela Devereaux Wilson**, Benton County Master Gardener volunteer

As a newly-minted master gardener trainee, I was at the MG desk when the phone rang. I answered with some trepidation, grabbing a form, hoping to answer the question. I was greeted with a hearty hello and this question, "I have been given all the glass I want and my wife wants a greenhouse. Before I go to the trouble, the time and

*added expense, what else can I do with a greenhouse?"*

I was the perfect person to answer this question. My husband and I had spent the weekend cleaning our own greenhouse to be more functional. At the Albany Mother Earth Fair we coveted a solar dryer for \$400. Although we walked away from the purchase, the desire for solar drying remained and it dawned on us we could use the greenhouse. My husband made S-hooks out of wire; net bags of spearmint,

thyme and rosemary were hanging in the greenhouse as we spoke, and zucchini was drying on screening. It was raining, but a wooden clothes-drying rack held blue jeans and tennis shoes that took overnight to dry.

We skipped starting seedlings: he knew that, but moving plants in to overwinter was a new idea. I explained I was on my third lemon verbena plant and finally figured it was on the edge of the zone where it could winter outside. At \$9 a plant, that plant was

coming inside this winter. Last year, we'd netted off space below one set of shelves and raised chicks until they could join the bigger chickens safely. We had lots of manure for the compost, but the greenhouse still has the faint odor of chicken.

In August, we placed ten 33-gallon plastic containers of water, five to a side, under the lower shelves. The water absorbs heat during the day and slowly releases it at night stabilizing greenhouse temperatures. We

also bought a pump to remove water as we need it. Not only are we heating the greenhouse, but we have a 330-gallon emergency water reserve. Our plan is to pump the water next August providing additional garden water in a dry month when our well is low. In September or October, when we don't use as much garden water, we'll refill the containers to act as "heaters" for the winter.

**Continued on page 8**



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# Family and Community HEALTH

## How's the air in there?

At this time of year, Oregonians spend much more time indoors than out and that makes the quality of our indoor air very important to our health.

### January is Radon Action Month

Radon is a radioactive gas. It occurs naturally in rocks, soil and water. You can't see, smell, or taste radon. Unless you test for it, there is no way of telling how much is present. Radon gas moves up through the soil and can be drawn into our homes by slight pressure differences. Once inside, radon can become trapped and build up to unsafe levels. Radon is the leading cause of lung cancer deaths among nonsmokers in America, claiming the lives of about 21,000 Americans each year. The EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

Test kits can be found at hardware stores or online for \$10-\$30. When choosing a kit, check to see if there is an analysis fee in addition to the test-kit price. Online tests can be as accurate as kits from

the hardware store. There are many online test-kit options, including the following two inexpensive kits that include shipping and analysis fees:

The American Lung Association (ALA) of the Mountain Pacific sells a short-term kit for \$15 and a long-term kit for \$38.50. You can order online [https://secure3.convio.net/ala/site/Ecommerce/1264984002?VIEW\\_PRODUCT=true&product\\_id=2301&store\\_id=1741](https://secure3.convio.net/ala/site/Ecommerce/1264984002?VIEW_PRODUCT=true&product_id=2301&store_id=1741), or by phone at 503-718-6141.

The National radon Program Service at Kansas State University has short-term kits available for \$15 and long-term kits available for \$25 online. <http://sosradon.org/>

There are also local companies who will test the air in your home and provide you with immediate results. This may be desirable when considering selling or purchasing a home. <https://public.health.oregon.gov/HealthyEnvironments/HealthyNeighborhoods/RadonGas/Pages/mitigation.aspx>

For more information, contact the Radon Program of the Oregon Health Authority, radon.program@state.or.us, or call 971-673-0440.

Source: Oregon Health Authority, Public Health



Join the fun, become a volunteer Master Food Preserver this year!

## Master Food Preserver volunteers sought

OSU Extension Service will begin accepting applications for volunteers interested in becoming trained volunteer Master Food Preservers in February. The eight-week training (one day a week) will begin in April. Volunteers will be expected to return a minimum of 48 hours of volunteer time during the food preservation season between June and October. Volunteer duties include assisting with community food preservation classes and staffing information tables at farmers markets and community events.

Extensive food preservation experience is not required. Participants should learn all aspects of food safety and preservation during the training. A desire to interact with the public in a cheerful and positive way is more important. For more information about the program and to receive an application, contact Jeanne at 541-730-3544, or email [jeanne.brandt@oregonstate.edu](mailto:jeanne.brandt@oregonstate.edu).

For community members who want to learn more about food preservation but do not wish to volunteer, a variety of hands-on classes will be offered during the summer and fall. Watch future editions of GROWING for a schedule and registration information.



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## OSU Extension Service classes offered in Lebanon

The following classes are free and open to the public. Classes are held at the Lebanon Senior Center, 80 Tangent Street, Lebanon. Please register by phone so we can prepare enough materials for participants. Register by calling the OSU Linn County Extension office at 541-967-3871.

**Mom's Tool Box, Thursday, Jan. 28, 9:30-11:30 a.m.** — Learn about the selection of basic tools that are helpful to have around the house. Discuss uses and safety for the most common items so that you can make small repairs and keep possessions in good working order.

**Oregon Myths and Legends, Thursday, Feb. 25, 9:30-11:30 a.m.** — You may think you know Oregon history, but some things we have heard are tall tales and others are the real deal. Review some of the more interesting stories and truths about our state. Bring your stories to share.

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### 'GARDEN CALENDAR' continued from page 5

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#### Planting/propagation – February

- Plant windowsill container gardens of carrots, lettuce or parsley.
- Plan to add herbaceous perennial flowers this spring: astilbe, candytuft, peony and anemone.
- Good time to plant fruit trees and deciduous shrubs. Replace varieties of ornamental plants that are susceptible to disease with resistant cultivars.
- Plant asparagus if the ground is warm enough.
- Plant seed flats of cole crops (cabbage, cauliflower, broccoli and Brussels sprouts), indoors or in a greenhouse.
- Where soil is dry enough and workable, plant garden peas and sweet peas.

#### Pest monitoring and management

- Scout cherry trees for signs and symptoms of bacterial canker. Remove infected branches with a clean pruner or saw.
- Use dormant sprays of lime sulfur or copper fungicide on roses for general disease control, or plan to replace susceptible varieties with resistant cultivars in February.
- Moss in lawn may mean too much shade or poor drainage. Modify site conditions if moss is bothersome.
- Mid-January: Spray peach trees with approved fungicides to combat peach leaf curl and shothole. Or plant curl-resistant cultivars such as Frost, Q1-8 or Creswell.
- Monitor landscape plants for problems. Don't treat unless a problem is identified.

#### Houseplants and indoor gardening

- Gather branches of quince, forsythia and flowering cherries and bring indoors to force an early bloom.

## January is the deadliest month for carbon monoxide (CO) poisoning

Oregon ranks among one of the top states for CO poisonings in the winter months. Fatalities are highest in winter **due to increased use of gas-powered furnaces and alternative heating and power sources** during outages, such as portable generators, propane stoves or grills and charcoal grills.

**Every home** should be equipped with a carbon monoxide alarm on each level. Even all-electric homes can be at risk of CO from an attached garage, a faulty fireplace, portable burners and outdoor pollution.

Here are some guidelines for selecting and placing CO alarms:

- CO alarms are inexpensive and widely available at many local retailers.
- **If possible, choose a CO alarm that is also a monitor** – one

with a display window of the current CO level. This can reveal a CO level that is not high enough to trigger the alarm, but still unhealthy or rising. That can provide an early clue to a problem, so it can be remedied before it builds up to an emergency level.

- CO detectors should be **certified** to requirements of the most recent UL, IAS, or CSA standard for CO alarms.
- Install battery-operated or plug-in CO alarms with battery back-up just outside or in **sleeping areas**. Best placement height is **eye-level** so the digital readout can be easily seen. Since CO is lighter than air, high is better than low, but visibility is what's most important. Do not place it within 15 feet

of a fuel-burning appliance, nor in very humid areas like bathrooms.

- **Test CO alarms frequently and replace dead batteries.**
- A CO alarm offers added protection, but is **no substitute for proper installation, use and upkeep of appliances** that are potential CO sources.

To prevent CO poisoning in your home, have your furnace inspected annually and never use a generator, gas or charcoal fired grill inside or within 20 feet of your home, even if the doors or windows are open.

*Source: Healthy Homes Highlights, Healthy Homes Partnership, LaHouse Resource Center*

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### 'IMAGINE THAT' continued from page 5

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of this same natural principle to add color in your home or business long before it's springtime outside. All you need to do is cut a few branches of flowering trees or shrubs and then follow a few simple steps as outlined by OSU Extension horticulturists.

Although many different plants can be forced to bloom indoors, OSU Extension recommendations include forsythia, spirea, flowering plum, witch hazel, flowering crab apple,

winter jasmine, flowering quince and — as the folks at the local coffee shop learned firsthand and delightedly — flowering cherry.

