



GROWING

Extending Knowledge and Changing Lives in Linn and Benton Counties

Extension Invests in Fire Preparedness

By Mitch Lies,
GROWING Editor

About three years ago, Oregon State University Extension Service decided to increase its investment in wildfire preparedness by creating a statewide Fire Program, a program that was subsequently funded by the 2019 Oregon Legislature. About 15 months after securing program funding, wildfires devastated more than a million acres in Western Oregon, providing a harsh justification of the program.

In addition to the economic damage – estimated at more than \$1.5 billion – and the environmental toll the wildfires levied on the landscape, the fires left unrelenting emotional scars for homeowners who lost homes, and, in some cases, even loved ones to the flames.

And, while in one sense Extension's investment in wildfire preparedness came too late, given that the first of six regional fire specialists came on in early October, about a month after the Labor Day fires, in another sense, the timing couldn't be better.

After last year, the program definitely has people's attention, and, as Oregon enters Fire Awareness Month this May, more people than



View of Beachie Creek fire along the Little North Santiam River near Elkhorn, as seen in October 2020.

ever are tuning in to Extension to learn about fire awareness and preparation. In addition, Brad Withrow-Robinson, forestry Extension agent for Benton, Linn and Polk counties, said he is grateful for the expertise provided by Amanda Rau, who started October 5 as regional fire specialist for the Willamette Valley and the North Cascades, and the five other fire specialists who came on board last fall and winter

“Thankfully we had this crew come in to help us care for these communities after-the-fact,” he said. “But it would have been nice if we

had them on the ground a year before, so we could have responded more robustly to the wildfires.”

Originally, Extension planned for the wildfire specialists to spend their first year building community awareness. Those plans, were scrapped before they ever got started. Rau, for example, was giving a webinar four days after she started.

“The idea was to get this program in place and help people prepare for these events,” said Rau, who has more than 20 years of experience in wildfire

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Seedling Shortage Hits Oregon

By Mitch Lies, *GROWING* Editor

An unprecedented demand for seedlings created by the Labor Day wildfires of 2020 has stretched resources beyond capacity and left many forestland owners unable to reforest landscapes. And, given limited handling capacity and the fact that it takes one to three years for a seedling to be ready for planting, it could be a while before supplies are available.

In all, the Oregon Department of Forestry estimates it will take between 80 and 140 million seedlings to reforest the million-plus acres that burned last year, or two to three times a typical yearly demand. About 350,000 acres of the 1-million-plus acres are in private forestlands, according to Brad Withrow-Robinson, forestry Extension agent for Benton, Linn and Polk counties.

One issue, Withrow-Robinson said, is that the nursery industry annually produces a certain number of seedlings, a number balanced against demand. Increasing production to a level that can meet the current demand requires scaling up not only the number of seedlings in production, but also the labor to process and distribute the seedlings.

“We have a regular demand, and we have a nursery industry that shrunk a little during the previous recession,” Withrow-Robinson said. “Then, suddenly, we had the fires and we have in place a seedling demand which is many times larger than our annual production capacity.”

Behind the scenes, Extension is working with the Oregon Department of Forestry and the Oregon Small Woodlands Association to determine the need for seedlings, and it is working with the Oregon nursery and forest industries to rapidly increase seedling production, availability and distribution. Extension's role to date has been to determine demand through surveying landowners and providing education for small woodland owners who may not be familiar with the handling and planting of seedlings.

“A lot of the people who are affected are smaller, rural, residential landowners who don't harvest and plant very often,” Withrow-Robinson said.

The Oregon Department of Forestry is taking the lead in organizing seedling production, he said.

Withrow-Robinson advised landowners affected by the fire to fill out the Reforestation Assistance Survey form available at <https://beav.es/seedlings>.

He added that landowners needing assistance filling in the survey can contact the Linn County Extension Office at 541-967-3871 or email Laurie.Gibson@oregonstate.edu.

The time to check your pressure canner gauge is BEFORE you start canning. See page 3 for food preservation tips. Don't miss the Benton County Master Gardener virtual plant sale! Page 6

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: 541-713-5000. <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>.

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* Multi-county assignment

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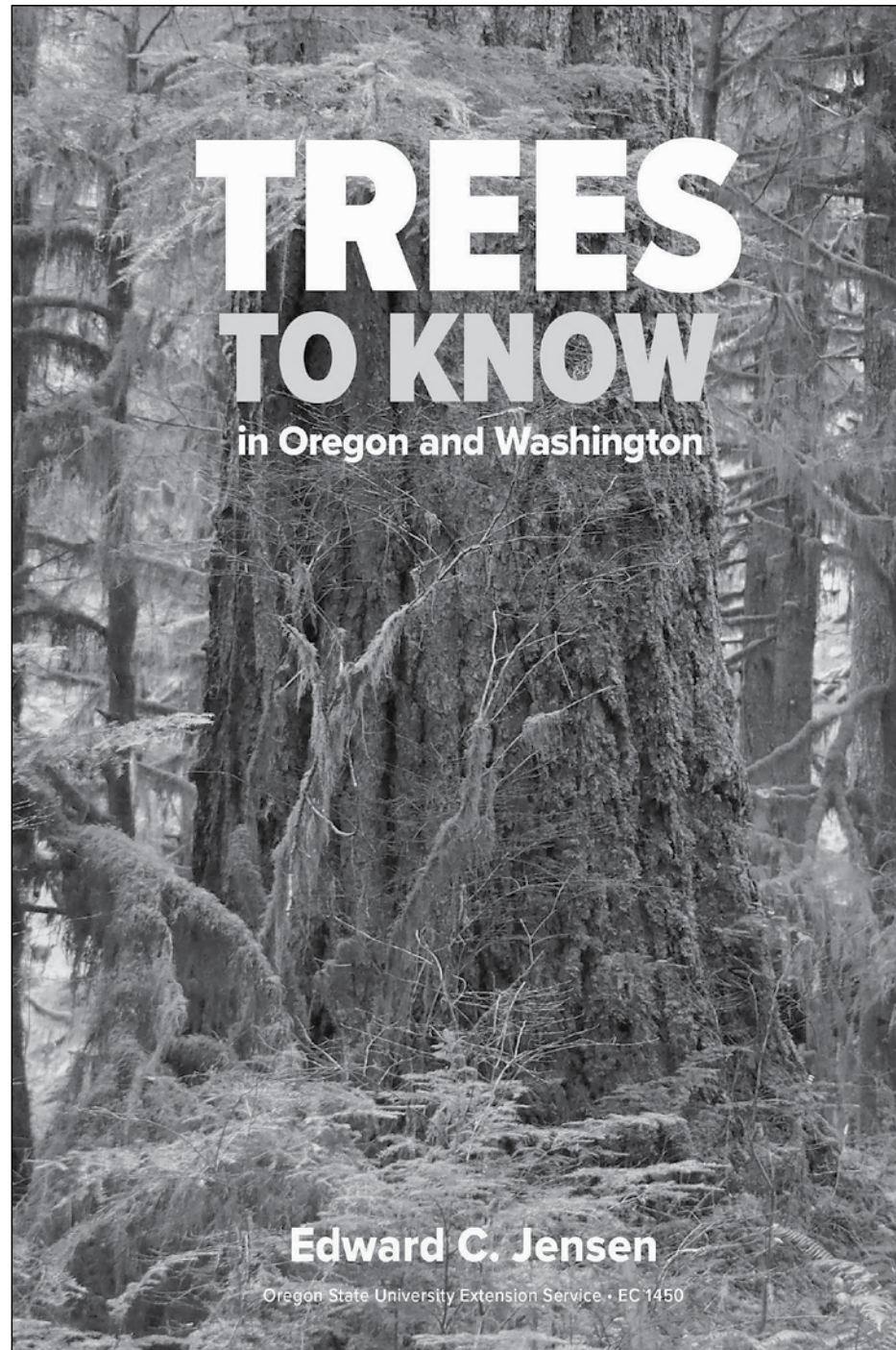
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Apply now for Linn County Extension Association Legacy Scholarships

OSU Linn County Extension Service offers two \$1,000 Legacy Scholarship Awards to successful applicants currently residing in Linn County. The scholarship is based on residency in the geographical areas served by Linn County Extension, the applicant's financial need, GPA of 2.75 or higher, involvement in 4-H or other Extension programs, community involvement, and/or work experience. The deadline to apply is June 1, 2021.

For more information and application visit:

<https://extension.oregonstate.edu/4h/linn/recognition-awards-scholarships>



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Safe Food Preservation

Instructions for safe, healthy food preservation are based on extensive testing and research. There are three recommended methods of processing or heat treating food in jars so that the contents are safe to store for future use. Those include:

Boiling water canner: Used for fruits and fruit-based products such as jams, jellies, pie fillings; and pickles. A large stock pot can also be used if it is deep enough for at least one inch of water over the jars.

