A Shadow of Its Former Self, but Oregon Is Still No. 1

By Mitch Lies, GROWING Editor

For many years, Holiday Tree Farms in Corvallis was considered the largest Christmas tree operation in the U.S. It was harvesting around 1 million Christmas trees a year and selling even more. When it had trouble filling orders, it would buy from some of the hundreds of farmers producing Christmas trees in the Willamette Valley.

Today, the farm is down to harvesting around 800,000 trees a year, and, like many other Oregon Christmas tree farms, is turning down sales opportunities.

"Now it is much more difficult to find trees to buy, because there just aren’t the people out there growing trees like there once was,” said Mark Arkills, general manager for Holiday Tree Farms.

With 383 licensed Christmas tree growers selling approximately 4.6 million trees last year, Oregon is still the number one Christmas tree producing state in the nation. But it is a shadow of its former self.

“We have dropped a lot,” said Oregon State University Extension Christmas Tree Specialist Chal Landgren. “At one time we were up to around 8 million trees.”

In the mid-2000s, with more than 750 licensed Christmas tree farms operating in Oregon, an oversupply caused wholesale prices to crash. Established Christmas tree farmers pulled back on new plantings. Some smaller growers abandoned orchards. Others swapped out Christmas trees for hazelnuts. Still others simply went out of business.

“We are definitely a lot smaller industry than we were in 2007 or 2008,” Arkills said.

The decline in production has not been without its benefit for those growers who stuck with Christmas trees. Wholesale prices for the trees have risen steadily in recent years, often increasing at a rate of 10 percent annually.

"Prices are pretty good right now,” Arkills said. “We feel like we are back where we need to be to be profitable.”

But a new concern has entered the picture, one unimaginable a decade ago.

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A worker at Holiday Tree Farms prepares to tie a stick to a leader as part of an effort to manage leaders. An OSU Extension specialist has developed a method that could replace this time-consuming, labor-intensive operation.

A worker prepares seedlings for Christmas tree production at Holiday Tree Farms. The Corvallis-based operation has been increasing its Christmas tree plantings of late with plans of returning to a production level of 1 million trees.

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A worker prepares to tie a stick to a leader as part of an effort to manage leaders. An OSU Extension specialist has developed a method that could replace this time-consuming, labor-intensive operation.

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INSIDE: Now is the time to join 4-H! See details on becoming a leader or member on the Linn & Benton 4-H pages.
Lillian Larwood, a 35-year veteran of 4-H professional leadership, joins nine other Oregonians inducted into the National 4-H Hall of Fame since it began in 2002.

Larwood of Albany worked in 4-H roles in Montana and Washington before returning to Oregon in 1988 to work as an OSU Extension 4-H faculty member in Lane County and later as a state 4-H specialist and interim Oregon 4-H program leader/departmnet head.

Throughout her career in 4-H, she led or provided support to the 4-H Global Citizenship Program. Larwood was first introduced to this program in 1968, when she was selected as an International Farm Youth Exchange delegate.

“My six months as a delegate in rural India inspired me,” Larwood said. “We’re all citizens of a global society. We really need to be thinking along those lines and preparing individuals to live, work and lead in a globally interdependent world. I continue to believe in Mahatma Gandhi’s quote, ’If we are to reach real peace in this world, we shall have to begin with the children.’”

For 15 years, Larwood provided leadership to OSU’s 4-H Global Citizenship Program supporting more than 1,000 inbound and outbound youth delegates from across six continents. In 2014, she was recognized with the National Association of Extension 4-H Agents Global Citizenship Award for development of two 14-day U.S. State Department-funded citizenship/leadership short courses for youth groups from South Africa and Tanzania. Over the years, Larwood has been invited to conduct numerous workshops and seminars about the program, and has served as a mentor for other states with newer or smaller programs.

For six years, in her role as assistant department head/assistant program leader, Larwood’s responsibilities included leadership for professional development, risk management and the promotion and tenure program. As a county 4-H agent, she engaged older teens to teach programs in self-reliance and self-esteem to hundreds of at-risk youth through her basic life skills course. She helped children of homeless families, youth in rural timber-dependent communities and low-income youth in Hispanic communities to grow and develop.

Although she retired in 2005, Larwood worked part-time for an additional 10 years in the leadership role for the Oregon exchange program. She continues to contribute to help grow a 4-H endowment for the program. In other capacities, she was president of the 4-H Association in both Oregon and Washington, and past president of the OSU chapter of Epsilon Sigma Phi.

“Lillian’s Extension 4-H career included development of many resources and program management processes that impact 4-H today,” said Marilyn Lesmeister, interim Oregon 4-H program leader. “Since retirement from her professional career, she continues to apply her energy to pursue endowments for the 4-H Global Citizenship Program. Oregon’s Extension Service and 4-H Youth Development programs are better because of Lillian Larwood.”

She has collected numerous honors, including the DeWitt Wallace-Reader’s Digest Fund – Strengthening Our Capacity to Care, Youth at Risk National Recognition Award, the ESP International Service Award as well as both the Distinguished and Meritorious Service Awards from the NAE4-HA. In 2016 Larwood was inducted into the Oregon 4-H Hall of Fame.

Larwood was a 10-year Oregon 4-H member, the first eight in Clatsop County and the last two in Polk County. 4-H projects she participated in included clothing, foods, forestry, gardening and dairy. In addition, her participation included leadership projects at the club and county levels and involvement in 4-H activities like 4-H Summer Conference and county and state fairs. She holds a bachelor’s degree in home economics education from Oregon State University and a master’s in adult and continuing education from Washington State University.

Larwood was inducted along with 16 other individuals from around the country on Oct. 11 at the National 4-H Youth Conference Center in Chevy Chase, Maryland. Hall of Fame laureates are honored for excellence in citizenship, leadership, character and career accomplishments at the local, state, national and international levels. The National 4-H Hall of Fame was created to recognize and celebrate those individuals who have made significant impact on 4-H and its millions of members over the more-than 100 years of its history.
Join the Master Gardener Program!

Excited about making things grow?
New to gardening in Western Oregon?
Interested in helping others to be successful gardeners?

• Visit us online to learn more about the 2020 program and apply: https://extension.oregonstate.edu/mg/linn-benton/how-join
• Sign up for The Valley Gardener free eNewsletter to find gardening resources that work for you: https://tinyurl.com/y2z6xdke
• Find us on Facebook and Instagram to see what Master Gardeners do! linn&bentonmastergardeners

Applications close December 3rd.

November-December Gardening Calendar for Western Oregon

The Oregon State University Extension Service encourages sustainable gardening practices.

Preventive pest management is emphasized over reactive pest control. Identify and monitor problems before acting and opt for the least toxic approach that will remedy the problem. The conservation of biological control agents (predators, parasitoids) should be favored over chemical controls.

Use chemical controls only when necessary and only after thoroughly reading the pesticide label. First consider cultural, then physical and biological controls. Choose the least-toxic options (insecticidal soaps, horticultural oils, botanical insecticides, and organic and synthetic pesticides — when used judiciously).

Trade-name products and services are mentioned as illustrations only. This does not mean that the Oregon State University Extension Service endorses these products and services or intends to discriminate against products and services not mentioned.

NOVEMBER

Planning
• Force spring bulbs for indoor blooms in December.

Maintenance and Clean Up
• Service lawn mower.
• Check potatoes in storage and remove any going bad.
• Place a portable cold frame over rows of winter vegetables.
• Place mulch around berries for winter protection.
• Cover rhubarb and asparagus beds with composted manure and straw.
• Rake and compost leaves that are free of diseases and insects. Use mulch to prevent erosion and compaction from rain.
• To protect built-in sprinkler systems, drain the system and insulate the valve mechanisms.
• Clean and oil your lawnmower and other garden equipment and tools before storing them for winter. Drain and store hoses carefully to avoid damage from freezing. Renew mulch

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in community gardens, and garden volunteering. I volunteered with a number of non-profit agro-businesses, like Growing Gardens, The Urban Farm Collective based in north east Portland works to both build community and reduce food insecurity in poor neighborhoods; Produce for People, which fights food insecurity by enlisting community gardeners to donate directly from their individual garden plots; and Zenger Farms, a teaching farm with summer camps, urban farming instruction and programs that introduce urban kids to life on a farm.