For best results, select several branches with fat flower buds, cut sections 2- to 3-feet long, and bring the sections indoors. To promote water intake, cut a slit 1- to 2-inches long at the base of each branch you've brought inside, and put them in a deep pail of water. Put the pail with the water and branches in

a cool room. Depending on the type of plant and size of buds, you should start to see color within a few days, up to a week or so. At that point, move the pail and branches to a room with more normal heat and look for full blooms in a day or two. You'll have color to help you make it through those last several weeks of gray skies and wet weather.

For more information, go to [extension.oregonstate.edu/gardening/node/608](http://extension.oregonstate.edu/gardening/node/608).

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### 'GREENHOUSE' continued from page 6

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I shared my dream of a greenhouse big enough for a coffee pot, two chairs and a table so my mornings could begin there. My perfect greenhouse also has a pond with edible water plants and fish, maybe even a waterfall flowing into the yard. From there, our greenhouse conversation took on a life of its own. We ended

the telephone call laughing.

In the gardening season that has passed since this conversation, the verbena has been moved inside, yacon roots wait in peat moss and the S-hooks hang ready for next year. In January I'll order seeds while sipping mint tea made from leaves dried there this summer. Meanwhile, my dream green-

house has grown — it would be big enough to grow mushrooms in various colors and species; tall enough for lemon, orange and fig trees, and have a separate still room for working with medicinal plants. I hope this man, with more glass than he knew what to do with, built the greenhouse of his wife's dreams.

# Be a Food Hero in 2016: Commit to healthier habits

The New Year is a great time to set goals for the upcoming year. Many people choose to work on being healthier. This could mean getting more physical activity, cutting back on screen time, or eating a healthier diet. Since we make more than 200 choices about food every day, there is a lot of opportunity to make changes when it comes to eating healthier.

## Make your resolutions stick

- If you have a family, brainstorm and set goals so you can all work together to eat more fruits and vegetables.
- Did you know it only takes 21 days to build a new habit? That's less than a month! Commit to eating healthier for 21 days and it will be a habit before you know it.

- Stay positive! Think about all the great foods you CAN try rather than what you can't or shouldn't eat.
- Keep things exciting by trying new foods and recipes.

## What is a healthy diet?

A healthy diet includes plenty of fruits and vegetables along with whole grains, low-fat or fat-free dairy, and protein. Balancing the amount of food you eat with physical activity is key to staying fit. Making half your plate fruits and vegetables is a great way to do this since fruits and vegetables are low in calories and fat and packed with beneficial vitamins and minerals your body needs to function at its best. Most people should eat at least 1 1/2 - 2 cups of fruit and 2-3 cups of vegetables every day.

Most people don't eat the recommended amount of fruits and vegetables. A simple New Year's goal could be to eat at least one fruit and vegetable at every meal in order to meet the daily recommendations. Becoming a Food Hero can help you do this.

## How to be a Food Hero

Being a Food Hero is all about exploring new foods and being a leader for eating healthy. This means setting a good example for others by eating healthy foods yourself.

Within the Food Hero website, there lives healthy and tasty recipes, meal ideas, budgeting, shopping and many more cooking tips and tools, plus ways to connect with other Food Heroes. - Visit: <https://www.foodhero.org>.

# Citrus fruits provide some sunshine in the winter

The winter months are citrus fruit season so supermarkets offer the best selection and prices on citrus fruits. Cold temperatures and gray skies beg for us to spend some time in our kitchens creating tasty treats from citrus fruits to remind us of summer and sunshine.

Marmalade is making a comeback in popularity. This traditional topping for baked goods is one way to enjoy and preserve the variety of citrus available now. This basic recipe can be made more unique to your tastes with the addition of spices like cinnamon, a sprinkle of chili powder or a bit of finely chopped ginger.

## Citrus Marmalade

Yield: About 3 or 4 half-pint jars (Note: When peeling citrus fruits for marmalades, be sure to include some of the white membrane found just under the skin. This is where most of the pectin is located.)

- 3/4 cup grapefruit peel (from grapefruit)
- 3/4 cup orange peel (1 or orange)
- 1/3 cup lemon peel (1 lemon)
- 1 quart cold water
- pulp of 1 grapefruit
- pulp of 4 medium-sized oranges
- 2 cups boiling water
- 3 cups sugar



Marmalade can brighten up your winter mood and menu.

**To Prepare Fruit** – Wash and peel fruit. Cut peel in very thin strips into a saucepan. Add cold water and simmer, covered, until tender (about 30 minutes). Drain. Remove seeds and membrane from peeled fruit. Cut fruit into small pieces.

**To Make Marmalade** – Combine peel and fruit in saucepan, add boiling water and sugar. Boil rapidly over high heat, stirring frequently, until the temperature measures 8°F above the boiling point of water (220°F at sea level), about 20 minutes. Remove from heat; skim. Pour hot marmalade into hot, sterile jars, leaving 1/4 inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a boiling water canner for 5 minutes (10 minutes at altitudes above 1000 feet).

Source and for mixed fruit marmalade options, see <http://preservingfoodathome.com/2014/01/13/brighten-up-your-days-with-marmalades/>

## Banana Oatmeal Cookies

### Ingredients

- 2 very ripe bananas
- 1 cup quick oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins

### Notes

Try dried cranberries or chopped nuts instead of raisins.  
Serving Size 2 cookies  
Yield 14 cookies  
Prep time: 10 minutes  
Cooking time: 15 minutes

### Directions

- Preheat oven to 350 degrees.
- In a medium bowl, mash bananas with a fork until mostly smooth.
- Add oats, cinnamon, vanilla and raisins. Mix well.
- Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
- Bake 10 to 15 minutes. Remove from oven and let cool before serving.

### Nutrition Facts

Serving Size 2 cookies (50g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 3g	12%
Sugars 9g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,000
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



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# Linn County 4-H OUTREACH

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**Benton County and Linn County Extension programs may offer opportunities that are only open to the citizens of their respective counties. Please check with your county Extension Office if you have any questions about participation eligibility for specific programs.**

## Linn County 4-H offers many projects

Do you like science, cooking, the arts, or animals? There are many interesting projects to do as part of a 4-H club. You not only have fun learning about a topic you like, but also gain life-skills, such as responsibility, record keeping and working with others.

In Linn and Benton counties, traditional clubs are the basis of many topical projects. The foundation of clubs are adults who are enrolled 4-H as 4-H leaders. There are several steps to becoming a 4-H leader. Many dedicated adults have

completed on-line education modules regarding positive youth development and how to operate a successful club. They fill out an application, pass a criminal background check, and have letters from references. Once they are enrolled, they work with youth in clubs located throughout the counties.

In Linn County livestock is a popular club focus for youth with beef, sheep, swine, goats and small animals, such as poultry and rabbits. There are both breeding and market animals raised for home use or

the fair market animal auction.

The 4-H Horse project provides opportunities for youth to develop into competent horsemen and gain vast equine knowledge while participating in a wide range of activities. Other than riding or driving, the 4-H member may also learn about horse judging, veterinary management, feed evaluation and the business aspects of horse operations.

For more information on all Linn County 4-H clubs, contact the Extension office at 541-967-3871.



## OREGON MASTER NATURALIST

### Oregon Master Naturalist Online Course - Winter 2016

*Accepting Enrollments Now!*

Interested in becoming an Oregon Master Naturalist, or know someone who does? Register today for the Winter 2016 Online Course. This course will introduce you to Oregon's natural history and natural resources through research and science based content. It's your first step to become an Oregon Master Naturalist.

Course dates: Jan. 19 - April 12

To learn more about the Oregon Master Naturalist Online Course, go to <https://pace.oregonstate.edu/naturalist>.

## Linn County 4-H Food Drive

**By Maddie Neuschwander,**  
Linn County 4-H Leadership  
Member

Did you know that Linn Benton Food Share is a non-profit food bank that gathers, transports, stores and distributes 5.3 million pounds of food each year to nearly 70 non-profit agencies in Linn and Benton counties? Did you know that last year food pantries distributed an average of 4,052 boxes of emergency food to nearly 15,000 people each month in our two-county area?

Did you know that a gift of \$10 is equivalent to 50 meals?

This fall, Linn County 4-H partnered with Linn-Benton Food Share to collect donations for our local community. We kicked off a can food drive at our Annual 4-H Awards Night the first of November and concluded it the first week of December. We collected almost 500 pounds of food and over \$650. This equals over 3,500 meals that will be available to our local families in need.

We not only donated the food, but we also volunteered

at the warehouse a couple of different times. The Linn County Leadership Team volunteered one evening and sorted 3,000 pounds of potatoes; this was a great experience to get a better understanding of what Linn Benton Food Share does for Linn and Benton Counties. When we delivered the food, we sorted it out and repackaged it to go out to the local agencies. We are looking forward to continuing this partnership throughout the year and doing another food drive in the fall.