Pressure canner: Reaches a temperature above boiling; required for canning meats, seafood and vegetables. It must be a full-sized canner. A pressure saucepan meant for cooking is not adequate for canning.

Steam canners: An alternative to boiling water canners, these can be safely used for fruit products and pickles that have processing times under 45 minutes. Follow Extension/USDA instructions instead of directions that may be with the steam canner.

Ball® FreshTECH® automatic home canning system has proven to provide adequate processing for products when following the recipes and directions that come with the appliance. It is for high acid foods only, not for products that require pressure canning.

Presto® has introduced an electric pressure canner, the Presto Precise® that relies on internal temperature readings, rather than timers as other electric pressure cookers on the market. Extension Service/USDA is waiting for independent lab test results



before we make recommendations about this particular product. Please place this text in a highlighted background.

Make certain you follow specific directions and use the correct canning method for each fruit, vegetable or meat when canning. The instructions used should be based on the most recent research. Many canning recommendations have changed over time as additional research was conducted; check the dates on your canning publications and consider updating them. Some products that you see in stores cannot be safely canned at home.

Find current, complete instructions for preserving all foods at: <https://beav.es/OSUFoodPreservation>

Canning Checklists, electronic and printed

There are many steps in successful canning. To help you remember them

all, a free Canning Checklist and Timer app and printed checklists for each method of canning have been developed. Download the app at <https://catalog.extension.oregonstate.edu/pnw689>

The printed checklists are at: <https://extension.oregonstate.edu/sites/default/files/documents/8836/canning-checklists2020.pdf>

The Linn and Benton County Extension offices can also provide you with printed materials upon request.

Questions about safe food handling and all methods of preserving can be addressed by calling:

OSU Food Safety Hotline: M-F, 9 am - 4 pm. 1-800-354-7319

Or ask online through the Ask an eXpert service: <https://extension.oregonstate.edu/ask-expert> Please place this text on a highlighted background.

Pressure Canner Gauge tests - an annual event

Contact the Extension office for an appointment to get your free, annual pressure canner gauge test. Do this before you start canning this year.

Robnett's Hardware in Corvallis also provides this service. They are located at 400 SW 2nd St, Corvallis, OR 97333; (541) 753-5531.





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Unsafe Food Preservation

With recent, renewed interest in food preservation, a lot of outdated, unusual, and unsafe instructions have been circulating, particularly on social media and websites.

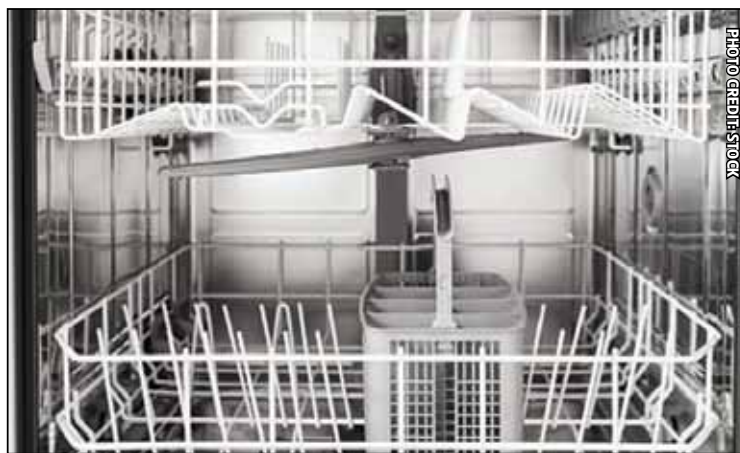
Below is a list of unsafe canning methods we have seen promoted this past year.

It is NOT safe to use any of the following methods when canning food

Open kettle canning: Pouring hot food in a jar, placing the lid on the jar and allowing it to seal as it cools with no further heat treatment.

Oven canning: In addition to concerns about the safety of the food, jars are likely to crack or shatter.

Electric pressure cookers: These appliances are meant for quick cooking, not for canning. Fast heating and cooling of these small appliances does not allow for adequate heating inside the jars, regardless of what the instructions that come with them say.



While your dishwasher kills germs and sanitizes your dishes, it is NEVER a good option for canning food.

Dry canning: Food is placed in a jar with no added liquid. It is then heated so that a seal forms when cooled.

Dishwasher canning: Temperatures inside dishwashers are never high enough to destroy pathogens. It is the dishwashing detergent and water movement that washes then rinses away food particles, bacteria, molds, etc. that makes a dishwasher

effective in sanitizing dishes.

Microwave canning: Microwaves heat unevenly and heat does not penetrate into the contents of a container. Microwaves can be used to heat some products before putting them in jars and further processing.

Sunshine or solar canning: While sunshine does have some effect on destroying bacteria and molds on sun-dried laundry, it cannot

penetrate into a jar of food and does not get hot enough to sterilize the contents of a jar of food.

Inversion sealing: Filling jars with hot food and then turning them upside down was recommended for high sugar jelly or jam for a brief period by a pectin manufacturer. Many complaints of spoilage and leaking jars resulted in them now instructing consumers not to attempt that method of sealing jars. Even jelly and jam should be processed in a canner to destroy any remaining molds.

Adding Aspirin/Salicylic Acid: Aspirin is not effective in providing enough acid to prevent or slow spoilage of the food.

Paraffin sealing: Melted wax provides an incomplete seal and the absence of further heat treatment allows mold growth.

Dried beans, peas or lentils that have not been rehydrated and heated before

filling jars: Rehydrating and then fully cooking requires an extended period of time. No research has been conducted to determine what adequate processing would require or the ratio of water to beans if the beans were not fully rehydrated before canning.

A few items that do not have safe, tested instructions for canning but have been seen featured on blogs and websites: butter, milk, pumpkin puree or pie filling, pickled eggs, refried beans, cornstarch or flour thickened products, anything containing pasta or rice, breads and cakes, cheese. Do not attempt to can these products even though the authors have lived to tell about it, so far.

Have you seen other questionable methods of food preservation or products used for preserving promoted lately? We can help you determine if they are safe.

2021 Oregon Grow this Challenge!

Did you sign up to participate in Food Hero's Oregon Grow This Challenge!?

Ongoing support is available for the Oregon Grow this Challenge.

Food Hero and local Master Gardener volunteers are providing helpful tips throughout the spring and summer.

Visit:

<https://www.foodhero.org/growthis>

<https://www.facebook.com/BeAFoodHero>

<https://www.youtube.com/playlist?list=PLdPavac7Wd7y-lvRfmQur5sbBt3ezzRMB>



Growing Healthy Kids

About SNAP-Ed

SNAP-Ed (Supplemental Nutrition Assistance Program Education) is a federal program funded by the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS). It is the nutrition education and obesity prevention component of SNAP (Supplemental Nutrition Assistance Program). The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans.

Oregon SNAP-Ed

Oregon SNAP-Ed supports this goal by providing evidence-based educational programming, using social marketing, and supporting or implementing policy, systems, and environmental (PSE) changes that affect the food and activity environments where people live, learn, work and play. SNAP-Ed programming covers the person's entire lifespan.

Oregon SNAP-Ed developed electronic resources to engage youth in nutrition garden education. Growing Healthy Kids is a garden-based nutrition curriculum that targets and teaches 2nd and 3rd graders all about



the plant parts they eat! Oregon Harvest for Schools videos were designed to extend the Growing Healthy Kids curriculum at home. They are a GREAT set of videos for all families to watch together!

Videos and materials are available in English and Spanish.

Access the virtual Growing Healthy Kids toolkit here: <https://www.foodhero.org/growing-healthy-kids>.

Food for Thought: What is Health at Every Size?

By **Hannah Jarvis**,
OSU Dietetic Intern

Health at Every Size (HAES) is a movement that celebrates body diversity. The principles of HAES is to “help us advance social justice, create an inclusive and respectful community, and support people of all sizes in finding compassionate ways to take care of themselves.” Essentially, HAES advocates that all bodies may achieve health and wellness through compassionate self-care and respect for “differences in body size, age, race, ethnicity, gender, disability, sexual orientation, religion, class, and other human attributes.” (<https://haescommunity.com>)

How does HAES challenge conventional healthcare approaches?

Conventional ideas about good health tend to place the burden on the individual. Through this lens, the individual is responsible for implementing healthy habits with the goal of losing and/or maintaining a healthy weight to improve health outcomes and reduce risk of disease.