**What does being a Master Gardener volunteer mean to you?**

Becoming a certified Master Gardener allows me to realize one of my values, community activism, which is built into the program. The title, Master Gardener, indicates that my knowledge and experience goes well beyond that of the novice gardener and lets people know that I am passionate about gardening. Being a volunteer allows me to interact with the public in a meaningful way; helping resolve gardening issues, to give advice that is backed by the research and science-based information provided by OSU Extension.

What’s a favorite garden memory—a sound, sensation, smell or taste associated with a favorite garden in your life? Harvesting and shelling peas with friends on weekends at my grandmother’s home is a fond memory. My sister and I spent weekends at our Grandmother Ivy’s home. Ivy’s home was a boisterous and lively place constantly abuzz with activity; her garden surrounded the house. Vining plants like Malabar spinach and Noni, vegetable beds, fruit trees; tamarind, plums, avocado and my aunt Nita’s prized roses. Dinner preparation usually began with harvesting and shelling Pigeon peas. Pigeon peas, Cajanus cajan, are a perennial legume, typically a shrub that grows to about six feet. Harvesting and shelling these are typically a job for children. As there were always many hands and lots of giggling, the time passed quickly. Pigeon peas are a great source of protein and an important food crop in many African, Latin American, Caribbean, Indian, and Asian cultures. The peas are consumed both as a green (fresh) or dried. Peas and Rice is served as a side dish with both lunch and dinner.

**Peas ‘n’ Rice**

- 2 tablespoons vegetable or olive oil
- 1 small onion, diced finely
- 1/2 green bell pepper diced
- 3 c water
- 3/4 cup cooked pigeon peas
- 2 teaspoons fresh thyme
- 1/2 cup tomato paste
- 3 slices thick bacon, diced
- 1 stalk celery, diced
- fresh ground black pepper to taste

1. In a Dutch oven, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Reserve 1 tablespoon of bacon drippings, set aside or discard the remaining.
2. Add the onion, celery and green pepper to drippings; cook and stir over medium-high heat for 5-7 minutes or until tender. Stir in the pigeon peas, tomato paste, thyme, salt and pepper.
3. Add the water, and cooked bacon; bring to a boil. Stir in rice. Reduce heat; cover and simmer for 45-50 minutes or until rice is tender. Remove thyme sprigs.

**Tell us about your current garden.**

Currently, my garden, Camas Corner, (because of the beautiful clump of common camas that appeared my second year) is a 400 square-foot perennial plot in the Dunawi Creek Community Garden, part of the Bruce Starker Arts Park. It is home to about 90 annual and perennial garden plots. I have gardened here since 2013. My garden style is that of the French potager or French kitchen garden which focuses on both beauty and production. I grow vegetables, berries, herbs and flowers; the flowers adds splashes of color but also attract beneficial insects to my garden which of course aids in good pollination. I practice a four-year crop rotation, intercropping and some successional gardening. Because my space is small, gardening vertically allows me to grow much more food. This means I incorporate a fair number of vining plants and those vegetables that lend themselves to trellising.

**Describe one plant that you grow which reminds you of home.**

One of the greatest pleasures of my current garden has been successfully growing Bitter Melon (Momordia charantia). This vining plant, grows wild in the Bahamas, similar to Wild Cucumber (Echinocystis lobata) found here in Oregon. It is a tropical and subtropical vining
Water Quality and Conservation

By Sean Fleming, Master Gardener Volunteer

What are water quality and water conservation, and why do they matter?

Water conservation is using water efficiently, so less needs to be drawn from rivers, lakes, reservoirs, and aquifers. Water quality is about keeping pollutants out of all those major water sources, as well as smaller water bodies like backyard creeks and ponds.

If we use water efficiently, your water bill is lower, there’s less need to build additional water supply infrastructure, and more water is left in lakes and rivers for the ecosystems that need it and for people to enjoy recreationally. And for groundwater, it reduces the likelihood of drawing down your well to the point that you and your neighbors run out of water. More broadly, lack of abundant clean water deeply affects not only fish, but also birds, mammals, forests, and beneficial insects – and of course people and pets. We all live downstream, and someone else’s pollution can wind up coming out of your kitchen faucet.

How can gardeners contribute?

Gardeners interact with, and affect, the landscape and the water cycle more than many folks do. Here are some important general steps you can take:

• Use water-wise plants and natural landscaping. Native plants are usually a good bet, because they generally don’t require irrigation. Many non-native plants work too, if you pick the right ones. Mulching and composting help by retaining water and decreasing evaporation. Landscape design is important too – rain gardens are one example that helps water quality.

• Water efficiently. Providing gardens with more water than they need is wasteful and expensive, of course, but it also triggers erosion and runoff of sediment and chemicals. It can even wash fertilizer out of the root zone of your crops. Use drip irrigation or water plants directly instead of using sprinklers where possible, and optimize your sprinkler system so it evenly distributes the right amount of water. It usually gives you a better garden too!

• Be judicious with your selection and use of fertilizers, pesticides, and other natural and non-natural chemicals. Many of these things will wind up in natural water bodies. Even overuse of organic fertilizers can be a huge water quality problem, contributing to algal bloom in lakes and oceans for example.

• Be mindful of your non-gardening choices too. Get rid of pharmaceuticals, paint, and other household chemicals by disposing of them at the appropriate recycling and disposal center, and use water-efficient fixtures and appliances.

Does this really make a difference?

Yes! These may seem like small things, and individually they are – but when you add them up across the whole country and over the years, they really make a difference.

In fact, water quality and conservation is, overall, an environmental success story. Some estimates suggest that total national water use has remained at about 1970s levels due to efficiency improvements. And in many industrial areas, water quality is much better now than it was a few decades ago. The days of rivers literally catching fire – this actually happened to the Cuyahoga River in Ohio, which was polluted with flammable chemicals – are thankfully over.

That said, there are major challenges looming, especially in the West, where a combination of relatively dry climate and tremendous population growth are severely pressuring our water resources, natural ecosystems, and water supply infrastructure. Even here in Benton County with our soggy winters, the natural summer drought period requires careful water management, especially as the regional population and economy grow, increasing water demand. Plus, more people generally means more pollution. Each of us can do our part to mitigate those impacts going forward.

How does the water cycle work?

But how does your garden plot fit into the big scheme of things? How can your choices contribute to solving water conservation or quality problems? The answer lies with the water cycle.

The world’s water is all connected in a big loop. Water evaporates from crops, forests, lakes, seas, and oceans; it’s transported hundreds or thousands of miles in the atmosphere, through storm systems and the jet stream for example; it falls as rain or snow, contributing in turn to glaciers, groundwater aquifers, lakes, and ultimately rivers; and it then flows back to the ocean.

Your garden is a step in that journey, and the water passing through kind of “remembers” what it saw there. As rain falls on your vegetable patch, chemicals you’ve added will dissolve and then be transported as runoff, or downward to aquifers, and either way can wind up in a creek, which flows into a bigger stream, which joins with a big river, and so forth.

Plus, withdrawals from rivers and reservoirs for water supplies, like watering your vegetable garden, collectively add up to a huge modification of that natural cycle. The change is

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Four Tips for Money Mindfulness

The common buzzword today seems to be “mindfulness” – mindful eating, mindful exercise, mindful relationships, etc. The idea behind mindfulness is to be more aware. Mindfulness helps us develop attentiveness. Definitions include:
1. The state of being conscious or aware of something,
2. A mental state achieved by focusing awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations, used as a therapeutic technique.

If you have ever tried the mindfulness techniques used in yoga, eating or any other area, you know it is not about emptying your mind of all thought, or simply getting rid of all stress. Rather it is about intentionally paying attention to the present without emotion or judgement...which may involve being aware of uncomfortable feelings too. The main point of mindfulness is to help us spend less time worrying and allow us to step back to consider more choices and make decisions more clearly and intentionally, rather than reactively.

This reaction can especially be a problem in finances. Many of us react emotionally or impulsively rather than rationally. Statistics show that the average American household carries around $16,000 in credit card debt, approximately 34 percent of Americans admit to having no money in savings, 61 percent of adults do not keep track of their money and 60 percent have not checked their credit score in the last year. With these startling statistics, it’s important to consider how to achieve money mindfulness and attentiveness.