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# 2016 4-H Camp Counselor applications available

We are looking for Camp Counselors who are in grades 9-12 to volunteer for the 2016 Linn-Benton-Lincoln-Tillamook overnight camp in Salem, Ore. Camp counselors gain valuable job experience, learn about leadership and responsibility, and become wonderful role models for the 4th-8th grade campers. 4-H Camp will be held June 26-July 1 (*Sunday-Friday*), with counselors arriving on Saturday, June 25. Non-4-H youth are welcome to

apply. Males are especially encouraged to get involved so that we can accommodate the maximum number of boy campers.

If youth were counselors last year they will automatically be sent an application. New interested youth can print the application off from the county 4-H website or they may stop by the Extension office. Applications are due Friday, Feb. 12. We are also recruiting applicants for Junior Staff

(college age students or older who do much of the behind the scenes work at camp plus support counselors).

Counselor Selection Day will be held Saturday, March 5, at the Linn County Extension Office. Selected counselors and alternates must also attend counselor training on Saturday, May 7, and Sunday, May 8, at the Oregon 4-H Center. Camp Counselor positions are volunteer. *There is no cost for trainings.*

## Western Region Livestock Education Day

**When:** Saturday, Jan. 23, from 8:30 a.m. to 3 p.m.

**Where:** Polk County Fairgrounds - 520 South Pacific Highway West, Rickreall, Ore. 97371.

Come join 4-H and FFA members from all over the region to learn about how to select a market animal project, how to feed your project once you have it home, and finally, how to market that project to potential buyers.

The day will begin at 8:15 a.m. with registration,

followed by breakout sessions for beef, sheep, goats and swine. We will also hold educational seminars related to biosecurity, keeping your farm safe, and protecting your animals.

Industry professionals will serve as our presenters for the day, including University Animal Science Instructors, Veterinarians, and Livestock Nutrition experts.

Lunch and prizes will be supported by Coastal Farm and Ranch.



4-H Junior, Intermediate and Senior members from Linn, Benton, Polk, Marion, and Yamhill counties are welcome as well as FFA members from those counties.

For questions, please contact Andrea Leao at [andrea.leao@oregonstate.edu](mailto:andrea.leao@oregonstate.edu)



PHOTO BY ROBIN GALLOWAY

## Salmon Trout Enhancement Program (STEP) Egg to Fry Program

Calapooia Middle School students in Mrs. Mara Burke's class were involved in the Oregon Department of Fish and Wildlife's Salmon Trout Enhancement Program (STEP) Egg to Fry Program. Teachers set up aquariums in their classrooms and hatched the salmon eggs. They raise the salmon until the fish are swimming freely and ready to start eating. Mrs. Burke's class rode the holiday trolley to Grand Prairie Park in Albany, where they released the salmon fry into Periwinkle Creek. While at the creek, the students checked the water quality for pH, dissolved oxygen, and temperature. Students learned that these factors are important to allow the salmon to grow and migrate into the Willamette River.

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# Commercial Agriculture SMALL FARMS

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## 2016 OSU Small Farms Conference February 20 Chris Blanchard Tackles Farm Profitability

Among the headlining speakers at the 2016 Small Farms Conference, is farmer and farm profitability consultant, Chris Blanchard (<http://www.purplepitchfork.com>). As the owner and operator of Rock Spring Farm since 1999, Chris raised 20 acres of vegetables, herbs and greenhouse crops, marketed through a 200-member year-round CSA, food stores and farmers markets. He now operates Purple Pitchfork, an educational organization dedicated to helping farmers and their farm businesses.

Chris is well-known for his Farmer to Farmer podcast series (<http://www.farmertofarmerpodcast.com>). The podcasts get at the big ideas and practical details that go into making a farm work. They provide an honest look at everything from soil fertility and record-keeping to getting your crops to market without making yourself crazy.

Chris will be presenting a full-day track on farm profitability. Topics will include:

- What makes me money? Practical ways to track expenses and revenue to evaluate what crops are profitable.
- How should I sell? Evaluating market channels.
- Should I buy a tractor? Investment analysis for the small farm. This session will include background and a panel of farmers involved in the Oregon Cost Study Project operated by Oregon Tilth and the OSU Small Farms Program.

Chris is co-author of *Fearless Farm Finances: Farm Financial Management Demystified*, a resource for new farmers, farmers new to financial management and those wishing to increase their understanding. The book simplifies the concepts and techniques of successful farm financial management, from setting up data-collection systems and designing a QuickBooks bookkeeping program to understanding standard financial statements, such as the balance sheet and income statement. Also covered are ways to assess and increase profitability, including the use of standardized ratios, enterprise budgets and partial budgets, budgeting and monitoring, as well as assessing markets and pricing. Numerous examples from a diversity of working farms are used, as well as financial data from a fictional sample farm.



## Exploring the Small Farm Dream Workshop series may be right for you!

Are you considering launching a small farm enterprise, but are not sure where to start? Whether you are dreaming of raising sheep, growing berries, or selling heirloom vegetables, this class series will give you the tools to start making choices to determine if farming is right for you. In this three-session course, you will learn about current opportunities in small-scale agriculture, explore objectives, assess personal and financial resources, conduct preliminary market research and develop an action plan to guide your next steps.

If you are exploring the idea of starting a farm business, this course is designed for you. This

includes people thinking about full-time farming, farming part-time while continuing other employment, changing careers to start a farm and/or developing an existing but informal farming pastime into a more serious business activity.

### What to expect

- Creative exercises, research, and class discussions that will help you assess your skills and resources.
- Interview with local farm-business owner that will assist you in deciding how to carry your dream forward.
- An opportunity to make connections with others interested in starting new farm enterprises.

### When and where

Thursdays, January 14, 21, and 28, 6-8:30 p.m., Linn County Extension Service office in Tangent.

### Registration details

\$60 for one individual; \$75 for two farm business partners.

Fee includes worksheets and handouts, 7.5 hours of detailed instruction and class exercises led by Extension faculty and successful local farmers. Refreshments are included at each session.

To register for the Linn County series go to: <http://smallfarms.oregonstate.edu/south-valley/events> or contact Chrissy Lucas at 541-766-3556.

## Winter Farming Series

Are you interested in exploring whether winter production would be a good addition to your farm business? There are several crops that can be harvested during the winter months in Oregon. This class series will cover the basics of winter production, including season extension tips and tools, planting dates and varietal selection that you will need to get started in winter production. We'll also walk you through the process of keeping records to track production costs and analyzing whether winter production can be a profitable enterprise for your farm.

You'll have a chance to visit with farmers that are experienced with winter

production to get perspectives from the field. Our goal is to support you with testing out winter production on your farm to determine whether it is a feasible enterprise for your operation. Classes are spread out over a whole year and timed so that you can apply what you learn for your winter plantings in 2016.

### Class Schedule

- Winter Farming Tour - Jan. 20, 9 a.m. to 4 p.m.
- Winter Crop Planning and Marketing - Feb. 10, 6-8:30 p.m.
- Winter Vegetable Field Day and Season Extension Structures - March 9, time TBA.



- Recordkeeping for Profitability Analysis - July 6, 6-8:30 p.m.
- Winter Farm Enterprise Profitability Analysis - Jan. 25, 6-8:30 p.m.

For more information and registration visit: <http://smallfarms.oregonstate.edu/southern-willamette-valley-program/winter-farming>  
Contact: Chrissy Lucas at 541-766-3556, [chrissy.lucas@oregonstate.edu](mailto:chrissy.lucas@oregonstate.edu)



Shelby Filley  
541-672-4461  
shelby.filley@oregonstate.edu

# Commerical Agriculture LIVESTOCK AND FORAGES

## Follow profitable production strategies

### By Shelby Filley

The word 'profitable' in agriculture sometimes elicits a chuckle among ranchers. But of course it is no laughing matter. Many agricultural enterprises struggle to make a profit. Some lose a great deal of money, but others are quite successful. What factors are responsible for the difference between success and failure?

### Management and profit

Although profitability is a complex issue, there are things producers can control. One of those is management of the business. Management, the adoption and implementation of certain practices of a ranch, has a huge impact on profitability. University studies have determined which practices have a positive effect on production efficiency and profitability.

Dr. Harlan Hughes, an agricultural economist from the Midwest, wrote an article that profiled the profitable beef producer. Hughes found a high correlation between good management practices and

profitability. Beef producers who followed a lot of good practices had high profitability, producers who followed less of these had lower profitability, and those who followed few routinely lost money.

### Opportunities to learn

Oregon State University Extension Service has been helping producers understand and implement good management practices since the early 1900s. Today, the Regional Livestock and Forages program has the whole university system to back it up, offers information, educational classes and consultations on livestock nutrition, reproduction, marketing, forage production and other topics to assist producers in identifying proven practices. These services not only help with profitability, but also with health and well-being of our animals and our environment. If you are not in it for the money, you could still learn ways to be a good steward of the land and livestock in your care.