There is value in encouraging healthy habits like routine physical activity and eating a variety of

whole foods like fruits and vegetables. These habits may also result in weight loss. However, I believe that an overarching health goal should not be weight loss itself rather personal well-being in the context of the individual’s environment.

Much of one’s ability to implement personal behavior change is not due to willpower or self-control, as some popular diet promoters may have you believe. Personal behavior change is heavily influenced by systematic disparities, social injustices, and exposure to individual and generational trauma.

From this perspective, it becomes more apparent that it’s not the sole responsibility of the individual to effect behavior change. Factors like job insecurity, systemic racism, mental health stigma, and poverty all challenge one’s ability to implement and maintain habits that support best health. It is the responsibility of local, state, and national systems to create a more equitable environment that fosters healthy behaviors.

Further, the notion that an individual is healthy if they are at an appropriate weight creates undue burden on the individual. Comparing health to



weight without considering external factors does nothing to address barriers to health and may also perpetuate damaging weight loss practices like eating disorders.

Is there a middle ground?

Extensive medical and nutrition research tells us that obesity may contribute to increased risk for type 2 diabetes, hypertension, cardiovascular disease, and some cancers. However, correlation does not mean causation. In other words, we know that there is a relationship between obesity and increased disease risk, but we lack strong enough evidence to say that excessive weight gain causes poor health outcomes. Increased disease risk is multifactorial where weight is only one potential contributor.

Therefore, the discourse with which we address

weight and how it relates to health is problematic.

Individuals should still be encouraged to implement healthy habits that work for them. This includes **finding physical activities that are enjoyable and sustainable**. Creating space for nutrient-rich foods like fruits and vegetables is also important. Other favorite foods that may have less nutrients, but are a source of delight should be honored and enjoyed in moderation as well. Making peace with all foods is at the core of sustainable, balanced eating habits. (Read more about making peace with food and the concept of intuitive eating at foodinsight.org)

Focusing on healthy habits is only one piece of the puzzle. A manuscript that evaluated health disparities within an ecologic framework notes that “from theory to research to practice, there

must be systematic efforts to close social disparities in health behaviors and outcomes” (Lee & Cubin, 2009). It is ineffective, and dangerous, to place so much emphasis on healthy habits at the individual level without also considering inequalities at the community and environmental level.

An individual’s success is supported or hindered by their environment, and the work continues to address systemic health disparities. **“It is now time to take the next steps to understand and promote strategies to reduce social injustices, providing equitable opportunities for health for all”** (Lee & Cubbin, 2009).

References: <https://haescommunity.com>; *Health at Every Size: A Dietary Approach that Focuses on Healthful Lifestyle Behaviors - Not Weight Loss - Today’s Dietitian Magazine*. Today’s Dietitian. <https://www.todaysdietitian.com/newarchives/0116p26.shtml>; Lee RE, Cubbin C. *Striding toward social justice: the ecologic milieu of physical activity*. *Exerc Sport Sci Rev*. 2009;37(1):10-17.

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Shop for Native Plants, Support Garden Education

The Benton County Master Gardener Association Native Plant Sale is online. Just go to the Benton County Master Gardener website at: bentonmg.org/plant-sale and start shopping. Whether you're a beginning gardener or a genuine green thumb, you'll find great plants at great prices for your garden. You'll be able to shop from the safety and convenience of your home computer. Then you'll drive through our no-touch process to pick up your plants.

The collection of native plants includes garden-worthy plants for both sunny and shady sites. Native plants are the best choice for supporting our local pollinators and birds. Many are deer resistant and drought tolerant. We grow some plants from seed, and others are sourced from our local gardens. Log on to bentonmg.org/plant-sale to see the offerings starting May 3. Shopping ends at midnight on May 16.

Check back on the website to find more sales opportunities as they are scheduled this spring and summer.

Proceeds from the sales support Master Gardener educational programs in our schools and community. We answer hundreds of questions at farmer's markets, local plant clinics, and through the Extension Office hotline. Seeds to Supper classes teach novices to grow their own food. Other programs include lectures and demonstration gardens. These programs and more are primarily supported through our Plant Sale fundraising.

For information about how you can become a Master Gardener or Master Gardener Associate, go to <https://extension.oregonstate.edu/mg/linn-benton>, contact the Benton County Extension Office at 541-713-5000, or e-mail elizabeth.records@oregonstate.edu.

Check out OSU Extension Service's online library of native plant resources:

<https://extension.oregonstate.edu/collection/native-plant-gardening>

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Benton County Master Gardener Association Plant Sale

- By pre-order only at bentonmg.org/plant-sale
- Buy online May 8-16.
- Preview inventory starting May 3.
- No-contact pick up in Corvallis, Saturday, May 22.



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May-June Gardening Calendar for Western Oregon

The Oregon State University Extension Service encourages **sustainable gardening practices**.

We **emphasize preventive pest management** over reactive pest control. Identify and monitor problems before acting and opt for the least toxic approach that will remedy the problem. Favor biological control agents (predators, parasitoids) over chemical controls.

Use chemical controls only when necessary and only after thoroughly reading the pesticide label. Consider cultural first, 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.

MAY

Planning

- Prepare and prime irrigation system for summer.
- Use a soil thermometer to help you know when to plant vegetables. Wait until the soil is consistently above 70 degrees to plant tomatoes, squash, melons, peppers and eggplant.
- Place pheromone traps in apple trees to detect presence of codling moth. Plan a control program of sprays, baits, or predators when moths are found.

Maintenance and clean up

- If needed, fertilize rhododendrons and azaleas with acid-type fertilizer. If established and healthy, their nutrient needs should be minimal. Remove spent blossoms.
- When selecting new roses, choose plants labeled for resistance to diseases. Fertilize roses and control rose diseases such as mildew with a registered fungicide, either organic or synthetic.

Planting and propagation

- Plant dahlias, gladioli, and tuberous begonias in mid-May.
- Plant chrysanthemums for fall color.
- Plant these vegetables: Snap and lima beans, Brussels sprouts, cantaloupes, slicing and pickling cucumbers, dill, eggplant, kale, peppers, pumpkins, summer and winter squash, onions, potatoes, tomatoes, and watermelon.

Pest Monitoring and Management

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).

- If an unknown plant problem occurs contact your local Master Gardener plant clinic for identification and future management options.
- Manage weeds while they are small and actively growing with light cultivation or herbicides. Once the weed has gone to bud, herbicides are less effective.
- Trap moles and gophers as new mounds appear.
- Leafrolling worms may affect apples and blueberries. Prune off and destroy affected leaves.
- Monitor aphids on strawberries and ornamentals. If present, control options include washing off with water, hand removal, or using registered insecticides labeled for the problem plant. Read and follow all label directions

prior to using insecticides. Promoting natural enemies (predators and parasitoids that eat or kill insects) is a longer-term solution for insect control in gardens.

- Spittle bugs may appear on ornamental plants as foam on stems. In most cases, they don't require management. If desired, wash off with water or use insecticidal soap as a contact spray. Read and follow label directions when using insecticides, including insecticidal soap.
- Control cabbage worms in cabbage and cauliflower, 12-spotted cucumber beetles in beans and lettuce, and maggots in radishes. Control can involve hand removal, placing barrier screen over newly planted rows, or spraying or dusting with registered pesticides, labeled for use on the problem plant. Read and follow label directions when using insecticides.
- Tiny holes in foliage and shiny, black beetles on tomato, beets, radishes, and potato indicate flea beetle attack. Treat with Neem, Bt, or use nematodes for larvae. Read and follow label directions when using insecticides.
- Prevent root maggots when planting cole crops (cabbage, broccoli, collards and kale) by covering with row covers or screens, or by applying appropriate insecticides.
- Monitor rhododendrons, azaleas, primroses and other broadleaf ornamentals for adult root weevils. Look for fresh evidence of feeding (notching at leaf edges). Try sticky trap products on plant trunks to trap adult weevils. Protect against damaging the bark by applying the sticky material on a 4-inch wide band of poly sheeting or burlap wrapped around the trunk. Mark plants now and manage with beneficial nematodes when soil temperatures are above 55 degrees. If root weevils are a consistent problem, consider removing plants and choosing resistant varieties.
- Control slugs with bait or traps and by removing or mowing vegetation near garden plots.
- Monitor blueberry, raspberry, strawberry and other plants that produce soft fruits and berries for spotted wing drosophila (SWD). Learn how to monitor for SWD flies and larval infestations in fruit.

JUNE

Planning

- Construct trellises for tomatoes, cucumbers, pole beans and vines.