Money mindfulness allows us to be more present and attentive to what unfolds in our lives...so when we have looming debt, a depleted bank account or an emergency that threatens our financial stability, we can be more mindful in dealing with it. Just like with mindful meditation, it takes focused self-analysis and thought to untangle our thinking and behavior related to money.

Mindfulness regarding money requires us to do four key things:
• **Focus.** Focus on the money moves you make. Are they in line with your core values? Focus on the numbers, and determine what they are telling you.
• **Avoid distractions.** Avoid the “bling” and learn to live more frugally by cutting money-wasting habits. Learn to push pause on anything that distracts you.
• **Concentrate.** Notice why you are spending, and think about what you could do differently and what effect it will have on things that may matter more. So often we spend money on things simply out of habit, emotion or desire.
• **Breathe new life into paying yourself first.** Learn to save without feeling you are missing out. Instead, you are breathing new life into a spending plan, financial goals and a monthly budget.

By Paul Smith, SNAP-Ed Nutrition Education and Outreach

Anyone near South Shore Elementary school on October 4 may have heard loud music coming from the school throughout the day. “I like to move it” by Reel 2 Real was on repeat. The motivational music was for students of South Shore who were participating in the color run. Each grade had their own color theme, which meant that there were hundreds of brightly dressed students at school that day.

South Shore Elementary is not the only elementary school in the area to have conducted an active fundraiser this year. Lincoln and Periwinkle Elementary Schools have also recently held fun runs for their students. Periwinkle students found themselves hopping hay bales and crawling under obstacles as they navigated their way around the course. Although each school carries out its fun run in a unique way, one thing remains consistent, thirsty kids. Luckily, SNAP-Ed educators were on hand to serve the students flavored water, which is a healthier option for rehydrating than sugar sweetened beverages.

For SNAP-Ed educators in Oregon, the sight of kids and adults ‘moving it’ is a wonderful sight to see. SNAP-Ed provides nutrition education and outreach with the focus of preventing obesity. Recent studies have shown how detrimental a sedentary lifestyle can be. Some researchers have even gone so far as to putting the health effects of an inactive lifestyle similar with smoking. Several recent studies have consistently shown that leading a sedentary lifestyle can contribute to several diseases and illnesses, such as cardiovascular disease, certain types of cancer, type 2 diabetes, obesity, and increased feelings of depression and anxiety.  

One of the ways that SNAP-Ed educators in Linn and Benton counties are supporting more movement in the classroom is by providing specialized physical activity kits to qualifying local schools. The physical activity and education tool kits, BE Physically Active 2Day (BEPA 2.0), allow teachers and other school staff members to incorporate physical activity into the regular school day in a way that meets Oregon and national health and physical education standards. The kit may be used both indoors and outdoors, but many of the activities were designed with limited space in mind. More information about BEPA 2.0 can be found at https://extension.oregonstate.edu/bepa.

Citations
Prepare For Safe Food Before the Power Goes Out

1. Make sure you have appliance thermometers in your refrigerator and freezer.
   - Check to ensure that the freezer temperature is at or below 0° F, and
     the refrigerator is at or below 40° F.
   - In case of a power outage, the appliance thermometers will indicate the
     temperatures in the refrigerator and freezer to help you determine
     if the food is safe.

2. Freeze containers of water for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water.

3. Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.

4. Group food together in the freezer. This helps the food stay cold longer.

5. Have coolers on hand to keep refrigerated food cold if the power will be out for more than 4 hours.

6. Purchase or make ice cubes in advance, and freeze gel packs ahead of time. Store all of these in the freezer for future use in the refrigerator or in coolers.

7. Check out local sources to know where dry ice and block ice can be purchased, in case it should be needed.

8. Store food on shelves that will be safely out of the way of contaminated water in case of flooding.

9. Make sure to have a supply of bottled water stored where it will be as safe as possible from flooding. If your bottled water has an odor, do not drink or use it. Instead, dispose of it, or if applicable, call your bottled water provider to make arrangements to get a replacement.

   During an emergency, if you use food or beverage containers to hold non-food substances like gasoline, dispose of them after use and do not recycle them.

Power Outages: During and After When the Power Goes Out...
Here are basic tips for keeping food safe:

1. Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.

   - The refrigerator will keep food cold for about 48 hours (24 hours if it is half full) if the door remains closed.

2. Buy dry or block ice to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should keep an 18 cubic foot, fully stocked freezer cold for two days.

3. If you plan to eat refrigerated or frozen meat, poultry, seafood, milk, and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they are thoroughly cooked.

   See this website for useful information in case flooding occurs and affects your food and water supply https://www.fda.gov/food/buy-store-serve-safe-food/

   Perishable food such as meat, poultry, seafood, milk, and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they are thoroughly cooked.

   See this website for useful information in case flooding occurs and affects your food and water supply https://www.fda.gov/food/buy-store-serve-safe-food/

   Food and water safety during power outages and floods.

Once Power is Restored...
Determine the safety of your food:

1. If an appliance thermometer was kept in the freezer, check the temperature when the power comes back on. If the freezer thermometer reads 40° F or below, the food is safe and may be refrozen.

2. If a thermometer has not been kept in the freezer, check each package of food to determine its safety. You can’t rely on appearance or odor. If the food still contains ice crystals or is 40° F or below, it is safe to refreeze or cook.

3. Refrigerated food should be safe as long as the power was out for no more than 4 hours and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs, or leftovers) that has been at temperatures above 40° F for 2 hours or more (or 1 hour if temperatures are above 90° F) — discard it.

   Source: US Food and Drug Administration (FDA)

Garden Calendar continued from Page 5

- Treat peaches four weeks after leaf fall spray for peach leaf curl and shothole diseases.
- Moss appearing in lawn may mean too much shade or poor drainage. Correct site conditions if moss is bothersome.
- Bait garden for slugs during rainy periods. Use traps or phosphate baits, which are pet-safe.
- Monitor landscape plants for problems. Don’t treat unless a problem is identified.

Houseplants and indoor gardening
- Reduce fertilizer applications.

DECEMBER

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

Planting/propagation
- This is a good time to plant trees and landscape shrubs.

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

Indoor Gardening
- Protect poinsettias from cold. Place them in sunlight; don’t let the leaves touch cold windows. Fertilize with houseplant fertilizer to maintain leaf color.
- Monitor houseplants for adequate water and fertilizer. Water and fertilizer requirements generally are less in winter.
A Shadow of Its Former Self, but Oregon Is Still No. 1

Continued from Page 1

Today, growers are fearful of losing customers because they can’t fill orders.

“I know that all the growers I talk to are getting phone calls and email requests almost on a daily basis from people trying to find Christmas trees,” Arkills said. “But we simply don’t have them, and that concerns me.

“I would hate to see a Christmas tree lot that has been in existence for a number of years in a small town go away because it couldn’t get trees. Their customers could switch to an artificial tree. And they say once someone buys an artificial, they can’t get them, and that concerns me.

Today, Holiday Tree Farms is increasing supply to where it can resume harvesting around 1 million trees a year. The farm also is concentrating on delivering a better tree by improving production practices and doing what it can to minimize needle loss in homes.

“Back in the day, we would only shake trees for export, because it was a requirement,” Arkills said. “Now we shake all the trees that we ship, foreign and domestic.

“Also, we have changed our farming practices,” Arkills said. “We are trying to fallow our ground, working it differently so we aren’t compacting our soil. We are trying to grow a fast-growing, lighter tree that is a little more open. It seems like with more air flow, you get fewer dead needles inside. It is a cleaner tree and a lot more convenient for the consumer. Nobody wants to pick up an 80-pound, 7-foot noble.”

As to whether the industry will ever return to the days when it produced between 7 and 8 million trees annually, Arkills said he doubts that will happen. With so much of the valley now planted to long-term perennial crops, such as hazelnuts, blueberries and wine grapes, and with hemp coming on in a big way, there simply isn’t the ground available for Christmas trees that there once was.

“It is hard to get ground now,” Arkills said. “There is a lot of competition for it.”

Still, Oregon can take pride in being number one.

Four Tips for Money continued from Page 6

Mindfulness is learning to train your mind to be more present in the moment and to be calmer in your approach and response, and that includes your money.

References:
Claudia Hammond. Mind over Money: The Psychology of Money and How to Use It Better.

Source:
Teresa Hunsaker, Utah State University Extension family and consumer sciences educator, reprinted from January 2018 article

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Food Hero Wishes You Happy AND Healthy Holidays!