Many classes are held

locally, including various evening classes and breakfast educational meetings. Producers are welcome to attend programs in other counties too. Sometimes presentations are delivered via webinars or special interactive video conferences.

One video conference called "Strategies that Pay" had special guests from around the United States present information dealing with profitability. Guest speakers were actually in Nevada, but the program was broadcast here. Class participants were able to view the presentation and speak directly with the presenters.

Some very important points came up during that program. For example, livestock managers have gotten too far away from using cross-breeding programs. This practice is very important

### Planning the future of Livestock and Forage Programs in Linn and Benton Counties Livestock & Forages Breakfast Educational Programs suspended until further notice

Lately, we have had low attendance at most of these meetings. Many participants from the past no longer attend, so the programming needs may have shifted. Some feedback suggests the need for more hands-on activities – like the visit to the processing plant in November.

Please help in planning the Livestock and Forages Program delivered in Benton and Linn counties. Call or write with your preferences for topics, days of the week and time of day for programs. Also, please indicate your willingness to host some of the 'hands-on' classes on your farm.

Shelby Filley  
Regional Livestock and Forages Specialist  
Shelby.filley@oregonstate.edu  
541-236-3016

because it takes advantage of hybrid vigor, the improvement that occurs when you cross animals with different genetics. Also, many cattle managers could benefit from shortening the breeding and calving seasons, which improves herd fertility, calf crop uniformity

and weaning weights.

Another recent webinar series concentrated on lamb production, including time-saving lambing strategies, flock nutrition and breeding season factors that affect lambing rate. The remote speaker programs are different than what we were used to, but are enjoyed by all who attend.

### Assessing management and evaluating costs

One opportunity for exploring production management options includes a program called 'Critical Control Points,' which contains a self-assessment to

identify practices needing more attention. The assessment actually stemmed from a discussion held at one of the local breakfast meetings. It blossomed into a publication and then a presentation that

Continued on page 15



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## South Valley Field Crop notes January/February

### General management

- Seed certification: make sure to submit overseeding documentation to seed cert to maintain eligibility.
- OSU research has shown that spreading slug bait during the cold winter months is not effective. If determined to bait, do so at dusk when night temperatures are in the low 40s, with no rain, and winds less than 5MPH.
- Continue to scout fields for the winter cutworm, a cold-tolerant larval pest.

### Grass

- Delay first nitrogen applications to perennial ryegrass until after T-Sum reaches 200 GDD (~mid-February). Apply 120-160 lb/ac of N in the spring to perennial ryegrass fields by mid-April. Split applications are recommended for flexibility and matching crop demand, but rarely increase seed yield. Peak N uptake for perennial ryegrass is in late April.
- Tall fescue begins spring growth ~4 days (turf-type) to ~10 days (forage-type) earlier than perennial ryegrass. Apply 100-140 lb/ac of N in the spring to tall fescue fields by the first week of April. Split applications are recommended, with the majority of N applied by mid-March. Peak N uptake for tall fescue is in late March/early April.
- On saturated soils, the entire spring N application can be delayed until mid-March/early April without reducing seed yields (especially annual ryegrass). It is best to delay fertilizer where soils are saturated or ponded.
- In drier years, scout grass seed fields for late winter grain mite outbreaks.

### Wheat

- Attend the January OSU Extension Wheat and Seed Production Meetings if planning to plant spring wheat this year. Variety selection will be discussed.
- Take soil samples in the last two weeks of January for the N-min test to help predict spring fertilizer rates.
- Apply nitrogen to winter wheat before the end of February to be sure it is fertilized before late tillering. Rapid N uptake begins at jointing (Feeks GS6).
- Try to complete post-emergence grass and broadleaf control herbicide treatments on winter wheat before wheat jointing (~March 1). Refer to individual product labels or the PNW Weed Management Handbook for specific information on application timings.

Continued on page 15

## Just what you wanted for Christmas - a new pest species!

By Clare Sullivan

By now, many of you will have seen in your fields, or heard of, the new cutworm species of concern in Western Oregon – the winter cutworm. The winter cutworm (*Noctua pronuba*), also known as the Large Yellow Underwing Moth, has appeared in very large numbers in both agricultural fields and urban areas this fall/early winter.

The pest seems to have come out of nowhere, with very high populations taking growers and fieldmen by surprise. These cutworms are known to be very mobile, move in packs, and appear at night; which all contribute to them suddenly overwhelming fields.

As the name implies, the winter cutworm remains active at colder temperatures compared to other cutworm and armyworm species found in the Willamette Valley. Of importance, this means the winter cutworm could continue feeding and causing damage through the winter and into the spring. Significant damage was reported across the Valley in the fall of 2015 in grass seed fields, seedling clover fields, wheat fields, vineyard alleyways, pastures, lawns, etc. Cutworms clip leaves of grasses and cereals, and feed on crowns.



The winter cutworm larva is fairly distinguishable from other species due to the series of black dashes on both sides of the body, and the black 'X' pattern on its head (see photos). It is important to continue monitoring your fields through winter and into the spring for cutworm larvae. There are no official thresholds developed for Oregon, but we are recommending control at >4 cutworm larvae/sq ft. Fall defoliation may increase winter injury and reduce spring re-growth. Visit the PNW Insect Management Handbook for insecticides

labeled for cutworm or armyworm control at <http://insect.pnwhandbooks.org/legume-grass-field-seed>. Remember that insecticides are most effective when larvae are small (<1") and temperatures are above 50°F.

For more detailed information on the winter cutworm, including lifecycle, photos and management, see the Pest Alert published in December (<http://oregonstate.edu/valleyfieldcrops/>). Stay tuned for more information, and feel free to contact me with any questions or reports of high infestations.



## 2016 Winter OSU Extension Seed Crop and Cereal Production Meetings

### Tues Jan 12

- 8:30 a.m. - noon - Roth's Hospitality Center, West Salem
- 1:30 p.m. - 5 p.m. - Linn County Fair and Expo Center, Albany

Forest Grove Elks Lodge,  
2810 Pacific Ave.

### Agenda:

- What to Expect from Perennial Seed Crops After 2015 Weather - Tom Chastain;
- Managing Herbicide Resistance in Grain and Seed Crops - Carol

Mallory-Smith;

- Dynamics and Management of Septoria Resistance - Chris Mundt & Christina Hagerty;
- Spring Management Decisions for Wheat Crops - Mike Flowers.
- ODA Pesticide Recertification Credits will be available

### Wed Jan 13

- 8:30 a.m. - noon -

## Oregon Ryegrass Growers Association Meeting - Jan. 20th

The 55th Annual Meeting of the Oregon Ryegrass Growers Association will be held on Jan. 20, at the Linn County Fairgrounds and Expo Center in Albany. If you would like to register for the meeting and need a form, you can stop by the OSU Linn County Extension office in Tangent. Pre-registration is \$20 and registration at the meeting is \$25.

The board put together a

great program this year covering a variety of topics including grass seed breeding efforts and end uses, farm security, annual ryegrass growing systems and understanding soil tests. The keynote speaker is Darrell Bruggrink, Publisher and Executive Director of the magazine 'No-Till Farmer', who will provide an update on cover cropping and the world of no-till.

The ORGA board will have a poster-presentation period during the morning break. Posters will cover a variety of topics, ranging from seed certification to weed and pest management. The program will include a market report and legislative updates. For a look at the full day's agenda, visit [http://extension.oregonstate.edu/linn/sites/default/files/ryegrass\\_agenda-2016.pdf](http://extension.oregonstate.edu/linn/sites/default/files/ryegrass_agenda-2016.pdf).

## 'PRODUCTION STRATEGIES' continued from page 13

has been shared at several meetings.

Along with using proven production management practices, an evaluation of production costs is needed. The practice of separating individual parts of a ranch into business segments called 'enterprises' can help a manager identify and isolate costs that should strictly be applied to one part or another.

For example, forage produced by the ranch (pastures and hay ground) should be a separate enterprise from each livestock enterprise. Since profit is a function of revenues minus input costs, producers should not only know how much they receive for their product, but also the true unit cost of production; that is, dollars to produce a unit of product (\$/ton of hay, for example).

Handy tools called Enterprise Budget Sheets can assist you with an economic analysis of specific parts of your ranching business or home food production. By studying these sheets, you can determine whether it is more economical to buy a commodity or raise it yourself, hire a custom farmer or do your own field prep and other such comparisons.

Please consider following profitable production strategies that fit your operation. Access all these wonderful resources by email ([shelby.filley@oregonstate.edu](mailto:shelby.filley@oregonstate.edu)), phone 541-236-3016, or visit [extension.oregonstate.edu/douglas/lf](http://extension.oregonstate.edu/douglas/lf).

## 'CROP NOTES' continued from page 14

### Clover

- Dormant season applications of oxyfluorfen, paraquat, diuron (red clover), and MCPA (white clover) herbicides should be completed on established white and red clover fields by early February or before growth starts.