Maintenance and clean up

- Prune lilacs, forsythia, rhododendrons and azaleas after bloom.
- Fertilize vegetable garden one month after plants emerge by applying a side dressing alongside rows.
- Harvest thinnings from new plantings of lettuce, onion and chard.
- Pick ripe strawberries regularly to avoid fruit-rotting diseases.
- Use organic mulches to conserve soil moisture in ornamental beds. An inch or two of sawdust, bark dust or composted leaves will minimize loss of water through evaporation.
- After normal fruit drop of apples, pears and peaches in June, consider thinning the remainder to produce a crop of larger fruit.
- Make sure raised beds receive enough water for plants to avoid drought stress.
- Mid-June: If green lawns are being maintained through the summer, apply 1 pound nitrogen per 1,000 square feet to lawns.
- If you want a green lawn, water frequently during periods

of heat and drought stress. Irrigate 0.25 inches four to six times per week from June through August. Measure your water use by placing an empty tuna can where your irrigation water lands.

Planting/propagation

- Plant dahlias and gladioli.

Pest monitoring and management

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, and use them judiciously. Some examples include insecticidal soaps, horticultural oils, botanical insecticides, and organic and synthetic pesticides.

- First week of June: Spray cherry trees for cherry fruit fly, as necessary, if fruit is ripening.
- First week of June: Spray for codling moth in apple and pear trees, as necessary. Continue use of pheromone traps for insect pest detection.
- Learn to identify beneficial insects and plant some insectary plants, — such as alyssum, Phacelia, coriander, candytuft, sunflower, yarrow and dill — to attract them to your garden. Check with local nurseries for best selections. For more information, see Encouraging Beneficial Insects in Your Garden.
- Blossoms on squash and cucumbers begin to drop; this is nothing to worry about. Cherries may also drop fruit; this is not a major concern.
- Monitor azaleas, primroses and other broadleaf ornamentals for adult root weevils. Look for fresh evidence of feeding (notching at leaf edges). Try sticky trap products on plant trunks to trap adult weevils. Protect against damaging the bark by applying the sticky material on a 4-inch wide band of poly sheeting or burlap wrapped around the trunk. Mark plants now and manage root weevils with beneficial nematodes when soil temperatures are above 55 degrees Fahrenheit. If root weevils are a consistent problem, consider removing plants and choosing resistant varieties.
- Control garden weeds by pulling, hoeing or mulching.
- Control aphids on vegetables as needed by hosing off with water or by using insecticidal soap or a registered insecticide.
- Watch for 12-spotted beetles on beans, cucumbers and squash and cabbage worms or flea beetles in cole crops (cabbage, broccoli, Brussels sprouts). Remove the pests by hand or treat with registered pesticides.
- Birch trees dripping a sticky fluid from their leaves means that aphids are present. Control as needed.
- Use yellow sticky traps to monitor for cherry fruit fly. About 1 week after the first fly is caught, spray cherries at appropriate intervals.
- Last week of June: Second spray for codling moth in apple and pear trees, as necessary.
- Continue monitoring blueberry, strawberry, cherry and other plants that produce soft fruits and berries for spotted wing drosophila. If these pests are present, use an integrated and least toxic approach to manage the pests. To learn how to monitor and manage spotted wing drosophila.

Indoor gardening

- Move houseplants outdoors for cleaning, grooming, repotting and summer growth.

Growing new gardeners: Scott family supports Seed to Supper

The Community Gardening Education Team of the Benton County Master Gardener Association would like to thank Pete and Jeanette Scott for their continuing support of the Seeds to Supper program. In partnership with the Oregon Food Bank, we bring gardening information and training to new gardeners who want to grow their own food. Class instruction is available in English and Spanish. This successful program has helped hundreds of local first-time gardeners since it began in 2013. For the past 5 years, the Scott's generous financial assistance has helped us purchase seeds, workbooks, and other needed items for participants. Due to the pandemic, this year looked a little different. Instead of in-person classes, Seed to Supper students received workbooks, seeds, gloves, and other items in the mail and training was held on-line. Pete has shown a passionate interest in this program, regularly checking in to see how things are going, and was especially eager to support more classes for kids. He is always ready to help and when told that students often do not have actual gardens but want to grow veggies in containers, he delivered a carload of containers for the class. Pete and Jeanette are incredibly special people and we wanted to publicly thank them for their ongoing support of this valuable community program.

— Community Gardening Education Team
Benton County Master Gardener Association
Learn more about Seed to Supper, find movies and get free curriculum at <https://beav.es/JvW>



Thank You

Pete and Jeanette Scott
for supporting Seed to
Supper @Home classes
to help families grow
their own veggies on a
limited budget.



No room for vegetables? Pot up your plants

By **Kym Pokorny**,
Oregon State University

Many vegetables grow well in containers located on a patio, porch, balcony or windowsill, so don't let lack of yard space keep you from gardening this spring and summer.

Limited garden space precludes being able to grow some of the larger vegetables, according to Brooke Edmunds, Oregon State University Extension Service horticulturist. For instance, growing corn on a balcony may not be practical. But a wide variety of crops can be planted, including lettuce, herbs, tomatoes, peppers, eggplant, carrots, beans, squash, radishes, kale, chard and spinach.

There are some dwarf and miniature varieties, such as Thumbelina carrots or other baby vegetables that work particularly well in small confines. Vine crops can be put in hanging baskets or grown in oak barrels or large pots and trained vertically on trellises, stakes or railings.

The amount of sunlight available will affect your choice of crops, Edmunds said. Root and leaf crops (beets, turnips, lettuce, cabbage, mustard greens) can tolerate light shade. But vegetables grown for their fruits, including tomatoes, green beans and peppers must have from six to eight hours of direct sunlight each day. The more sun the better.

Almost any type of container can be used, from traditional pots to bushel baskets, metal drums, gallon cans, fabric grow bags, plastic tubs, wooden boxes and well-rinsed cut-off bleach jugs. Ten-inch pots are good for green onions, parsley and herbs. For plants



with larger root systems, such as tomatoes, peppers and eggplant, five-gallon containers are best.

No matter what container type is used, adequate drainage is a must, Edmunds cautions. Drill drain holes along the bottom and side about 1/2 inch from the bottom and make sure the soil drains well. It also helps to elevate the pot with bricks or boards, off the surface of your patio or pot saucer.

Good soil really helps. Use a packaged potting soil or composted soil available at local garden centers. These purchased potting soils make for excellent container gardening because they are lightweight, sterile and drain well. Avoid topsoil or garden soil; they can be heavy and drain poorly. Same thing with planting mix.

As in bigger gardens, container grown vegetables can be grown from transplants, or they can be planted as seeds. Pre-moisten the soil by adding water and mixing with your hands or small trowel (rule of thumb is that you don't want to be able to squeeze any water from it). Smooth out the soil surface and then plant vegetable seeds according to the instructions on the seed package, Edmunds said. After planting, gently

water the soil, taking care not to wash out the seeds.

Vegetables grown in containers need regular fertilization. A soluble, all-purpose fertilizer that can be mixed in water is the easiest type to use with container plants. Fertilize every three to four days with a solution that is half the strength of the recommended mixing ratio.

Dry fertilizers sprinkled on top of the soil offer a second-best alternative. If you use them, fertilize every three weeks. Organic materials including compost, animal manures, blood meal or rock phosphate and greensand can be used for fertilizer as well.

Religious regular watering is also essential, Edmunds said. The soil in containers can dry out quickly, especially on a concrete patio in full sun. Daily watering is not unusual, but don't let the soil become soggy or have water standing on top of it. Water when the soil feels dry and until it runs out the drain holes. After spring and early summer crops are harvested, the containers can be replanted with late summer and fall vegetables.

For more information on container gardening and other gardening basics, view OSU Extension's publication Growing Your Own.



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Groundwater Protection Education

Do You Live in the Southern Willamette Valley Groundwater Management Area?

The Southern Willamette Valley Groundwater Management Area (GWMA) was declared in 2004 because of high nitrate contamination in a 230 square mile area of the Willamette Valley. A multi-year, multi-stakeholder process is addressing the nitrate contamination issue. The GWMA encompasses portions of Lane, Linn, and Benton counties and includes five cities (Corvallis, Harrisburg, Monroe, Junction City, and Coburg). Scientific studies have found nitrate to be associated with methemoglobinemia (blue baby syndrome), diabetes, negative reproductive outcomes, and

various forms of cancer. Public water suppliers must test their water regularly but rural homeowners are not required to do so, and are often

unaware of contamination issues.

Where Can I Find the Action Plan?