We’re excited to celebrate 10 years of Oregon State University’s Food Hero Campaign! Food Hero offers healthy, low-cost and easy to prepare recipes. Almost 95 percent of Food Hero recipes contain fruits or vegetables, and help build cooking and meal-planning skills, which helps families eat more fruits and vegetables. Each year, Food Hero reaches millions of people in all counties of Oregon, 43 states, and 195 countries. In addition, hundreds of Food Hero partnerships developed over the last decade throughout Oregon and the United States are increasing fruit and vegetable intake.

There are many ways to host healthy ‘holiday’ celebrations at home, school, work, or really anywhere! Here are a few fun ideas to try during your next celebration.

• Try cutting fruits and veggies in fun shapes and sizes. Make a tasty fruit or veggie dip, such as Food Hero’s Kale Dip.
• Have fun making “Food Heroes” from a variety of healthy foods (i.e. pretzel sticks for arms, a cherry tomato for a head, celery for a body, etc.). Let kids choose their hero’s superpower!

Healthy ‘holiday’ celebrations can include non-food activities too.
• Try dancing to a favorite song or spending time with family and friends.
• Enjoy a leisurely walk as a family or do a craft together.
• Draw or color together. Check out Food Hero’s https://foodhero.org/

Kale dip

Ingredients
• 1 1/2 teaspoons oil
• 1 clove garlic, minced or 1/4 teaspoon garlic powder
• 3 cups kale, thinly sliced
• 1/8 teaspoon salt
• 1 cup low-fat cottage cheese
• 1 Tablespoon lemon juice
• 1/2 teaspoon red pepper flakes or 1/4 teaspoon cayenne pepper

Directions
• Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
• Transfer kale to a blender. Add cottage cheese and puree until tender, about 3 to 4 minutes. Let cool.
• Season with red pepper flakes and lemon juice.
• Refrigerate leftovers within 2 hours.

Makes: 1 1/2 cups · Prep time: 10 minutes · Cooking time: 5 minutes
Landgren explained, you can’t tell them apart.)

“Probably the most expensive part of growing true fir is cutting and training the leader,” Landgren said. “It comes to probably 50 to 75 cents a tree, depending on the size.”

Douglas-fir, the second leading seller in Oregon, it turns out doesn’t need leader management. “Douglas-fir grows a nice leader no matter what you do,” Landgren said.

Landgren’s work in leader-length management started a decade ago, he said. “We tried a lot of products,” including several plant growth regulators that are used in other crops. “The rub on most of them is they either didn’t work very well, or they kinked up the leader and made it crooked.”

Also, with a lot of growth regulators, trees had to be treated when they were small, so the process involved guessing how long a leader would eventually grow.

“The advantage with abscisic acid is you roll it on the leader at the stage that you want the leader to stop growth,” Landgren said. “So, if you want a 10- or an 11-inch leader, you treat it when it is 10 or 11 inches, and it may grow another inch or so. So, that alone is a substantial change in how you apply the material and how it works.”

Landgren tried different methods of applying the regulator before settling on the Easy Roller, which is essentially two opposing paint rollers that can be squeezed together. In the system, liquid is dribbled onto the rollers and then applied to the leaders.

Similar to managing leaders with clips, abscisic acid needs to be applied annually for the final three years of a tree’s growth, typically starting when trees are between 4.5 feet to 6 or 7 feet in length. (Typically, a noble fir will be in the ground eight to ten years before it is ready for sale.)

Applying abscisic acid costs about the same in labor as clipping leaders, in that a labor crew can treat about the same number of trees per hour as it can if snipping the tops of leaders. But the acid eliminates the need to tie sticks or other materials to clipped leaders to get them to grow straight.

“And,” Landgren said, “you get a better leader.”

The product, which to date is not labeled for use in Christmas trees, is expected to be widely embraced by the industry once it becomes available, which could be as soon as next year.

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**Water Quality and Conservation continued from Page 5**

often destructive. For example, dams on the Columbia River for water supplies, flood control, and hydropower generation have destroyed salmon migration patterns and habitat availability. In extreme cases, like the Colorado River, so much water is taken out for human use that the river no longer makes it to the sea.

**Practical information resources for gardeners**

Here are some great places to look for information about specific things you can do to improve water quality and conservation in your own garden:

- General tips about water conservation in dry western Oregon summers: extension.oregonstate.edu/news/tips-tricks-save-water-during-hot-summer
- 7 basic steps for creating and maintaining water-efficient landscapes: www.conservetwo.org/sites/default/files/7_basic_steps_booklet_2018_0507.pdf
- How to build a rain garden: catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/em9207.pdf
- Quick guide to 10 low-water perennials that thrive in dry situations: today.oregonstate.edu/news/10-low-water-perennials-thrive-dry-situations
- How to design and maintain a water-efficient landscape: catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/em9125.pdf
- Irrigation, groundwater quality, and crop production: catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/em8862.pdf
- Detailed guide to water-efficient plants for the Willamette Valley: www.conservetwo.org/sites/default/files/Plant_guide.pdf

Sean Fleming owns White Rabbit R&D LLC, a data science consulting firm specializing in artificial intelligence applications (www.facebook.com/westcoastdata science). He is also a courtesy professor in the College of Earth, Ocean, and Atmospheric Sciences and the Water Resources Graduate Program at Oregon State University. His book, *Where the River Flows: Scientific Reflections on Earth’s Waterways*, gives an accessible introduction to the science of hydrology for a general, non-scientific audience and was just re-released in paperback by Princeton University Press.

He has given talks on water and rivers at the Smithsonian and at Science Pub events in Corvallis and Bend. Sean is a Benton County Master Gardener trainee, scheduled to graduate in the fall of 2019.

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**Master Gardener Profile continued from Page 4**

fruit grown from Africa, to Asian and the Caribbean. The leaves are served as a tea for curing the common cold or flu, and are also cooked and eaten like spinach. The melon which grows to 6-8 inches, is eaten as a vegetable when immature and when fully mature becomes sweet and changes from bright green to a beautiful bright orange-red that bursts open to expose sweet, red sticky gelatinous seeds. Served raw or prepared in desserts!

What’s a favorite garden memory—a sound, sensation, smell or taste associated with a favorite garden in your life?

The wonderfully pungent, spicy scent of basil is something I look forward to each year. Growing Basil, Ocimum basilicum, a member of the lamiaceae family, is one of the highlights of my summer garden, the delicious smell of pesto: pungent basil, toasted pine nuts or walnuts, drizzles of olive oil, fresh cracked pepper, a few turns of salt and a little lemon makes me happy. I add basil in my dried herb mixture for grilling vegetables or meat on pasta and chicken. I grow a bed of basil, which provides enough to make a few gallons of pesto. My go to recipe appears in The Joy of Cooking:

**Pesto from the Joy of Cooking**

Enough for one pound of pasta

**Process to a rough paste in a food processor:**
- 2 cups loosely packed basil leaves
- 1/2 cup grated Parmesan
- 1/3 cup pine nuts or walnuts, toasted
- 2 medium garlic cloves, peeled
- 1/2 cup olive oil, or as needed
- Salt and pepper to taste

Use immediately or store in a covered glass jar in the refrigerator for up to 1 week.

What’s one thing people might be surprised to know about you and/or your garden?

One surprising thing about my community garden plot is the sheer number of flowers, vegetables, and herbs I grow in my small slice of paradise! I love to experiment with new foods, new flavors and to learn new things! I have tried to grow a little bit of everything. You name it, I have most likely grown it at one time and each year I attempt to grow one new variety or new vegetable. My 400 square-foot plot has over the years provided me with a great abundance of produce: purple sweet potatoes, quinoa, okra, bitter melon, oca, gourds: basket and luffa, red corn (this year), dwarf blue corn (last year), cucumbers, parsnips, four varieties of potatoes, six different varieties of winter squash, summer squash: zucchini and crookneck, snow peas, snap peas, eight different types of tomatoes, basil, watermelon, cantaloupe, raspberries: black, gold, red, blueberries, Marion berry, aronia, Swiss chard, spinach and a beautiful new variety of red kale, two kinds of pole beans and peppers. Somehow I make room for flowers and herbs such as common camas, echinacea, Shasta daisy, sunflowers, chocolate cosmos, cape fuchsia, black-eyed Susan, dahlias, marigolds, alyssum, carnations, bee balm and lemon verbena for tea, borage, salvia and purple sage and more.