### Mint

- Dormant season applications of paraquat, oxyfluorfen, or other soil-applied herbicides on peppermint should be completed by early February or before growth starts.

### Meadowfoam

- Complete fertilizer and pesticide applications on meadowfoam as soon as possible after Feb. 1 to minimize potential crop injury.

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## Commercial Horticulture Hints

- Peaches trees and blueberries use dormant spray
- Apply berry and tree fruit dormant sprays
- Finish pruning berry and tree fruits
- Keep weeds under control
- Mulch any raised beds
- Apply oils to control scale, mites, and aphid eggs

## Pruning class schedule

There are two pruning workshops coming up for the Linn County and Benton County area:

- Jan. 21, 1 p.m. at the Lewis Brown farm. Register online at <https://secure.oregonstate.edu/osuext/register/971>;
- Feb. 9, 1 p.m. at Grandpa's farm in Crabtree. Register online <https://secure.oregonstate.edu/osuext/register/972>.



You may also call 541-766-6750 to register.

A list of the current pruning classes is available at the Lane County Extension office. Drop by the Lane County Extension office, or call 541-344-5859, or visit the Lane website for a copy at: <http://extension.oregonstate.edu/lane/gardens>

## Pesticide class offered

The PNW Entomology and Plant Pathology short course is scheduled for Feb. 2, at Lane Community College, Eugene. The conference is for those needing public, commercial and consultant pesticide training credit hours. This course also has been credited for the Oregon Landscape Contractors Board continuing education credit. There will be 8 hours of pesticide recertification credit available. Call 541-334-5859 if you need more information. If a registration form is needed, visit <http://extension.oregonstate.edu/lane/farms>.

## Willamette Valley Tree Fruit Growers Association

The Willamette Valley Tree Fruit Growers Association's (WVTFGA) annual meeting has been set for February 06, 2016 at the North Willamette Research and Experiment Station in Aurora. The meeting will run from 9 a.m. to 3 p.m., with lunch included. Registration will start at 8:30 a.m. Full agendas with topics and speaker information will be sent

out in Mid-January by Tony Shepherd.

Congratulations to our president Nik Wiman. He recently landed the full time position of OSU Extension & Research faculty for Nut And Tree Fruit crops in the Willamette Valley.

Best wishes. Tony Shepherd  
For more information, contact Tony at 503-791-8517. or [Blueberry4406@gmail.com](mailto:Blueberry4406@gmail.com)

*WVTFGA is a group of tree fruit growers that gets together twice a year for educational classes and tours. The winter meeting is held in February and the summer tour is held in June. The meeting is for anyone who is growing tree fruits, berries, or nuts, and would like educational classes to improve their management techniques.*

## Eastern Filbert Blight (EFB)

EFB infestations seem to have exploded with the cold 2014 freeze and two very dry summers. EFB can be spotted in almost every orchard. However, even though we are finding the disease in most orchards, finding the new green pustules, which I call the "green measles," is hard to find and most of the disease symptoms that are being found are the black pustules, which means that it looks like

the protective sprays have been doing a pretty good job; plus growers are scouting, pruning and applying protectants sprays 3-5 times in the spring.



With the severity of the blight, it may be a good time to look at replacing the worst trees with newer disease resistant trees. Visit <http://www.oregonhazelnuts.org/growers-corner/hazelnut-nurseries/> for varieties and other information.

For a complete set of publications on growing hazelnuts, visit <https://catalog.extension.oregonstate.edu/search/content/hazelnut>.

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## Field Crops

OSU South Valley Field Crops Extension Agent Clare Sullivan works to ensure that field-crop farmers in Linn, Benton, and south Polk County are kept abreast of the latest developments in crop production.

"Whether that is new agronomic practices or updates on pesticides or regulations, we try to make sure that we are a resource of information for growers," Sullivan said.

"We put on annual meetings, participate in grower meetings, get information out via newsletters and updates, conduct field tours and we respond to grower needs by listening to their concerns, interests and challenges, and try to come up with solutions through applied research," Sullivan said.

Sullivan works primarily with grass seed crops, including annual and perennial ryegrass, tall fescue and orchardgrass, but also works with wheat, white clover, mint, meadowfoam and brassica seed crops, such as radish and turnips.

Information: 541-730-3537

## Livestock and Forages

OSU Extension Service Regional Livestock and Forage Specialist Shelby Filley covers six counties, including Linn and Benton, providing animal nutrition and reproduction information to medium- and large-scale commercial farms and ranches.

Based in Douglas County,

Filley said she doesn't make it to Linn and Benton counties as much as she would like. But through use of Facebook, through a website that she keeps "stocked full of information" and through emails and newsletters Filley said it is surprising just how much she can accomplish by long-distance communications.

"It is interesting how much we can do by long distance," she said. "People can send me photographs, and we can actually end up doing a lot."

Also, for the past dozen years, once a month on the second Tuesday Filley hosts a breakfast meeting at the Pioneer Villa Restaurant in Halsey. All are welcomed at the meetings, she said.

Given her extensive coverage area, Filley said she can't make many farm or ranch visits, but does so "if something out of the ordinary is happening."

Information: 541-672-4461

## Family and Community Health

With today's consumer more concerned than ever over their food source, the Family and Community Health Program for the Extension Service in Linn and Benton counties, has taken on enhanced importance.

"One of the main reasons people are preserving food these days is they want to make certain that their food is from a safe, local source," said Jeanne Brandt, head of the program. Through the training of volunteers who man information booths at farmers' markets

and other community events, Brandt is helping ensure food preservation is done in a safe and effective manner.

"Food preservation gives people great control over their food source," Brandt said. "It is a great way to make choices when they are providing food for their families."

Brandt also works with residents to ensure homes and rental units are safe from radon and mold, and provides assistance to the aging and those caring for the aging.

She noted that January is National Radon Action Month and a good time to test homes for the radioactive inert gas, which is the second leading cause of lung cancer in the U.S.

## SNAP-Ed; Food and Nutrition Education

Tina Dodge Vera would like to see low-income families in Linn and Benton counties consuming a healthy, balanced diet and thriving at home, school and work.

Given limited funding, Dodge Vera and her four team members are targeting the counties' Latino population, which, statistics show, is disproportionately affected by childhood obesity.

EFNEP (Expanded Food and Nutrition Education Program) utilizes low-income housing community rooms, churches, just about any community space with a kitchen to provide nutrition education that targets economic, obesity and food insecurity challenges in the community.

With SNAP-Ed (Supplemental Nutrition Assistance Program - Education Program), they are partnering with three schools - two in Benton County and one in Linn - with the highest percentage of Latino students in developing wellness policies and teaching students about healthy eating and physical activity. The effort includes education with children in classrooms and connecting with youth during lunch, recess, P.E. and out of school. Decision makers of the household are reached during Family Nights, Dodge Vera said.

"We have found youth to be the catalyst for behavior changes at the home level," Dodge Vera said.

Information: 541-730-3541

## Seed Certification

Grass seed growers in Linn, Benton and parts of Lane County depend on OSU Extension Service's Seed Certification Program to attest to the quality and purity of seed lots.

"We're the third-party entity," said Tamara Fowler, seed certification aide for the Extension Service in Linn and Benton counties. "We have no vested interest in favoring the grower or the seed company."

Fowler and Doug Huff, also a seed certification aide, collect samples from seed warehouses in the south Willamette Valley, and transport the samples to the OSU Seed Lab.

Fowler and Huff also print certification tags and oversee OECD tagging, a requirement on seed that leaves the country.

Their services, paid for by grower fees, help ensure the quality of Oregon's world famous grass seed production and provide an important link between seed companies and the growers who contract to produce seed under certain specifications.

Information: 541-967-3871

## Forestry and Natural Resources

Brad Withrow-Robinson helps family forest landowners in Linn, Benton and Polk counties define and achieve their objectives for their woodland property.

"It is a diverse geographic, cultural and sociological mix, from rural-urban interface to deep woods," Withrow-Robinson said, "and people's management objectives vary widely."

"What we've learned is that actually the economic focus is usually a minority one," he said. "While many people sell some wood sometime, their motivation may likely be more to improve their stand for its habitat or recreation value than to produce the wood and money. How the harvest is done needs to reflect their main objectives."

Withrow-Robinson said he uses a variety of methods to connect with family forest landowners, including newsletters, workshops and tours. "It is great to learn outdoors, so we do a lot of tours, either on our own or in association with other groups and agencies," he said.

Information: 541-967-3871



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## Flying WILD at the Refuge

A professional development workshop for educators working with students outdoors.