The Southern Willamette Valley Groundwater Management Area (GWMA) Action Plan serves to guide activities aimed at reducing nitrate contamination in the area's groundwater. The complete Action Plan is available in a pdf format at <http://wellwater.oregonstate.edu/swvgwma>

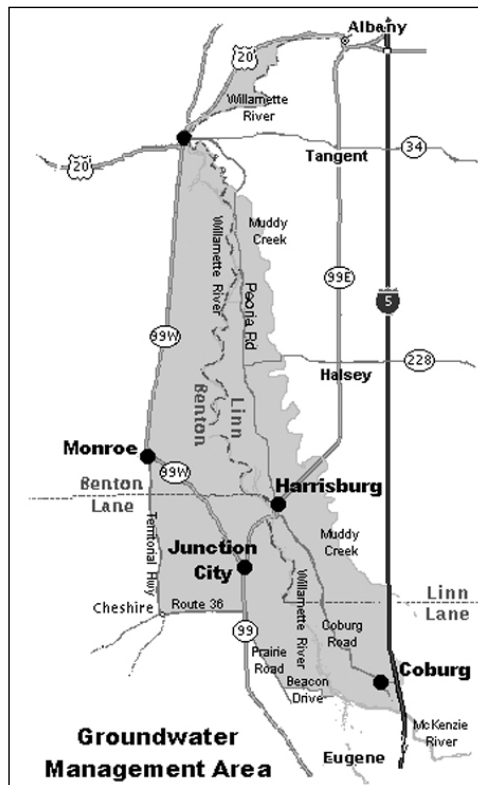
History of the GWMA

Extensive testing in 2000-02 by the Department of Environmental Quality concluded that nitrate was a contaminant of concern in groundwater in the Southern Willamette Valley. Nitrate was found at greater than 7 mg/L in more than 20 percent of samples analyzed in 2000 and 2001. Those with high levels were re-sampled in 2002 and more than 90 percent

of those samples were still above 7mg/L. Nitrate was found at many locations at concentrations greater than the public drinking water standard (10 mg/L) and at more than three times the standard in several locations. DEQ now monitors the GWMA groundwater quality quarterly by sampling at 41 well locations. Our pollutant load reduction target is to reduce all nitrate levels in the groundwater to less than 7mg/L.

How Can I Get Involved?

Check out the Southern Willamette Valley Groundwater Management webpage at <http://wellwater.oregonstate.edu/swvgwma> to learn about ways to be involved. We are always looking for committee members, host sites for neighborhood nitrate screenings (driveways are a favorite), and outreach volunteers.



Meet our Summer Intern - Allison Studnick

Hello everyone!

My name is Alli Studnick. I am from the small town of Scio, Oregon, where I live and work on my family's 400-acre cattle ranch. I am a senior at Oregon State University. I am majoring in agricultural science with minors in crop and animal science. And next year, I hope to be a student in the agricultural education master's program at Oregon State, with plans on becoming an Extension agent once I graduate!

I am looking forward to the summer, working for Extension and meeting some of you folks that make up this great community!

Alli will be working with the Groundwater Protection Program doing outreach and nitrate screenings for domestic well owners in Linn, Benton, Lane, Marion, and Polk Counties from June through September. To schedule a screening contact your closest county Extension Service office to make an appointment. Our offices are currently closed to the public without appointments.

Is It Time to Pump Your Septic Tank?

Take a few moments to see if your tank is getting close to the pumping window based upon the tank size and how many people live in your household. Septic tanks that are not routinely pumped can push sludge out into your drainfield. When your drainfield is damaged by sludge build-up you may have to replace the entire field. Sludge build up may also add excess nitrate and bacteria that can contaminate the aquifer.

There is no substitute for pumping. We do not recommend any additives to "eat or breakdown" sludge, they are ineffective and many times can harm the breakdown processes happening within the tank.

Estimated Septic Tank Pumping Frequencies in Years										
Tank Size (Gals)	Household Size (number of people)									
	1	2	3	4	5	6	7	8	9	10
500	5.8	2.6	1.3	1.0	0.7	0.4	0.3	0.2	0.1	—
750	9.1	4.2	2.6	1.8	1.3	1.0	0.7	0.6	0.4	0.3
900	11.0	5.2	3.3	2.3	1.7	1.3	1.0	0.8	0.7	0.5
1000	12.4	5.9	3.7	2.6	2.0	1.3	1.2	1.0	0.8	0.7
1250	15.6	7.5	4.8	3.4	2.6	2.0	1.7	1.4	1.2	1.0
1500	18.9	9.1	5.9	4.2	3.3	2.6	2.1	1.8	1.5	1.3
1750	22.1	10.7	6.9	5.0	3.9	3.1	2.6	2.2	1.9	1.6
2000	25.4	12.4	8.0	5.9	4.5	3.7	3.1	2.6	2.2	2.0
2250	28.6	14.0	9.1	6.7	5.2	4.2	3.5	3.0	2.6	2.3
2500	31.9	15.6	10.2	7.5	5.9	4.8	4.0	4.0	3.0	2.6

Commercial Agriculture Small Farms

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Produce boxes go from local farm right to families in need!

By Teagan Moran, OSU Extension, Small Farms Program

When COVID hit, the Corvallis School District had to pivot to best meet the needs of families. Food access became a significant concern. With schools closed, families lost access to meals that they relied on. Last year, for the first time, the Corvallis Public Schools Foundation funded a grant to help the District provide fresh food to 50 families over the 20-week summer season. This became a collaborative effort; Our Small Farms Program helped to make some farmer connections and Benton County's Dial-A-Bus stepped in to assist with picking up and delivering the boxes right to families. Riverland Family Farms (<https://www.riverlandfamilyfarms.com/>), a 30 acre Certified Organic vegetable farm located just north of Corvallis provided the produce. The 2020 program was a great success. In times of crisis we have the opportunity to re-imagine and create new ways of supporting our community, this is a great example.

It is with great excitement that we can report this program is continuing in 2021. Tal, one of the Riverland Family Farms owners stated; "It was very satisfying and humbling experience to be part of an effort to feed families in need with fresh produce from our farm. We are happy that we can continue the partnership this year. We are looking forward to filling the boxes with fresh veggies and fruits directly from our farm!" The Corvallis School District was awarded another grant for this coming season: <https://cpsfoundation.org/grants-awards/summer-program-grants/2021-summer-program-grants/>. This project will supply fresh, local produce from Riverland Family Farms to fifty families experiencing food insecurity and transportation barriers. All members of the district family support team refer families to the program, ensuring that they serve a diverse group of students/families. Families will receive produce every other week throughout a twenty-week season. Boxes will include nutrition education activities and recipes in English and Spanish, thanks to a partnership with the Corvallis Environmental Center and Oregon State University Extension's Food Hero Program.

Oregon Food Hub Network

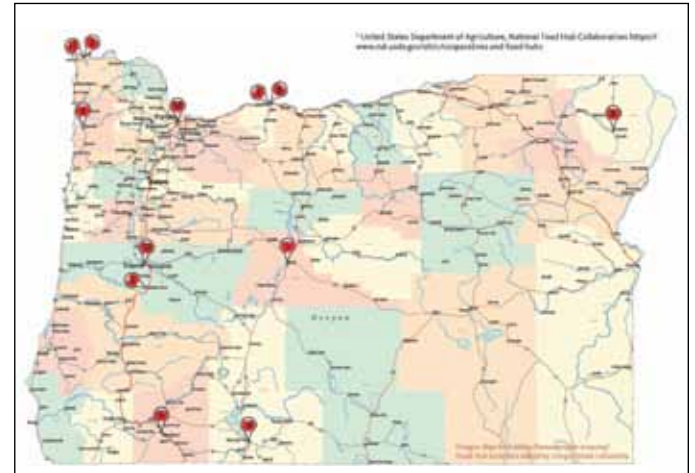
By Lauren Gwin,
Center for Small Farms &
Community Food Systems

Does Oregon have food hubs? Where are they, and what services do they offer?

Yes, Oregon has at least 12 active food hubs around the state, and a few more are in the works. We've created a list of most of the established and emerging Food Hub ventures in Oregon, with brief descriptions and contact info. You can view it online at: <https://beav.es/3if>

Hubs included vary in their size, scope, and structure. All of them work to support producers, streamline operations, and play a crucial role in developing our state's local food system to a scale that is competitive in mainstream markets.

The U.S. Department of Agriculture defines a food hub as a business or organization that actively manages the



aggregation, distribution and marketing of source-identified food products primarily from local and regional producers to strengthen their ability to satisfy wholesale, retail, and institutional demand.

Most of these hubs are part of the Oregon Food Hub Network, a peer learning community for local food hubs, both active and in development, around the state. Partners include nonprofit organizations, farmers, ranchers, and fishermen, small food businesses,

rural economic development agencies, and others.