You can help grow knowledge, gardens, and communities. Applications for 2020 Volunteer Program are open until December 3rd. Learn more and join us: extension.oregonstate.edu/mg/linn-benton/how-join

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http://extension.oregonstate.edu/linn NOVEMBER–DECEMBER 2019 — 9
FAQ’s - Buying Whole Animal Meat Direct from Your Local Farmers

By Teagan Moran, OSU Extension Services

People become interested in purchasing meat directly from a farm versus from the grocery store or a butcher for a variety of reasons; to support a local economy, sustainable farming practices, quality, etc. Chefs and consumers alike are purchasing direct from farms for the flavor benefits. Buying direct from a farm means that a consumer can talk to the producer directly and can gain confidence in the quality of meat they are purchasing. A consumer can match their values with producers, whether that is supporting a local food system and economy, animal welfare, personal health, environmental impact, organic, or other farming or business practices. Farming practices are far more nuanced and complex than a label on a package can convey. In addition, food labels can be confusing. Conversations with farmers can help address those nuances. That being said, it takes time and coordination to buy direct from farm, and the process can be confusing. We hope this FAQ will help.

How much does it cost? Is it more or less expensive than the store?

Local small-farm produced meat can be more expensive than buying from the store. Our large industrial meat system is designed to produce meat as cheaply and efficiently as possible. The cost difference changes when you start comparing production methods (grass fed versus soy or corn, use of antibiotics, humanely raised, etc.). If you have the freezer space, buying whole animals direct from farm will often be less expensive for the same or better quality of meat you would get ‘by the cut’ at the grocery store. That cost is determined as you average your price per pound over all the different cuts you end up with. A challenge and added benefit is that the expense is upfront – so food dollars can be budgeted. Buying direct from the farm will be a big line-item in your food budget, and it will take time and organization – but it doesn’t have to be your only source of meat.

Whole animal meat is sold at a certain price per pound from the farm and often the pricing is based on the hanging weight of the animal. There will then be additional costs associated with the slaughter and butcher (generally a per-pound fee). Terms to know include: live weight, dressed or hot hanging weight and boxed or cut weight. Live weight is how much the animal weighs prior to slaughter (when it is still alive). After it is slaughtered, the head, skin, hooves and other unusable parts of the animal are removed, leaving the dressed or hot hanging weight (which varies depending on the animal). The farmer should be able to give you a fairly accurate estimate or a range of hanging weights based on previous years. Once the animal has been aged or butchered, the weight decreases again. So, what you finally end up with is the boxed weight or cut weight. Again, a farmer should be able to give you an estimate. Most farms charge by the hanging weight – you will then pay the butcher separately.

For a complete guide on buying an animal share see The Beef and Pork Whole Animal Buying Guide: https://store.extension.iastate.edu/product/Beef--and--Pork--Whole--Animal--Buying--Guide

It should be noted that the size, taste, and texture of grass-fed meat will vary from what is commonly found in grocery stores. This has to do with the feed, breed, grazing practices, and often, the absence of growth hormones.

How will it be sold? What does by the cut versus by the share mean?

In grocery stores or butcher shops you can buy meat by the cut. When you buy direct from a farm you will have the option to buy by the share, meaning you a shareholder of the live animal. This can include buying a whole animal, half, or a quarter animals (or even eighths). You will still have the option to have a butcher cut the animal how you like. If you don’t know what you like, a butcher can guide you through the selection process. They will ask questions like – would you like more ground meat than X, or how thick do you like your chops/steaks? Do you want the cut bone-in?

what is that? What if I don’t know what to do with a certain animal part?

When buying a whole animal you have the option to keep parts of the animal that you may not normally buy at the grocery store – like tongue or liver. This can lead to some experimental cooking and the discovery of a new taste – Ever tried bone broth? Here is an article that offers some recommendations, Are you throwing away valuable food? https://www.canr.msu.edu/news/are_you_throwing_away_valuable_food_part_three_meat

Another option is to ask that your butcher keeps unwanted parts on your behalf (but remember that you paid for those parts, why give them away?).

Where am I going to store it?

Depending on the share size you are looking in to, you may need to invest in a chest freezer to accommodate the meat. Alternatively, it is common for people to share with family and friends or with another household (or more) to reduce the cost of high-quality meat without the need to store it all themselves. A typical refrigerator has enough freezer storage for about 100 lbs of meat. Meat and poultry can also be preserved for a long time – check out this article for tips on how to do that! Let’s
Assuring Quality Beef

By Shelby Filley

It is vitally important to have a safe and sustainable supply of food in the United States and elsewhere. This includes high quality beef that is humanely raised in an environmentally sound manner. The US Department of Agriculture has rules and laws that govern how this is done. However, beef producers take it a step further because they have a vested interest and sincere desire to make sure their cattle, land, and products are treated with the utmost regard. This extra step includes a national program called Beef Quality Assurance (BQA) where individual beef producers take the training and receive certification.

The BQA program started in the early 1980s when producers wanted to ensure practices were safe and would pass the scrutiny of consumers. The USDA audited the cattle feeding segment of the industry to look at various practices and how they impacted meat quality. Since the start of the program, National Beef Quality Audits have been done every five years and include all segments of the beef production system (Cow-calf, Stocker, Finishing, and Packer). Each year top issues to focus on are identified and improvements to the system are sought.

The BQA Mission is “To maximize consumer confidence and acceptance of beef by focusing the producers’ attention to daily production practices that influences the safety, wholesomeness, and quality of beef and beef products.” Beef producers participate in BQA because it’s the right thing to do, it protects the beef industry from additional regulation, improves sale value of marketed beef cattle, demonstrates commitment to food safety and quality, safeguards the public image of the beef industry, upholds consumer confidence in valuable beef products, and enhances herd profitability through better management. The BQA guidelines focus on what is fed, records for animal health, and husbandry practices for the animals.

Wholesome feeding practices, veterinary-guided health care, low-stress livestock handling, and care for the aging animals in the herd are some of the topics addressed in the BQA program. Additionally, ranchers are kept up to date on animal genetics for breeding excellent beef cattle. All these topics relate to the quality of beef produced.

The Oregon State University BQA team is offering a training on Thursday, November 21, 2–5 p.m., in Bend. This event is part of the Oregon Cattlemen’s Association Annual Convention. You must register for the OCA convention to attend the BQA Certification training. Members can register by visiting http://orcattle.com. A printable registration form and OCA convention information is available at http://orcattle.com/index.php/orcattle–cattle–con/ . Other offerings of this training will be conducted in western Oregon next year.
Crop Notes - Nov/Dec

General management
- Seed certification: remember to sign up new plantings within 60 days for seedling inspections or crop history.
- Slug baiting is critical - begin as soon as weather conditions are favorable. Baiting is most effective in the evening, with night temperatures above 45°F, wind speed less than 5 mph, and in the absence of heavy rains.
- Monitor field edges for winter cutworm damage such as notched leaves or plants cut through the stem at soil level.

Grass
- In established grass seed fields complete sequential pre-emergence herbicide applications by late November for maximum effectiveness on grass weeds and to ensure crop safety.
- Fall/winter herbicide application in established grass seed fields can help manage tough-to-control bluegrass species, especially roughstalk bluegrass. The best combination seems to be following the earlier pre-emergence applications with Outlook, Dual, or Prowl Xtra.
- If established grass weeds are present, glufosinate can also be added to Nov/Dec pre-emergence applications.
- Consider controlling broadleaf weeds in newly established grasses if weed pressure is high. There are numerous broadleaf herbicides that can be used at this timing.

Wheat
- Increase seeding rates to 33 seeds/ft² (100-150 lbs/ac depending on seed size) for winter wheat plantings after Nov 1st. Complete winter wheat plantings by late Nov if possible.
- If planting wheat in Nov/Dec pick varieties that are suitable for later plantings (e.g. LCS ArtDeco, LCS Biancor, LCS Drive, Goetze, S&Y Assure).
- In winter wheat, use Axiom, Zidua, or Anthem Flex for control of grass and broadleaf weeds. Read labels carefully as each product has slightly different application timings for use in wheat. Ensure wheat is seeded 1-1.5” deep to ensure crop safety.
- Reduce Axiom rate to 8 oz/ac if planting winter wheat late in Nov/Dec.