- Saturday March 5, 2016; 9 a.m. to 3 p.m.
- Finley Wildlife Refuge, Corvallis
- Cost \$25, which includes materials and lunch
- Register online at <https://secure.oregonstate.edu/osuext/register/963>

For more information contact Jody at 541-766-6750

## OSU Extension Service Benton County 4-H Natural Science/ Outdoor Education Programs

We provide in-school, after-school and club-based programs to increase the overall environmental science literacy of youth in Benton County. Through a variety of educational efforts, community partnerships and the local support of many associated agencies and organizations, our staff is engaging more than 1,000 youth per year in learning about and exploring local ecosystems. To learn more about our programs visit our website at <http://extension.oregonstate.edu/benton/natural> or call our office at 541-766-6750.

### Programs listed below are open to youth in Benton County.

- **4-H Wildlife Stewards**-utilizes trained 4-H volunteers to support teachers and students in learning natural science outside the classroom door.
- **4-H Wildlife Steward Summit**-one day event for youth in grades 1-5 to share science research projects and participate in natural science exploration.
- **4-H STEM Clubs**-out of school Science, Technology, Engineering, and Math clubs for ages 5-18
- **FOCUS-Forests, Organisms, Creeks yoU Study**-interactive 5 hour field-based program for classrooms (grade 3-5) with additional pre and post activities. Offered in partnership with Benton County Parks & Natural Areas.
- **4-H Teen Weed Spotters-Bringing Awareness to Action.** High School youth in rural communities learn about invasive plants through inventory & removal projects, and sharing what they learn through teaching. Offered in partnership with the Benton SWCD.
- **Oregon Season Tracker 4-H Schools**-citizen science climate change research program tracking precipitation and plant phenology (changes) in collaboration with HJ Andrews Experimental Forest LTER site researchers. Students in grades 4-12 connect technology, science and the outdoors.

## Congratulations Marc Curtis - 2015 4-H Wildlife Steward of the Year

Marc Curtis grew up in Switzerland where he remembers spending his free time playing outdoors with his brothers. When his family moved to suburban Philadelphia, he continued to explore the open areas, creeks and trails with his friends. His family took a summer camping vacation in New Hampshire every year and when it was time to go off to college, those trips helped him choose the University of New Hampshire.

Today Marc is an instructor at Oregon State University teaching Introduction to Plant Biology, Plant Physiology, Cell and Molecular Biology, and Evolution. When he isn't at work, or with his family, he volunteers at his son's school, Jefferson, as a 4-H Wildlife Steward.

When asked what he likes best about sharing the outdoors with students at Jefferson, he talks about giving kids opportunities to discover, ask questions and explore. "Nature is just rich in things," said Marc. The students are not only learning gardening and plant identification skills, but get excited about discoveries like finding insect eggs. Marc enjoys watching that sense of discovery, and also the process of creating activities that are productive and useful, as well as educational.

Marc has worked with Kindergarten, 2nd, 3rd, and 4th grades in the garden helping them plant, harvest, collect seeds and propagate plants. He works to make sure the garden is accessible to all and recently helped build a figure 8 concrete and block sidewalk and new raised beds to facilitate students with disabilities. He also runs a Garden Club during the spring



4-H Wildlife Steward Volunteer, Marc Curtis.

months and is interested in starting a 4-H Club after school.

Marc works with other 4-H Wildlife Stewards to maintain the habitat education site and trail that runs along Dixon Creek that is used by teachers to pre-

pare students for the annual 4-H Wildlife Stewards Youth Summit offered every spring at a Member school. This year Jefferson Elementary in Corvallis will be the host of this large annual event that brings together students from around Benton County to showcase their research projects. Currently classrooms from Muddy Creek Charter School, Ashbrook, Hoover, Jefferson, Kings Valley Charter School and Alsea are participating in this program.

Marc is just one of our many super volunteers that makes things happen in the Benton County 4-H Natural Science Programs. To learn more about the 4-H Wildlife Stewards program, visit our website at <http://extension.oregonstate.edu/benton/natural>.



# Favorite Foods Contest

The Benton County 4-H Favorite Foods Contest will be held on Saturday, Jan. 30.

The Favorite Foods Contest is open to all Benton County youth aged 5-19. Youth don't

need to be a 4-H member to participate. The contest is an opportunity for youth to prepare a favorite food (snack/dish), which will be sampled by a friendly judge.

- **To register:** Call 541-766-6750 for a time slot. You must register by Wednesday, Jan. 27. First come, first served.
- **Cost:** No fee required
- **What to bring:** Your favorite food, and a table setting for one including a centerpiece and a menu of your snack or meal.

More information can be found at [extension.oregonstate.edu/benton](http://extension.oregonstate.edu/benton)

## Here are the details:

- **Who:** ALL Benton County youth aged 5-19.
- **When:** Saturday, Jan. 30
- **Where:** Benton County Extension Office, 4077 SW Research Way, Corvallis
- **Time:** 10 a.m. to 2 p.m.



## Become a Benton County 4-H Volunteer

Do you enjoy working with children? Do you want to share your time and talents? Volunteer and help create life-changing experiences for youth in your community. 4-H is a learn-by-doing educational program for youth ages 5-19. 4-H helps youth to develop leadership, citizenship, communication and other important life skills.

**What commitment must volunteers make?** One year, a few months, a few weeks or one time. Your commitment will vary depending upon your time, interest and needs of youth.

**How to start?** Choose a project of interest, complete a volunteer application & criminal history check, interview with an Extension Faculty member, attend a New Leader/Volunteer Training, and recruit club members.

### Next new leader/volunteer training

- **When:** Wednesday, Feb. 3
- **Where:** Benton County Extension Office, 4077 SW Research Way, Corvallis
- **Time:** 6-8:30 p.m.

To register, call 541-766-6750

## Teens As Teachers Program accepting applications

The Teens as Teachers Program is looking for Benton County youth in grades 9-11 who are interested in receiving training to teach elementary aged

youth about nutrition and exercise health related topics.

Teens will learn how to create and teach lesson plans while gaining leadership, public speaking, facilitation skills, teamwork and confidence. Teens who are interested in getting involved should complete an application and attend our training on Saturday, Feb. 13, from 9 a.m. to 2 p.m. at the Benton County OSU Extension Office.

If selected to participate in the program, team members will be given additional subject matter training in nutrition, exercise and environmental health related topics. Applications can be found on-line at [extension.oregonstate.edu/Benton](http://extension.oregonstate.edu/Benton), and are due Feb. 10.



## Benton County Annual Fund Campaign

We welcome your support of Benton County 4-H through our annual Benton County 4-H Fund Campaign. This yearly event provides support for the many educational activities offered to youth through the Benton County 4-H program.

Any contribution is greatly appreciated. You can find the Benton Fund Campaign form on our website: [extension.oregonstate.edu/benton](http://extension.oregonstate.edu/benton). If you have donated in the past, we greatly appreciate your support. Your contributions have helped youth to grow and develop in positive ways.

## Benton County 4-H

### January 2016

- 1 New Year's Day, CLOSED
- 6 Ambassador Meeting, 6:30 p.m., BEO
- 11 Large Animal Leaders Meeting, 6:30 p.m., BCFG Conference Room
- 12 Cloverbud Leaders Meeting, 6-8 p.m., BEO
- 13 Small Animal Leaders Meeting, 5:30-7 p.m. BEO
- 15 4-H Enrollment Deadline, BEO, (\$25 per member, after January, 15, \$30 per member)
- 15 County & State Scholarship Applications Due, BEO
- 15 National 4-H Congress Applications Due, BEO
- 16 Snowshoe Special Small Animal Show, 8 a.m., BCFG Auditorium
- 18 MLK Day, CLOSED
- 19 Advisory Council Meeting, 6 p.m., BEO
- 21 Dog Leaders Meeting 7-8 p.m., BEO
- 23 Western Region Livestock Field Day, 8:30 a.m. to 3 p.m., Polk County Fairgrounds
- 26 Scholarship, Awards and Recognition Committee Meeting, 5:15 p.m., BEO
- 27 Horse Leaders Meeting, 6:30 p.m., BEO
- 30 Favorite Foods Contest, 10 a.m. to 2 p.m., BEO

### February 2016

- 3 New Leader Training, 6-8:30 p.m., BEO
- 6 Beef Weigh-In (REQUIRED) 8-11 a.m., BCFG
- 7-13 South Florida Natural Science and Marine Study Tour
- 10 Teens as Teachers Applications Due, BEO
- 12 LBLT 4-H Camp Counselor Applications Due, Linn County Extension
- 13 Teens as Teachers Training, 9 a.m. to 2 p.m., BEO
- 17 Family & Consumer Science, Arts and Science Leaders Meeting, 5:30 p.m., BEO
- 20 Junior Leader Training, 10 a.m. to noon, BEO (Required for NEW Junior Leaders. One adult leader must attend with member being trained to become a Jr. Leader)
- 20 Records Workshop, 1-3:30 p.m., BEO
- 22-23 Presentations Contest 2-9 p.m., BCFG, Conference Room
- 24 Horse Leaders Meeting, 6:30 p.m., BEO
- 25 Know Your County Government Meeting, 5 p.m., BEO
- 27 4-H Rabbit & Cavy Clinic, BCFG

BEO Benton County OSU Extension Office (4077 SW Research Way, Corvallis, OR 97333)

BCFG Benton County Fairgrounds (110 SW 53rd St, Corvallis, OR 97333)

4-H Benton County Calendar of Events: <http://extension.oregonstate.edu/benton/4h>



### 42084 McDowell Creek Dr. Lebanon Or.

2 homes on 233 acre farm! 30 acres grass hay, 68 acres hazelnuts, lots of outbuildings, home is pristine!