The Oregon Food Hub Network is a working group of the Oregon Community Food Systems Network, a collaboration of 56 nonprofit organizations and allies dedicated to the shared vision that all Oregonians thrive with healthy, affordable foods from an equitable, environmentally and economically resilient, regional food system. Learn more: <http://ocfsn.net/>



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The Comfortable Choice

First Ever Statewide Directory of Fresh Oregon Food Producers

By **Lori Warner-McGee**,
James Beard Public Market

Oregon Taste, a public service project of the Historic Portland Public Market Foundation, launched OregonTaste.com last month on March 16. The free searchable online directory promotes the state's farmers, ranchers, fishers and other food producers by connecting them directly to area consumers.

Why Oregon Taste? The pandemic has shown more than ever the importance of supporting our local food systems. The sudden decline in food demand by restaurants and hotel customers isolated some farmers from some of their

biggest buyers, while some consumers were dealing with localized food shortages. The idea for OregonTaste.com was born out of this increased need to connect more people to more local farms and the foods they create.

"ODA is happy to partner with Oregon Taste to help connect Oregonians with local

and regional food and agricultural products," said Alexis Taylor, Director, Oregon Department of Agriculture. "Promoting direct sales is a big win for agriculture, our communities and economy. Direct sales contribute to sustainable agriculture and food systems, increased farmer profitability,

and stimulating the local economy. Nearly 6,700 or 18 percent of the state's agricultural operations rely on direct sales."

One of Oregon Taste's goals in supporting local food systems is to bring Oregon food producers to a broader audience around the region and the state to help enhance their discoverability. Directory users searching for local fresh foods can filter their searches in multiple ways, by businesses that sell kosher and non-GMO foods, for example, or search for businesses that are BIPOC-owned and woman-owned. Producers of Oregon grown food can submit listings and consumers can help too by making sure their favorite farmers, growers, ranchers, fishers and farmers markets are listed.



How to submit a producer listing to Oregon Taste for free

Visit [OregonTaste.com/submit-a-business](https://oregontaste.com/submit-a-business) at <https://oregontaste.com/submit-a-business>.

Oregon Taste partners with farm and food organizations across the state that share the commitment to bolstering Oregon's local and regional food systems and celebrating Oregon's remarkable food and farming history. OregonTaste.com will soon expand to include links to value added food products manufactured or processed in Oregon; wine, beer, spirits and other beverages created in the state; listings of local food events; and listings of the state's food-related non-profits, agencies, and food organizations.

For additional information, questions, comments or suggestions, email info@oregontaste.com.



Food Hubs

Associated with the Map on page 10

- Agricultural Connections www.agriculturalconnections.com
- Astoria Food Hub www.AstoriaFoodHub.com
- Bohemia Food Hub www.bohemiafoodhub.com
- Food Roots FarmTable www.foodrootsnw.org/farmtable
- Fry Family Farm Food Hub www.fryfamilyfarm.org/wholesale
- Genuine Willowa County Provisions <https://gwcprovisions.com/>
- Gorge Farmer Collective www.gorgefarmers.com
- Gorge Grown Mobile Farmers Market www.gorgegrown.com/mobilemarket
- Klamath Farmers Online Marketplace www.kfom.org
- Lane County Bounty Website: www.lanecountybounty.com
- North Coast Food Web Local Marketplace www.northcoastfoodweb.localfoodmarketplace.com
- The Redd www.reddonsalmon.com

OSU EXTENSION SERVICES PRESENTS



MANAGING MUD ON SMALL HORSE FARMS IN WESTERN OREGON

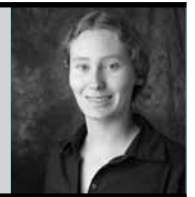
MAY 13TH 6:00PM-7:30PM

REGISTRATION REQUIRED

[HTTPS://EXTENSION.OREGONSTATE.EDU/SMALLFARMS](https://extension.oregonstate.edu/smallfarms)



Oregon State University



South Valley Field Crop Notes May/June

General Management

- Seed certification: Submit paperwork for spring plantings, over seeding, and modified land history within 60 days of planting. Remember to use the on-line sample certificates.
- Look for a notice on the timing of above-ground use of zinc phosphide for 2017, which is usually at the start of May.

Grass

- Control broadleaf weeds in spring-planted grasses when weeds are small. E.g. treat sharpshoot fluevelling when “dime-sized” or herbicide control will be reduced (including Callisto, Huskie and tank mixes with these compounds).
- Complete plant growth regulator applications on grasses. Avoid high rates and later timing on stressed fields.
- Finish rust control sprays on grass seed crops. Be sure to check Pre-Harvest Intervals and feeding restrictions of fungicides before last use.
- Apply final Bravo application on orchard grass before flowering. Spraying after this period is not cost-effective.
- Measure seed moisture 3-5 days ahead of expected cutting date to predict when to swath grass seed crops. See table insert and OSU Extension publication EM 9012 for more information.

Wheat

- Control septoria on winter wheat at flag leaf emergence (Feeks GS8). Make use of SDHI chemistry at this timing to combat septoria fungicide resistance, but be aware SDHIs are not an effective rust control.
- Use mixed modes of action (triazole + strobilurin, such as Quilt) to control stripe rust on winter wheat. Triazoles will kill the stripe rust and strobilurins will provide longer protection.
- Most years there is no economic advantage to fungicide applications once heading is reached.
- Keep an eye out for sharp eyespot – typical symptoms include lodging and eyespot lesions on the lower stem, with whiteheads developing in June. If found during scouting please be in touch with Chris Mundt.
- Scout wheat fields for cereal leaf beetle larvae and apply insecticides only if the threshold level is reached (average of 1 larvae per flag leaf).
- Finish weed control in spring-planted small grains. Pay particular attention to herbicide labels with respect to small grain growth stages.

Mint

- N uptake of peppermint peaks in May to early June. Supply 175 lbs N/ac by mid-May, with a total of 200-250 lbs N/ac over spring and summer.
- Scout mint fields for insect pests such as loopers and cutworms

Clover

- Sweep white clover fields for the clover seed weevil and spray infested fields as first blooms turn brown. Treatment threshold is 2 or more weevils per straight line sweep. Avoid use of bifenthrin if possible, especially if control has been limited in the past. Do not make a second application of the same product if control is unsuccessful.
- Optimal plant growth regulator timing for red clover is at stem elongation, at 8-10 inches of regrowth.

Meadowfoam

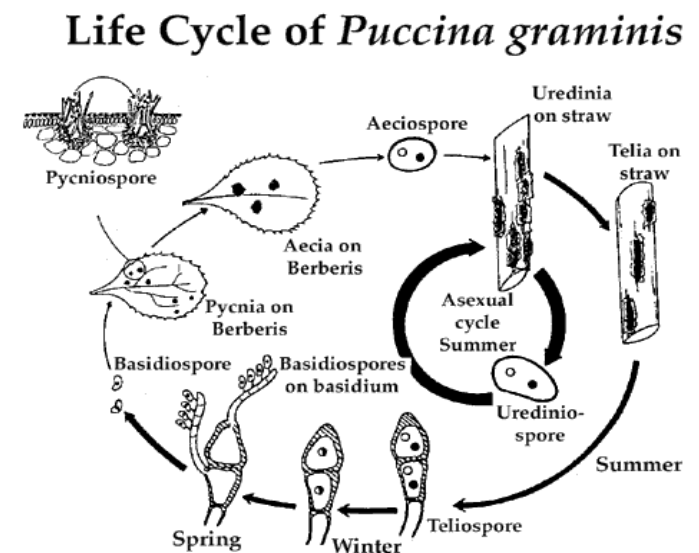
- Move beehives into meadowfoam fields when 5-10 percent of plants begin to bloom. Pollination period is typically 2-4 weeks.

Rust diseases of grass seed crops

As the weather warms, fungal crop diseases such as stem rust are one of the many things crop producers must manage. These diseases can cause severe yield losses if not controlled. Farmers and crop consultants remember combines coated with rust colored spores during harvest in bad rust years. Today, through the development of effective fungicides and careful crop management, these diseases can be kept under control with a minimal number of fungicide sprays.

Rusts are a group of more than 7,000 plant pathogenic fungi that belong to the order Pucciniales. More than half of these species belong to the genus *Puccinia*. A wide array of plant species can be infected by rust pathogens, but each species of rust has a narrow range of plants that it can infect. Grass seed crops in the Willamette valley can be infected by stem rust (*Puccinia graminis* subsp. *graminicola*), crown rust (*Puccinia coronata*), stripe rust (*Puccinia striiformis*) and fine fescue rust (*Puccinia crandallii*).