Mint
- Control grass weed patches in mint with clethodim or sethoxydim before heavy frosts set in. Watch for weed escapes and spot spray. Prepare for dormant timing herbicide applications.

Upcoming Meetings

November
12-14 – Willamette Valley Ag Expo, Linn County Fair and Expo Center, Albany. CORE pesticide training courses (4 CORE credits available) will be offered Tuesday & Thursday. No pre-registration is required. Visit wvaexpo.com for more information.

December
9 & 10 – Oregon Seed League Annual Convention at the Salem Convention Center. All growers and industry representatives should receive registration material. Visit seedleague.org/program for more information.

January
7 & 8 – Winter OSU Extension Seed Crop and Cereal Production Meetings in Albany, West Salem, and Forest Grove. No pre-registration required. Visit valleyfieldcrops.oregonstate.edu for more information.

February
5 – Oregon Clover Annual Meeting will be held at the Wilsonville Holiday Inn.

Any guesses as to what this is?

This picture was taken by Betsy Verhoeven in a field of fine fescue in Marion County, but you might also see this in turfgrasses and lawns. Although it may look like giant masses of insect eggs, it’s actually a much more innocuous creature: slime mold! Although called a “mold,” this is not a fungus. They are actually ameboid-like protists called myxomycetes. They thrive in wet weather and heavy thatch/litter. The feeding stage, called plasmodia, germinate during wet weather and feed on the decaying organic litter as well as on bacteria and other microorganisms. Once food resources are depleted, they produce these visible slimy sporangia that grow up from the soil and over plant surfaces where they produce more spores to colonize new areas. Although often concerning to grass seed growers, these slime molds usually disappear in a week or two and leave little to no signs of infestation.

Good Opportunity for Vole Control

Although vole populations tend to decrease over the winter, take advantage of short crop height over the next few months. Burrows can persist long after voles have left, but signs of above-ground feeding are easy to spot this time of year. Zinc phosphide (ZP) bait can be placed down holes year-round. Even if you aren’t currently worried about vole numbers, come spring a few can quickly turn to many. Stay vigilant and invest the time and energy while scouting is easy.

CORE Pesticide Credit Opportunities

As the end of the year approaches, remember to check your recertification credit hours. Licensed private pesticide applicators in Oregon must obtain 16 credit hours within each 5-year recertification period, of which 4 must be CORE credits. These core credits cover the basic safety and usage of pesticides. The OSU PSEP (goo.gl/ELxc9C) will be providing 4 CORE credits December 12th at county extension offices across the state. The Willamette Valley Ag Expo (wvaexpo.com/classes) will also offer courses providing 4 CORE credits on November 12th and 14th. The classes will cover worker protection standards, human health risk assessment, and an update from the ODA.

CORE credits earned exceeding the required number will still be counted towards your regular credit hours. You can check your recertification credit history online (goo.usa.gov/3Mu3) using your license number.
New Horticulture Specialist on Board

Hello! My name is Erica Chernoh, and I am the new Commercial and Community Horticulture specialist for Oregon State University (OSU) Extension Services serving the south Willamette Valley and Lane County. I started this position in August of this year, and will be based out of the OSU Lane County Extension Office in Eugene. I will be working with hazelnut producers, tree fruit and small fruit growers, as well as other horticulture crops in the south Willamette Valley, including Linn and Benton Counties, and the Master Gardener program in Lane County.

Prior to stepping into this role, I held a joint position between Chemeketa Community College in Salem, where I taught horticulture classes, and OSU where I assisted with strawberry and olive research trials at the North Willamette Research and Extension Center (NWREC) in Aurora. Our research focused on season extension for day-neutral strawberries, and determining best practices for olive orchard establishment in Oregon, including propagation techniques, up-potting and over-wintering practices to increase tree survival, and olive cultivar evaluation for cold hardiness.

Previously, I lived in Switzerland and worked as an Integrated Crop Management (ICM) Advisor with CABI, an international organization that delivers science-based knowledge to developing countries. As an ICM Advisor, I gained valuable experience working with organizations worldwide to develop participatory training and research programs for the transfer of knowledge and new technologies.

Following completion of a M.Sc. degree in International Agricultural Development from UC Davis, I got my feet wet as an Extension agent while working as a Crop and Food Safety Advisor for UC Cooperative Extension in Sacramento County, California, where I worked directly with strawberry growers to help them solve their most pressing issues and conducted on-farm research trials.

I am looking forward to working with the hazelnut, tree fruit, and small fruit growers in the south Willamette valley. Please feel free to contact me at erica.chernoh@oregonstate.edu or by phone at 541-344-5859 if you want to talk about your operation, or with your thoughts and ideas on how I can best serve the commercial horticulture industry in this region.

Hazelnut News

According to the Oregon Hazelnut Industry Office, the 2019 hazelnut harvest in the valley is mostly complete, with peak harvest having taken place between early to mid-October. Weather in the early part of October was relatively cooperative, with enough sunny and dry days to allow growers to harvest their crop and deliver it to the receiving stations before the onslaught of rains. While the 2019 winter storm caused damage to some orchards, the impact on harvest appears to be variable and concentrated in areas of the south valley.

Packers will now operate at peak levels for the next few months in order to process all of the nuts, and 2019 yield data will not be available for several months. Hazelnut acreage continues to grow, and with 70,000 acres planted in Oregon, hazelnut production is expected to double by 2025.

Fall is a great time to plant!

Shop Home Grown Gardens
for the best plants
in town!

4845 SE 3rd St. Corvallis • 541-758-2137 • homegrowngardens.biz

Save the date...
Nut Growers Society
Winter Meeting

Mark your calendar: the Nut Growers Society is holding its winter meeting on Thursday, January 16, at Oregon State University in Corvallis. The tradeshow will be held at the CH2M Hill Alumni Center, with breakout sessions next door at the LaSells Stewart Center. Registration will open at 7 a.m.
Adult Volunteers Wanted!

The Benton County 4-H Program is actively looking for adults who want to share their time and talents with youth, aged 5–19.

Are you interested in making a positive impact on youth? Do you have an expertise that you want to share? Do you want to learn new skills? Volunteers will receive training, support from OSU faculty and staff, and from other 4-H volunteer leaders, as well as access to project and resource books and materials.

We are especially looking for adults to start 4-H Cloverbud Clubs. Our Cloverbud program is for youth ages 5–8 years old. If you are interested in volunteering with the Benton County 4-H Program, please contact our office for more information. Our next training will be on Tuesday, November 19, from 8:30–11 a.m.

Members with Special Needs

All youth are welcome in 4-H! Clubs are encouraged to invite youth with disabilities into their groups, enriching the lives of all the youth involved. If you have members in your 4-H club with disabilities or special needs who need special accommodations for participation in 4-H activities, please contact the OSU Extension Service at 541-713-5000 well in advance of any activity. Our goal is to reach all youth who wish to participate in 4-H.

Benton County 4-H Scholarships

There are 10 Benton County 4-H scholarships totaling $15,000 available to current 12th grade 4-H members. All enrolled graduating seniors are eligible to apply. Applications are due January 15, to the Benton Extension office (except the Horse Leaders Scholarship, which is due April 15). For more information, visit our website.

Scholarship Donors

- Moos Family - In Memory of Steve Moos
- Decker Family
- Hitchcock Family
- Bateman Family
- Benton County 4-H Horse Project Leaders Committee

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

Ready, Set, Enroll!

Oregon 4-H enrolls youth based upon their age as of September 1, 2019

- 5–8-year olds are Cloverbuds
- 9–11-year olds are Juniors
- 12–14-year olds are Intermediates
- 15–19-year olds* are Seniors (*Students who are 19 on 9/1 and have not yet graduated from high school may participate in upcoming 4-H program year.)

Membership Fees:

- Early bird - $40 per member before January 15, 2020 for the first two family members (the third & additional family members will be $10 each).
- Regular enrollment - $45 per member on January 15, 2020 and after for the first two family members (the third & additional family members will be $10 each).

Check or Cash is accepted. Checks payable to: OSU Extension Service – Benton County (Once processed, no fees will be refunded.)

4-H Awards & Recognition Banquet

Benton County 4-H Program will recognize members, leaders, clubs and community members for their outstanding contributions to the program at the upcoming 4-H Awards and Recognition Banquet on November 13, at 6:30 p.m., at the Benton County Fairgrounds.