**\$1,899,000**



### 30766 Santiam Hwy. Lebanon Or 97355

Over 74 acres of pasture ground with this gorgeous 5,000 SF picturesque barn.

**\$499,900**



### 28430 Kingsbury Rd. Lebanon Or 97355

5 bed, 3.5 bath, 3600 SF, on 6 gorgeous private acres.

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# Forestry and Natural RESOURCES

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## What we do

**By Brad Withrow-Robinson,**  
OSU Forestry and Natural  
Resources Extension for Benton,  
Linn and Polk Counties

The Forestry and Natural Resources (FNR) Extension program in Benton, Linn and Polk Counties aims to help family forest landowners, Extension volunteers, other groups, and individuals in the community understand and improve sustainable woodland management practices around the mid-Willamette Valley. Forests are an important part of each of these three counties' landscapes, with a forest cover of 67 percent, 71 percent and 54 percent respectively. We serve all three of these counties from the Benton County Extension office in Corvallis.

This is a diverse area with forests, farms and towns spreading across a broad swath of the valley floor, foothills and buttes, from the crest of the Coast Range to the crest of the Cascades. Along with this geographic, ecological and social diversity comes a broad range of goals, objectives and expectations of what our woodlands and forests need to provide. Whether the goals are a desire for clean water, functional wildlife habitats, income from timber or investment or aesthetic and recreational values, we help provide the practical, science-based information and learning opportunities people need to

make those forest management choices wisely.

We follow what is going on in natural resource management and bring the latest relevant techniques and practical information to the communities we serve. We work to interpret existing or emerging knowledge to apply to the problems at hand, and we provide this information through workshops, tours, publications, blogs and newsletters.

It is not like I do this alone. Jody Einerson and I work with other natural resource educators in the county offices on many projects. I am also lucky to be part of the top-ranked OSU College of Forestry, with the country's leading forestry Extension program. The Oregon FNR Extension program has a dozen county agents working in forested regions of the state and nearly as many campus-based specialists with expertise and programs in a broad range of topics. These agents and specialist have teamed up to address some common or recurring needs through our core educational programs: the Basic Woodland Management Shortcourse, the Master Woodland Manager program, and Ties to the Land succession planning series, among others.

We are also responsive to local situations and needs, such as last winter's ice storm, the summer drought, diseases, or interest in restoring threatened Valley

habitats. We work with outside groups and agencies, including the Oregon Department of Forestry (ODF), the local chapters of the Oregon Small Woodlands Association (OSWA), Soil and Water Conservation Districts (SWCDs) and Watershed Councils, among others, to get out information needed by forest landowners and managers.

So, there is a lot going on in the FNR program. In our section of GROWING, you can expect to find general-interest stories about what is happening in and around the forests and woodlands of our area, as well as some upcoming events.

People who are interested in practical, how-to information about taking care of forestlands are encouraged to subscribe to our electronic newsletters the Woodland Compass and the Needle. The Compass is released every couple of months with information about the art and science of taking care of a woodland property. In the Needle, you will find timely announcements of events and happenings in and around Benton, Linn, and Polk Counties. If you are interested in receiving the Compass and the Needle, please email Jody Einerson, [jody.einerson@oregonstate.edu](mailto:jody.einerson@oregonstate.edu), or call the Benton County Extension Office 541-766-6750, and give us your name, email, and physical mailing address and phone (this helps keep our email lists current).



Forest Health Extension Specialist David Shaw explaining bark beetle life cycle to a class of woodland owners.



A group learning to measure trees with OSU Extension agent Amy Grotta

## Seedling Sale and Goods from the Woods fair

A reminder that the Linn County Seedling Sale and the Goods from the Local Woods fair will be held on Saturday, Feb. 6, from 8 a.m. to noon at the Fair and Expo Center, 3700 Knox Butte Rd, Albany. The plant list/information sheet and seedling order form are available on line. Links can be found at the Benton County FNR Extension upcoming events page <http://extension.oregonstate.edu/benton/forestry/events>. Seedling pre-orders are always encouraged.



## Should I Buy a House With Well Water?

When you are thinking of buying a new home, there are many details to consider, including financing, the condition of the home, schools in the area, the quality of the neighborhood, property taxes, insurance, whether all of your furniture will fit and the water. You will drink, shower, clean, flush, brush and wash with the water in your new home every day.

**So, what do you need to think about if that prospective home operates on a private well?**

The majority of homes today have a municipal water source that is regulated by government, including the Environmental Protection Agency, health standards. In these cases, the homeowner has little need to be overly involved in the health and safety of their water. But that changes a bit when your home has its own water source. Some prospective homeowners may not be comfortable making that shift from a home with a municipal water supply to one with its own private water source.

If your prospective home has well water, you are not alone. According to the EPA, 15 percent of Americans rely on individually owned and operated sources of drinking water. Here are some tips derived from the EPA for managing a home with a private well:

**Research common water problems in your area**

If you are moving to a completely new area, it is a good idea to reach out to

your local water expert for information on local water problems. The EPA website is also a good resource for local water problems. This way, you will be proactive in preserving the taste and safety of your drinking water.

**Find out your state's well water regulations and recommendations**

Check in with your local Extension Service office or visit <http://wellwater.oregonstate.edu> to see our state's policies or guidelines on water testing and what you should be testing for.

**Get the water tested by a trusted local laboratory**

The Extension Service can offer nitrate screenings in their office, but for other testing you will need to use a private laboratory. We can help you find the local labs in each county. If you need help interpreting your results visit our website <http://wellwater.oregonstate.edu>.

**Learn your options if your water does contain contaminants**

Many contaminants in well water can easily be reduced with water softeners, drinking water filters or other water treatment systems. If your water does contain a contaminant, reach out to the Extension Service to determine the best option for you in your area.

**Set up a regular water testing schedule for your home**

The EPA and OSU recommends private well-water tests once a year for total coliform bacteria, nitrate, total dissolved solids and pH levels.

The EPA also recommends an extra well-water test every two to three years for tannins, hardness, chloride and copper. Potential contamination can occur naturally, or as a result of human activity.

**Keep a record of your water tests and any problems that occur**

It is a good idea to keep water-test results on file. This

will allow you to reference them to help identify when a problem began and determine a potential cause. This will also help answer questions from prospective buyers if you ever sell the home.

If you are planning on moving to a home with well water, it is important to research any local water issues. Checking with the

Extension Service, your local health department and your neighbors can help identify what you should be on the lookout for. Becoming educated in well-water safety will be beneficial to the maintenance and longevity of your new home.

*(Reprinted with some minor edits from the Allstate Blog)*

**PRIVATE**

**WATER WELL**  
GUIDELINES & SAFETY

**15%** of Americans rely on their own private drinking water supplies

Getting drinking water from a private source, such as a water well, can pose health risks if certain precautions are not taken.

Private wells are not regulated by the EPA and most states have limited regulations on their use and maintenance. It is the responsibility of the well owner to maintain the safety of their private water supply and well equipment.

# Annual Conference Awards



Laurie Gibson and Pami Opfer



4-H Hall of Fame recipient Sue Weinbrecht



Hoecker Innovation Grant recipient Brooke Edmunds



4-H Hall of Fame recipient Barbara Sawyer



Cooperator Award recipient Democrat Herald



Cooperator Award recipient Leaping Lamb Farm

The 2015 Extension Annual Conference was held Dec. 7-9 on the OSU campus. This conference is a great time to learn about new programs, network with peers, and recognize staff, faculty and cooperators for their hard work throughout the year. This year, Linn and Benton counties were well-represented in the awards and recognition category.

## Staff Awards

We are pleased to announce three award recipients at our recent OSU Extension awards ceremony: Laurie Gibson, Linn County office support, received the classified staff award; Jody Einerson, Benton County program support, the Education Program Assistant award; and



Jody Einerson

Pami Opfer, Linn County and Benton County Master Gardener program support, the Faculty Exceptional Performer award. Brooke Edmunds, Home Horticulture faculty in Linn, Benton and Lane counties, received a Hoecker Innovation Grant.

## Cooperator Award OSUEA Cooperator – Albany Democrat Herald

OSU Extension in Linn County is delighted to honor the *Albany Democrat Herald* as a consistent and valuable cooperator.

*GROWING* is the county's newsletter, which started in 1984. Then called *UPDATE*, it was created to encourage voters to support the funding of OSU Extension Service in Linn County. The 16-page tabloid is the longest running Extension newspaper in the

country, according to our un-named sources.