Rust reproduces asexually on the grass seed crop, meaning it produces large numbers of identical spores that can re-infect the same plant or be carried by



wind to infect other plants in the area. Leaf surfaces must be wet with rain or dew and temperatures must be above 50 degrees F for spores to infect plants. An infection can produce a new generation of spores in 13 to 17 days when temperatures are around 50 degrees F, but this cycle can occur in as few as 8 or 9 days when temperatures are above 65 degrees F. Infections are largely invisible until the next generation of spores are being produced. Rust can overwinter on infected plants and begin the cycle again in the spring.

The lifecycle of rusts is complex with both primary and alternate hosts that are unrelated plant species with very different characteristics. Grass seed crops are the primary host for these species of rust, while a

shrub called barberry is the alternate host of stem rust. Rust can reproduce indefinitely on its primary host, but it can only make offspring with the same genetic material. Sexual reproduction occurs when rust infects the alternate host, meaning that the offspring have new combinations of the genetic material of the parents.

When making management decisions, growers and agronomists can use a model developed by the USDA Agricultural Research Service. This model uses weather data and field observations to predict how stem rust will develop on grass seed crops. This model can be found online at <http://pnwpest.org/cgi-bin/stemrust1.pl>



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Commercial Agriculture Tree and Small Fruit

Apple scab: A Common Disease in the Willamette Valley

By Erica Chernoh

If you grow apples, then you've probably seen apple scab (*Venturia inaequalis*), a fungal pathogen that causes brown spots on the leaves and fruit. It is one of the most common disease of apples that is typically found in areas with cool, wet spring weather, such as areas west of the Cascades including the Willamette Valley. Apple and crabapple are hosts of the disease. Pears are infected by a related fungus (*Venturia pirina*) that causes similar symptoms on the fruit. While related, the pear scab fungus won't infect apples, and vice versa.

Apple scab symptoms typically appear in the leaves and fruit. Infections begin in the spring when new young leaves are emerging. Symptoms first appear as pinpoint water-soaked spots on leaves that grow into olive or brown colored lesions. Individual spots on the fruit can vary in size from a pinpoint to large patches that develop a cork-

like appearance. The smaller the fruit is when infected, the more substantial the damage will be. A severe infection can cause all the leaves and fruit to drop prematurely from the tree.

During the growing season, the main thing you can do to minimize scab is to avoid wetting the canopy of the tree when watering. Low-trajectory sprinklers are available that help keep water out of the canopy. Pruning is ideally done before bud break, but if you haven't done it yet, pruning is still advisable to remove congestion and increase air flow which speeds drying of leaves and fruit after spring rains. Several fungicides are labeled for scab on apples, including captan and myclobutanil. Fungicides need to be applied early in the season starting in the pre-pink stage (before pink blooms appear) and continuing through petal fall. As with any pesticide, follow all label directions carefully. The fungus overwinters on dead leaves and fruit on the ground, so

do not use the leaves as a mulch near your orchard or trees. In the fall, shred the fallen leaves and fruit with a flail mower to speed up decomposition, or rake and dispose of them by burning, burying or composting. If composting the leaves, be sure they completely decompose before using the compost. You can also apply dolomitic lime after the leaves drop in fall to increase soil pH and help reduce the inoculum the following spring.

For those considering planting new apple trees, plant a cultivar that has good scab resistance, such as Akane (Tokyo Rose), Chehalis, Liberty, Prima, or Tydeman Red. The cultivars Jonagold, Macoun, Melrose, Spartan, and King have shown intermediate resistance, and the Pristine and Enterprise cultivars have both powdery mildew and scab resistance. From watering and pruning practices, to sanitation and fungicide applications, there is something you can be doing at almost any



Olive colored lesions on underside of leaves, and cork-like lesions on the fruit (CC-BY-SA-3.0, https://commons.wikimedia.org/wiki/File:Apple_fruits_scab.jpg)

time of year to help manage scab in apples. To learn more about the biology and symptoms of apple scab, refer to OSU Extension Publication PNW582 Apple Scab (<https://catalog.extension.oregonstate.edu/pnw582>). For more on management and control options, commercial growers can refer to the

2020 Pest Management Guide for the Willamette Valley (EM8418, <https://catalog.extension.oregonstate.edu/em8418>), and home gardeners should reference Managing Diseases and Insects in the Home Garden (EC631, <https://catalog.extension.oregonstate.edu/ec631/html>).



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What exactly is a CAFO, anyway?

By Jennifer Cruickshank

All livestock produce manure, there's no getting around that. That manure provides valuable nutrients for soil, nutrients that might otherwise be sourced from methane (natural gas) or mined minerals. However, those nutrients (and the microbial component of manure) have the potential to pollute surface water and groundwater, so manure handling needs to happen with planning and foresight.

Regulation of CAFOs plays an important role in protecting water quality. In Oregon, CAFO is an acronym for Confined Animal Feeding Operation and is pronounced with a short "A", just like the "a" in "animal". (For the federal government and in some other states, it is Concentrated Animal Feeding Operation.) Oregon has the authorization of the U.S. Environmental Protection Agency to issue CAFO permits in the state. This task is handled by the CAFO Program at the Oregon Department of Agriculture (ODA) via a memorandum of understanding with the Oregon Department of Environmental Quality.

Oregon has been very progressive in the development and implementation of its CAFO permitting program. Most operations that confine

animals long enough for manure to accumulate or that otherwise have agricultural wastewater (such as from egg washing or cleaning a milking parlor) need to have a CAFO permit. Between Linn and Benton Counties, there are 41 permitted CAFOs. Across Oregon, there are over 500 CAFO-permitted farms. They range in size from small to large and house goats, sheep, chickens, horses, pigs, beef cattle, and dairy cattle (all licensed dairy farms have CAFO permits). These farms produce meat, milk, eggs, and fiber for our communities. The manure from these livestock fertilizes local fields, providing crops with essential nutrients for growth and contributing to the organic matter component of the soil.

While the exact requirements differ by size of operation, all CAFOs must have an animal waste management plan that details the type and number of animals and their manure volumes; a description of the manure handling system, storage facilities, and process; and a map of the property with note of the manure destinations and the methods of application. A plan also includes protocols for testing and monitoring nutrients (in soil, manure, and crop uptake) and for record keeping, which includes tracking the



PHOTO BY JENNIFER CRUICKSHANK

A manure separator on a dairy farm separates the solid component (foreground) from the liquid component (stored in the tanks in the background).

amounts of animal waste applied on site and the quantity exported off the farm for use elsewhere.

A State Livestock Water Quality Specialist from the CAFO program inspects each permitted facility approximately every 10 months. These inspections are to check that operations are following their animal waste management plans. Inspection visits are not strictly regulatory; they provide an opportunity for

communication between farmers and ODA. The CAFO program works to maintain water quality through guidance and inspection. Another key responsibility of the program is to investigate suspected animal waste discharges. Violations of the state's agricultural water quality rules—while holding a CAFO permit or not—can result in substantial fines. Any money collected in fines goes toward education.

While animal waste is,

admittedly, dirty, the term "CAFO" shouldn't be. In Oregon, the CAFO program provides oversight for livestock producers with regard to manure and other potential sources of runoff. CAFO permit holders have dedicated time, effort, and money to creating and executing their animal waste management plans. Their efforts protect water quality, build soil health, and ultimately, provide food for us all.



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Forestry and Natural Resources

Visit the Great Outdoors this spring

Brad Withrow-Robinson, Forestry and Natural Resources Extension agent, Benton, Linn and Polk Counties.

Spring is well underway in western Oregon. Most plants have leafed out and many are in bloom. Birds returning from warmer winter locations are staking claims on nesting territories. Even the usually timid and secretive varieties are boldly belting out songs like late night revelers at a Karaoke party. In short, this is a great time to be outside.

While it is still necessary to be careful about how and where we gather during COVID, it is clear that the best place to safely meet is outdoors. We are lucky

to have a lot of the great outdoors here in western Oregon.

So take your family or a few friends out to the woods this spring. Share your love of nature with another generation. Heavens knows, everyone young and old is anxious to spend a little time outside and away from the computer screen! Bring a notebook to write or draw in, or maybe press some flowers. Those activities are a great way to enrich an outing, enhance our appreciation of what see. You'll find more ideas about this in Jody's article.

You do not have to be an expert, or even know the names of what you are looking at to share nature.

A bird's song or a flower's petals are just as beautiful when you do not know the name as when you do. Pack the binoculars and the magnifying glass if you have them, and get out there. Bring your masks, so you can get down on hands and knees together to look at a calypso lily, or an unfurling fern frond.

Of course it is also great to bring those bird and plant ID books too, since many people do enjoy the challenge of identification. And, knowing a thing by name, and what it likes for habitat, tells another part of the story of the woods.