SOME OF THE RECIPIENTS INCLUDE:

- Distinguished Service Award - Knife River
- Distinguished Service Award - Benton Bowmen
- Club Community Service Award - Garden Gnomes 4-H Club
- Club Community Service Award - Claws and Paws & Happy Hoppers 4-H Club
- Outstanding Leader - Errol Noel, Four Rivers 4-H Camp
- Outstanding Leader - Crystal Cleveland, Cloverbud Project
- Outstanding Leader - Linda Eng, Dog Project
- Outstanding Leader - Laura Lillie, Horse Project
- Outstanding Leader - Sherrie Deaton, Family and Consumer Science, Art, and Science Projects
- Outstanding Leader - Sandi Hering, Large Animal Project
- Outstanding Leader - Anita Houpert, Small Animal Project
- Outstanding Leader - Stacey Zaback, Wildlife Stewards

ALSO RECOGNIZED AT THE BANQUET ARE:

- Leaders Years of Service
- Outstanding Intermediate 4-H Member
- Outstanding Senior 4-H Member
- 4-H Member County Medal Recipients

Congratulations to all of the Benton County 4-H Award and Recognition recipients!
Apply now! This program is for 9-12th graders who are interested in receiving training on how to teach elementary aged youth about nutrition, exercise, and environmental health related topics. Teens will learn how to create and teach lesson plans while gaining leadership, public speaking, facilitation skills, confidence, and team building. Interested teens are encouraged to complete an application (due by November 15) and attend training on Saturday, December 7, from 10 a.m. - 1 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 our website.

4-H Natural Science Outdoor Adventure Club

The 4-H Natural Science Outdoor Adventure Club started up again this fall in Benton County. Join us to learn more about the natural environment, engage in hands-on projects, and have fun outdoors!

- The club will meet the 3rd Friday of the month from 3-5 p.m., at the OSU Extension Service, Benton County office.
- The first meeting was held on October 18.
- Hands-on projects and visits from local “ologists” who will help us dig deeper into the natural world.
- Quarterly field trips to local natural areas such as Finley Wildlife Refuge, Peavy Arboretum, and Beazell Memorial Forest. These are arranged as schedules permit.
- Yearly 4-H Enrollment fee is $40.

If you are interested in joining this club, please call the OSU Extension Benton County office at 541-713-5000 to let us know.

Share Your Favorite Food!

The 4-H Favorite Foods Contest will be held on Saturday, January 25, from 10 a.m. - 2 p.m. Any Benton County youth, ages 5-19, are invited to participate in this fun event! 4-H enrollment is not required to participate. Each participant brings one food item that they made at home. They also bring a place setting for one person (with a centerpiece), the recipe for the food item and a menu for the meal. A friendly judge will visit with the participant and evaluate them on their knowledge of nutrition, the table setting, centerpiece, and taste of the food. Contact the Benton Extension office to register.

4-H International Opportunities

4-H may be known for project clubs and school-based programming, but there are also wonderful opportunities for youth to experience different cultures through international 4-H exchange programs. Families can host a youth from another country (Japan, Costa Rica, or Finland/Norway) for four weeks during the summer, host a youth for a full year, or local youth can travel to other countries for an outbound adventure. Each year, outbound countries are determined with Japan being a regular partner country. This year, Oregon youth have the opportunity to travel to Costa Rica, Japan, South Korea, Finland, Norway, Taiwan, or Romania. The majority of these programs are one month long over the summer. There are opportunities for year-long exchanges and hosting though. Applications for outbound travel are due November 1st and host families for inbound Japanese youth will be recruited in Spring of 2020. Want to learn more about the 4-H international program? Contact the OSU Extension Service for more information or visit the Oregon 4-H website at https://extension.oregonstate.edu/4h/international-programs.
Linn County 4-H-sponsored the Lebanon Veteran’s Home for Christmas

Linn County 4-H clubs and members are excited to bring some Christmas cheer to the residents of the Lebanon Veteran’s Home. Linn County 4-H’ers will visit the veterans home on December 18th. Each of the 154 residents will receive a handmade stocking filled with goodies. Once again, we are collecting monetary donations so that we can purchase items on their wish list. If you would like to make a donation and help with this project, please contact the Linn County Extension office by December 1st.

Linn 4-H Enrollment

Oregon 4-H enrolls youth based upon their age as of September 1, 2019

- 5–8-year olds are Cloverbuds
- 9–11-year olds are Juniors
- 12–14-year olds are Intermediates
- 15–19-year olds* are Seniors (*Students who are 19 on 9/1 and have not yet graduated from high school may participate in upcoming 4-H program year.)

The annual enrollment fee before January 31st, 2020 is $40 for the first 2 family members (there will be no charge for additional family members beyond 2).

Contact the Extension Office for more information at 541-967-3871.

5th Annual Western Region Livestock Education Day

January 11th, 9:00am-2:30pm • Polk County Fairgrounds, Rickreall

Come join 4-H and FFA members from around the region to learn about proper nutrition for your market animal project and biosecurity methods to keep your animals healthy and your property clean. Another focus during the education day will be giving input on how best to market your project and your youth auction to businesses in your community.

Industry professionals and livestock producers will serve as our presenters for the day. 4-H Junior, Intermediate, and Senior members from Western Oregon are welcome, as well as FFA members.

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

For questions please contact Andrea Leao at andrea.leao@oregonstate.edu.

Looking for a Christmas Gift Idea?
Consider a Four Rivers Camp Enrollment

Do you have a 4th through 8th grade child in your life that you never seem to have a gift idea for? How about giving them a week of fun, excitement, and lifelong memories? Four Rivers camp enrollment will be open in mid-December, and is the perfect Christmas gift for young people. Four Rivers camp is held at the beautiful Oregon 4-H Center, between Dallas and West Salem during the third week of June. Swimming, hiking, arts, crafts, and campfires – what better way to start summer? Please contact Linn County Extension for more information and registration details.
Seeking Adult Volunteers!

As a program educator, the new 4-H year brings excitement to see all the new projects and faces, but with that excitement there is also stress and anxiety. Each year the Linn County 4-H program has to turn away potential new members to the 4-H program because we don’t have enough volunteers.

4-H is the largest out-of-school youth program in the United States. There are more than 6 million 4-H members nationwide, and thousands of young people participate in Oregon 4-H each year. Through 4-H, young people learn and grow in partnership with caring adults to develop the skills and confidence needed to become contributing, productive, self-directed members of society. Because 4-H uses an active, learn-by-doing approach, young people see how their actions make a difference in the lives of others and the world around them. Without more adult volunteers we are missing the chance to give these young people the opportunity to experience such an amazing organization.

Are you interested in making a positive impact on youth? Do you have some skills that you would like to share? Volunteers receive training, support from OSU faculty and staff and from other volunteers. We also provide project resources that include books and materials.

4-H isn’t just about animals and the county fair; there is leadership, science and art included as well. If you are interested in becoming a volunteer, please contact JoLynn or Andrea at the Linn County Extension Office 541-967-3871.

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

Without the dedication and time that our volunteers put in with 4-H clubs and events, we wouldn’t be able to have a program. Our volunteers are appreciated!

Explore Habitats of the Willamette Valley

- Douglas-Fir Forest
- Oak Woodland
- Riparian Bottomland Forest
- Wetland Wet Prairie
- Upland Prairie

Five different Ecology Field Card Sets are available for check out or purchase at $40 per set. Each set comes with an educator’s guide and includes 50 laminated, 4 x 6 inch field cards of common species of plants, mammals, birds, fungi, insects, reptiles and amphibians. Designed to increase awareness and knowledge of the habitat types and variety of species in the Willamette Valley. Call the Linn County Extension Office to order.

Get Outside and Explore!

OSU Extension Linn County
33630 McFarland Rd.
Tangent, OR 97389  P: 541-967-3871
Some Wet Weather Reading

For many folks, fall is a good time to do some reading. OSU Forestry & Natural Resources Extension produces many publications on a wide range of topics related to taking care of your woodland. Here are a few recently released or updated titles of use to forest landowners. If you don’t like copying a url, just do a web search on the title, and it will lead you to our publications page where you can download a pdf.