The *Democrat Herald* has provided design, production and inserting for *Growing* at minimal cost to Extension, which results in priceless community exposure. The paper frequently features Extension educational clinics and events that serve as valuable marketing opportunities. We appreciate the long-term support of the *Albany Democrat Herald*, and recognize them as an honored 2015 OSUEA Cooperator.

## OSUEA Cooperator – Scottie Jones, Leaping Lamb Farm Stay

Scottie Jones, owner and operator of Leaping Lamb Farm Stay in Alsea, Oregon is not your typical OSU Extension Service cooperator. The contributions that she has made to the Extension Small Farms program cannot be measured in hours of

service in an office or booth, but in the creation of cutting edge programming that will help create rural economic development across Oregon. Scottie is involved with planning agritourism education for farmers and ranchers in the areas of market development, social media, and hospitality training at OSU Extension conferences, she is a collaborator in a state-wide working group for Oregon agritourism, and serves on a regional advisory council for Extension programming and is actively engaged in the Willamette Women's Farm Network, which is sponsored by the small farms program.

## 4-H Hall of Fame

Sue Weinbrecht has been a 4-H member, club leader and Extension 4-H staffer in seven states. When she applied to become a volunteer in Linn

Continued on page 23

# Calendar of Events for Linn and Benton Counties

## January 2016

- Master Gardener Training, Thursdays, January 7-March 17, IBEW Electrical Training Center, Tangent
  - Exploring the Small Farm Dream, Thursdays, January 14, 21, and 28, 6-8:30 p.m., Linn County Extension office, Tangent
  - Gearing Up For Gardening series, Tuesdays, January 5-February 23, noon to 1 p.m., Corvallis Public Library, Free.
  - Winter Farming Series. First class begins Wednesday, January 20, 2016. Visit <http://smallfarms.oregonstate.edu/southern-willamette-valley-program/winter-farming> for more information and to register
- 12-13 Winter OSU Extension Seed Crop and Cereal Production Meetings in Albany, West Salem, and Forest Grove. No pre-registration required. More information on the field crops page.
- 14-15 Oregon Mint Growers Annual Meeting at Salishan Lodge, Gleneden Beach. Pre-register at [www.oregonmint.org/annualmeeting](http://www.oregonmint.org/annualmeeting).
- 14 Linn County Master Gardener Association Membership Meeting, 6-8 p.m., Tom's Garden Center (location subject to change). Topic: Soil Subcontractors: What soil microbes can do for your plants. Open to the public.
- 18 Benton County Master Gardener Association Membership Meeting, 6-8 p.m., Sunset room of the Benton County Extension Office. Topic: How New Landscape Plants are developed. Open to the public!
- 20 Oregon Ryegrass Growers Association Annual conference at the Linn County Fair and Expo

Center in Albany. Pre-registration is recommended. Contact the Linn County Extension Office for more information 541-967-3871.

- 21 Fruit Tree Pruning Workshop, 1-3 p.m., Lewis Brown Farm, 33329 Peoria Rd, Corvallis. Registration required, \$20 fee.
- 26 Nutrient Management Workshop: Keeping nitrogen in the crop and dollars on the pocket, 8 a.m. to 4 p.m., Monroe Public Library. Pre-register at <http://www.signupgenius.com/go/5080d4cadad22a57-oregon>. Free and open to the public.
- 27 Natural Resource Educator Working Group meeting. Visit <http://extension.oregonstate.edu/benton/NREdGroup> for more information.
- 28 Family Community Education lesson – Mom's Tool Box, 9:30-11:30 a.m., Lebanon Senior Center. Free and open to the public. Call 541-967-3871 to register.
- 30 4-H Favorite Foods Contest, 10 a.m. to 2 p.m., Benton County Extension Office, call to register 541-766-6750.

## February 2016

- Seed to Supper series, visit <http://extension.oregonstate.edu/benton/seed-supper> for more information.
- 2 PNW Entomology and Plant Pathology short course (pesticide credit recertification), Lane Community College. Call 541-334-5859 for more information or to register.
- 3 Benton County 4-H New Leader training, 6-8:30 p.m., Benton County Extension office.
- 3 Oregon Clover Growers Annual meeting, Holiday

Inn Conference Center in Wilsonville. For more information call 503-364-2944.

- 6 Local Woods Product Fair & Oregon Small Woodlands Association Seedling Sale, 8 a.m. to noon, Linn County Fair and Expo Center, Albany
- 6 Willamette Valley Tree Fruit Growers annual meeting, 9 a.m. to 3 p.m.
- 9 Fruit Tree Pruning workshop, 1-3 p.m., Grandpa's Farm, Crabtree. Registration required, \$20 fee.
- 11 Linn County Master Gardener Association Membership Meeting, 6-8 p.m., Tom's Garden Center (location subject to change). Topic: TBA. Open to the public!
- 13 Insights Into Gardening, 8 a.m. to 4 p.m., LaSells Stewart Center, OSU campus. Visit <http://extension.oregonstate.edu/benton/insights> for more information and to register.
- 15 Benton County Master Gardener Association Membership Meeting, 6-8 p.m., Sunset room of the Benton County Extension Office. Topic: TBA. Open to the public!
- 20 Small Farms Conference, OSU campus. More information and registration visit <http://smallfarms.oregonstate.edu/sfc>
- 20 LCEA Annual meeting, 6-9 p.m., LBCC Fireside Room, Albany.
- 22-23 Benton County 4-H Presentation Contest, 2-9 p.m., Benton County Fairgrounds.
- 25 Family Community Education lesson – Oregon Myths and Legends, 9:30-11:30 a.m., Lebanon Senior Center. Free and open to the public. Call 541-967-3871 to register.

## 'Annual Conference Awards' continued from page 22

County in 2001, she attached a three-page Summary of 4-H Volunteer Experience resume. That impressive document has grown extensively in the past 14 years as she's continued her full-time job as a 4-H volunteer.

Since 1956, Sue has been passionate about her love of 4-H and she has remained a constant and committed devotee ever since. She came from a line of 4-H leaders and volunteers stretching back to her grandmother and grandfather. Her parents and sister were active in 4-H.

Her husband and two children's lives are obsessed by 4-H. After graduating from Corvallis High School, Sue worked in the OSU Extension Benton County office as 4-H clerical support. She's also been employed as a 4-H Program Assistant in Idaho and a volunteer 4-H leader in Oregon, Utah, Washington, Maryland, Iowa and Idaho. Even when she hasn't directly been leading a 4-H club, Sue has been a resource leader training youth and adult volunteers in a variety of 4-H project areas.

## Benton County 4-H Outreach continued from page 19

### Benton County 4-H enrollment information

All Benton County 4-H Enrollment Forms are due with payment by Jan. 15.

Enrollment forms are available to print from our website and available at our Benton Extension office.

**Oregon 4-H enrolls youth based upon their age as of Sept. 1, 2015**

- Cloverbuds 5-8 years old
- Juniors 9-11 years old
- Intermediates 12-14 years old
- Seniors 15-19\* years old \*19 and not yet graduated

**Benton County 4-H enrollment fees are as follows:**

Costs are \$25 per member BEFORE Jan. 15 for the first two family members (*the 3rd & additional family members will be \$7 each*). Cloverbuds are \$7 per member. The cost will increase to \$30 per member **AFTER** Jan. 15 for the first two family members (*the 3rd & additional family members will be \$10 each*). Check or cash is accepted. Checks should be made payable to OSU Extension Service – Benton County.



## MENNONITE VILLAGE

*Picture yourself living at Mennonite Village...*

Set on 275 scenic acres with lakes, meadows, oak groves, and views of the Cascade Mountains, Mennonite Village is an inclusive community of amazing people.

Mennonite Village offers a wide range of residential and healthcare options:

- 55+ independent living houses and apartments (more than 20 floor plans)
- Assisted living apartments with 24/7 support available at Quail Run
- Foster care at Mary's Place for individuals with early memory loss
- Alzheimer's and dementia care and respite care at Lydia's House
- Skilled nursing and rehabilitation at Mennonite Home
- In-home care in Linn, Benton, and Marion counties

Did you know?

- Life leases for houses start at \$62,000 and are partially refundable.
- Houses and apartments are often available and move-in ready. No waiting!
- We offer delicious, farm-fresh dining choices (dine in, take out, or delivery).
- A variety of social, spiritual, fitness, and recreational activities are included.
- We offer more than 75 raised garden beds and 20' x 30' garden plots.
- We're expanding our fitness center to include a large, warm therapy pool.
- Bus transportation is included; personal transportation is offered for a fee.
- Our campus is tobacco-free with miles of walking paths and trails.
- Pets are welcome!

Contact **Chris Spellings** to schedule your personal tour: **541-704-4267**.

Mennonite Village considers and admits people age 55 and older without regard to race, color, national origin, religion, gender, sexual orientation, or disability.



**541-928-7232**

www.mennonitevillage.org  
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