Selecting and Buying Quality Tree Seedlings, EC 1196
https://catalog.extension.oregonstate.edu/ec1196
Covers how to select trees adapted for long-term growth under your local conditions and how to choose nursery stock that has a high probability of surviving and showing good initial growth. 16 pages.

Managing Insects and Diseases of Oregon Conifers, EM 8980
https://catalog.extension.oregonstate.edu/em8980
Discusses options for managing major insect pests and diseases of conifers in Oregon forests. Things covered include but not limited to: bark beetles and wood borers; sucking insects; root diseases; stem decays; foliage diseases. Full color with extensive references section. 133 pages.

Tools for Measuring Your Forest, EC 1129
https://catalog.extension.oregonstate.edu/ec1129
Gives description and use of tools that woodland owners need to measure property acreage, boundaries, and characteristics of standing timber, including individual log volumes. 9 pages.

Using a clinometer to measure tree height.

Plugs are one type of seedling planting stock.

Creating Habitat for Bats in your Woods
Woodlands are important habitat for bats. This publication introduces you to some of the many species of bats in Oregon and Washington. It covers bat biology, how they use the woods, and some things a landowner can do to maintain bat habitat.

Ideal Rural Residential 2.28ac Lot!
Are you ready to build your dream home? Many home styles are possible in this deluxe Philomath neighborhood! Well is in, standard septic system approved, high speed optical available, road fully developed & power to the curb. Enjoy morning sunrise coffee or sunset dinners from comfort of your home. Many Construction-to-Permanent Loan plans available. Approx 2 miles west of Hwy 20-34 junction. Easy commute to Philomath or Corvallis and only 46 minutes for a coastal break to Newport.

$191,500 WVMLS 741351
New Rules in Ditch Maintenance

With discussions in the state concerning ditch maintenance coming to a head with the introduction of Oregon House Bill 2437 this year, it seems the state has recognized the need to maintain vital drainage systems in our agricultural fields and is working to make this process less daunting.

Most farmers know that, at times, maintenance activities are necessary around and within streams and ditches to maintain drainage and to prevent flooding. Because these activities could impact water quality, growers want to know if they are complying with Oregon’s Administrative Agricultural Water Quality Area Rules (Area Rules).

Area Rules are intended to prevent agricultural activities from impairing stream functions such as shade for cooler stream temperatures, streambank stability, and the filtration of pollutants. Area Rules specify conditions to manage for and allow growers to decide what practices work best for their operation.

To be in compliance with Area Rules, agricultural activities must:

- Allow for the ongoing growth and establishment of streamside vegetation.
- Minimize sediment from entering or accumulating in streams or ditches.
- Prevent soil and gully erosion on stream and ditch banks.

The following guidelines and recommended practices for streams, upland soil erosion, and ditch and drainage ways work to ensure that agricultural operations support compliance with Area Rules. When applied effectively, they can achieve good water quality while meeting farming objectives. Successfully implementing these practices is dependent on the details, so for added technical assistance consult with your local Soil and Water Conservation District (SWCD), Natural Resource Conservation Service (NRCS) specialist, Oregon State University Extension, or ODA.

Recommendations for Stream Area Rules apply to all year-round and seasonal streams (rivers, creeks), including channelized streams that may appear to be ditches. Removal of vegetation from a streambank or excavating accumulated sediment from a stream channel could lead to issues with water quality and put your operation out of compliance with Area Rules. Additionally, there could be areas along and near streams that are considered wetlands.

Wetlands and streams are regulated, and certain aspects of your maintenance activities, such as the amount of soil and material that is excavated, could require a Removal-Fill permit from the Oregon Department of State Lands (DSL). Before beginning any maintenance activities, take the time to be fully informed about what kind of waterway you are working with and have a good understanding of where the surface water drains. It is important in choosing what practices and guidelines to use. The objective should be to implement maintenance activities along or within streams in a manner that:

1. supports your agricultural operation
2. promotes the ongoing growth and establishment of streamside vegetation
3. is in compliance with Area Rules and other state and local regulations
4. has applicable permits

Things to think about while organizing your project:

- Remove only accumulated sediments, with minimal disturbance to the channel side slopes (freeboard) and existing vegetation.
- Maintain ditches and drainageways with a vegetative cover, particularly during the wet season. In ditches, grasses are often used to prevent bank erosion and scour. Bare, disturbed soils should be seeded as soon as possible. Supplemental seeding every two to three years may be needed.
- Selected vegetation should resist frequent inundation and stabilize banks during high flows. Keep in mind the crop certification needs for you and your neighbor's farms.
- Regularly inspect and maintain drainage outlets to ensure they are properly functioning, especially after significant runoff events. Drainage outlets should be stable and protected against erosion and undermining for a range of flow conditions.
- Excavation of accumulated sediment should return the channel to the original flow line and should not deepen the channel. Over-excavation can lead to drastic erosion problems downstream and result in unstable, steep banks.
- Keep excavation equipment on uplands and off the ditch bank.
- Perform work during the dry season when there is no or low flow. Do not begin work if a large rain event is expected.
- Use low-impact equipment when practical.

- Dispose of spoil material in uplands, away from the ditch and in a manner which minimizes soil erosion, protects water quality, and fits with the land use and landscape.
- In ditches with year-round flow, allow vegetation to grow and remain along ditch banks during the summer to shade surface water and maintain cooler water.
- Limit maintenance to areas near drainage outlets and complete frequently enough to control overgrowth for access to inspect and repair.
- When maintaining vegetation use techniques such as pruning, mowing, or girdling, that allow the root system to remain intact and in the soil.
- Following ground disturbance and when conditions allow, plant native or non-invasive trees and shrubs into areas where vegetation was removed. Follow up plantings may be needed to achieve establishment.
- When planting, select a diverse mix of tree and shrub species that provide multiple benefits and are adapted to the duration of soil saturation of the site.
- If you are planning to remove woody vegetation along streams, such as large trees and shrubs, Oregon Department of Forestry regulations may also apply in addition to Area Rules.

Consult with ODA or your local soil and water conservation district for added assistance.
FAQ’s – Buying Whole Animal Meat Direct from Your Local Farmers continued from Page 10

 Preserve Meat and Poultry https://extension.psu.edu/lets-preserve-meat-and-poultry

What does “custom-exempt” mean for slaughter or processing?

Slaughter and processing businesses that operate under this exemption are inspected by both the Oregon Department of Agriculture and the USDA once or twice a year. (This is not the same as daily or continuous inspection for USDA-inspected processors.) Custom-exempt slaughter and processing (also called “cut and wrap”) plants are expected to meet the same requirements for sanitation and construction that USDA-inspected plants must meet, along with keeping certain records.

Buying custom-exempt meat means that you are purchasing a share of the live animal; you are not purchasing packaged meat. The final packaged meat will be stamped “Not for Sale.” This is why a farmer who uses custom exempt processors cannot sell you cuts of meat.

The above answer was taken from the article: Frequently Asked Questions: Using Custom-Exempt Slaughter and Processing Facilities in Oregon for Beef, Pork, Lamb & Goat by Lauren Gwin. Follow the link to learn more: https:// extension.oregonstate.edu/business-economics/management/ frequently-asked-questions-using-custom-exempt-slaughter-processing

How do I find a farm?

So you know that you want to buy shares from a farm— but what farms sell this way? Not all farms advertise, and you may not feel comfortable approaching farmers at the market or cold calling. Here are some options for our region:

• Check out the Locally Grown Guide: http:// willamettefarmandfood.org/find-local-food/
• Call your local Extension Office – Small Farms Program – we work with local farmers and will often know who sells the meat you are looking for commercially.
• Your local farmers market vendor list

As you are selecting a farm— some questions you may want to ask include:

• Do you sell shares and/or cuts? How is the price per pound determined? Is there extra cost for butchering or is that figured into the cost?
• When will the animals be ready for slaughter?
• How do you raise your animals and why? Are they on pasture? For what percentage of the year are they on pasture?
• What are you feeding them? There are a wide range of feed options (certified organic, conventional with soy and/or corn) Even if animals are not certified organic they may be eating a high quality diet. This may impact your purchase choice.
• How do you treat sick animals?
• Can I visit the farm and see the animals? Do you do tours? Most farms will say yes, even if they don’t have a tour program. That being said, farms are very busy and also have high risk for liability or concerns around biosecurity. Just because they say no does not mean they are hiding something. You can always ask to see pictures, or ask if they have an online presence.