So, please follow COVID guidelines for safe activities in outdoor spaces, but get out there and enjoy!



Larkspur likes moist areas.



Lichens are also beautiful and fun to examine.



Look closely at underside of a sword fern to see spore sori.



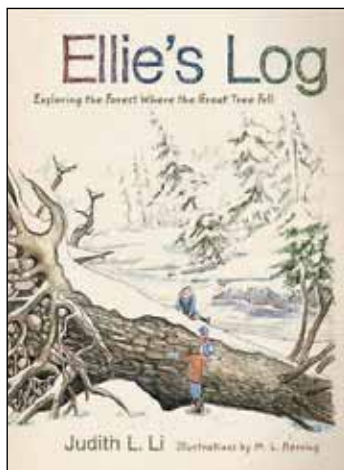
Trillium are a favorite spring flower.

Connecting Youth to our Local Forests and Science

By Jody Einerson, OSU Benton County Extension, from Tree Topics Blog

Is it time to take a break from the computer screen? How about engaging your child,

grandchild, or a young scientist friend with our local forest lands. If you need a little help getting started, I suggest a local book, *Ellie's Log*. It will guide you and your young scientist to explore the



mysteries in our collective backyard of Oregon's forests. *Ellie's Log* is part fictional story, part forest ecology lesson, and part field journal all set in a mature Douglas-fir forest in Oregon.

I spent a weekend getting to know this book and its website, at an Educators Workshop at HJ Andrews Experimental Forest in the Cascade Mountains outside of Blue River. We used the book as a jumping off point to

study the forest and the forces that shape that forest. With notebook in hand we kept notes in our field journal just like the characters of the book. We looked at leaf decomposition, and studied diversity of organisms living on a fallen log. We were encouraged to use scientific questioning, gather data, use numbers, and write observations as field notes. Through science, we made connections with literature, art, math, and even graphed data on the computer. And it was fun! Well, except maybe for the indoor computer part.

One message that really stuck with me from the workshop - if you want the children in your life to explore and write, you need to be modeling it yourself. Why

not pick up an inexpensive composition book and carry it with you when you are outdoors. Make notes on the weather, what is in bloom, insect activity, or the wildlife you see. Share your notes with the young people in your life and encourage them to write in their own field journal. Use *Ellie's Log* as a tool to guide you both in exploring a fallen tree together. Your observations could lead to becoming involved in a bigger citizen science project tracking rainfall or seasonal plant changes, with Oregon Season Tracker! You might even inspire a young person in a career choice.

Ellie's Log is written by Judith Li, a stream ecologist, retired from Fisheries and Wildlife at OSU, and a

researcher at the HJ Andrews Experimental Forest. The book is beautifully illustrated by OSU Extension's M. L. Herring, including field journal pages by "Ellie" and is written for the upper elementary reader. Published by the Oregon State University Press, the book has its own website at <http://www.ellieslog.org/>. This author/illustrator pair has written three more books all using the same format and focusing on different ecosystems in Oregon: *Ricky's Atlas*, for Central/East Oregon, *Ellie's Strand*, for the coast, and *Ricky in the City*, for an urban nature experience. What a great way to explore and share the wonders of Oregon with some young people in your life.

Benton County 4-H Youth Development

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OSU 4-H Virtual Summer Conference

Summer Conference returns! Yes, it will be virtual, AND educational AND filled with fun! The theme this year is “Ignite your Leadership” and will include top rated, internationally acclaimed speaker, Juan Bendana. There will be interactive workshops, and engaging entertainment with game time and a magician! And in true Summer Conference style, there will also be a time of celebration and recognition of our 4-H members.



The conference will be held Tuesday-Friday, June 22-25, from 6-8:30 p.m., each evening.

Before the official conference begins, National 4-H Congress interviews will be held virtually Monday, June 21 from 9 a.m. to noon, and State Ambassador interviews will be held virtually Tuesday, June 22 from 9 a.m. to noon.

A full schedule will be available on the state website early in May. Registration will open later in May. The fee will be \$25. Both 4-H and non-4-H youth are welcome to attend.

Benton County Fair

Participating at the county fair provides 4-H members an opportunity to showcase the projects that they have been working on all year long. The 4-H program is committed to providing an opportunity for 4-H youth to participate in some manner, in-person if conditions allow, or virtually if needed. The decision is dependent upon the requirements and COVID-19 county risk level at that time. Stay tuned for more detailed information in the next issue of *GROWING*.

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.

4-H Members Thrive! Through a Pro-Social Orientation

4-H is based on a positive youth development (PYD) approach that recognizes all youth have interests, abilities, and strengths that can be enhanced by participation in 4-H programs. Research shows that participation in high quality 4-H programs increases thriving in youth, and thriving youth achieve important developmental outcomes, such as academic motivation and achievement.

In past issues of *GROWING*, we've been sharing various elements of the 4-H Thriving Model created by Dr. Mary Arnold, Professor and Youth Development Specialist with the Oregon 4-H Program. She is currently serving as the Director of Youth Development Research and Practice at National 4-H Council. This article focuses on “Pro-Social Orientation” which is one of seven key social, emotional and cognitive learning elements in the Thriving Model.

“Establishing positive social norms with rules of behavior, clear expectations, values and morals, and obligation for service is a key feature of positive youth development programs.”

J. Eccles and J. A. Gootman, Editors, Community Programs to Promote Youth Development
Pro-social youth care about others and take actions that reflect this caring.



Pro-social development happens through social learning, where youth observe and remember the behaviors that are rewarded, and then begin to practice them. Doing so helps youth internalize positive attitudes and actions until they become part of the young person's core values. Pro-social development is facilitated when youth feel that they belong and matter to others. It is through interaction with others that youth learn and practice pro-social values, leading ultimately to a young person who cares about others and gives back to his or her community.

When working with youth, our 4-H programs strive to:

- Ensure that 4-H programs are welcoming to all, which sets the stage for youth belonging
- Set clear pro-social behavior expectations in 4-H programs
- Engage youth in developing a list of positive behaviors that they all agree to promote

- and practice in 4-H
- Help youth practice taking the perspective of others—especially when there are disagreements
- Recognize, support and encourage kindness and empathy among youth
- Help youth practice generosity to others through regular community service projects and activities
- Help older youth see that they are important role models for younger 4-H members

Thriving youth see helping others as a personal responsibility, and live up to the values

of respect, responsibility, honesty, kindness, and generosity. Thriving youth care about, and give back to, their communities.

Learn more about the 4-H Thriving Model at: <https://helping-youth-thrive.extension.org/>

Source: 4-H Thriving Model of PYD, Program Leaders Working Group

Congratulations Benton County 4-H Members!

Eleven Benton County 4-H scholarships were awarded to graduating Benton County 4-H members. Youth receiving these scholarships have participated in strong club & county leadership, community service, and project work. The Hitchcock, Decker, and Bateman Scholarships are awarded to youth in any project area. The Steve Moos Scholarships are awarded to youth participating in sheep, swine, beef, or dairy cattle projects. Each year a 4-H club raises a donation animal to be auctioned off in the Lee Allen



Memorial Youth Livestock Auction with proceeds to benefit the Steve Moos Scholarship. This year, the Prime Cuts 4-H Club is raising the donation animal.

County Scholarship Award recipients

- Steve Moos (\$4,000) – Carly Dowless, Eli McLennan, Lily Schell
- Hitchcock (\$1,000) – Ashley Sutton, Carolyn Wilfong, Rachel Vorster
- Decker (\$1,000) – Anna Reistad, Carly Dowless, Eli McLennan, Lily Schell
- Bateman (\$500) – Anna Reistad

There are also three additional scholarships available the Benton County; 4-H Horse Project Leaders Scholarship, Kathy Wells Memorial Scholarship, and

the Bob Damon Memorial Scholarship. Awardees have not yet been selected for these. Thanks to all of our generous sponsors!

State Scholarship Award recipients

Benton County 4-H members competed with other youth from around the State for scholarships. The applications are being scored and will be made available shortly to both 4-H members and the public.

Although application numbers were low this year due to Covid-19 at both the county and state level, the Benton County 4-H program is extremely proud of the continued hard work the 4-H members put into their projects and participation to earn scholarship funds.

4-H Contests Provide Educational Opportunities for 4-H Members

This winter and spring Benton County hosted Knowledge Quiz Bowls, Judging Contests and Presentations Contests for a variety of project areas including livestock, small animals, horses and dogs! Qualifiers of these contests have an opportunity to compete in a statewide event called “Oregon 4-H Spring Classic.” This was formerly for horse project members only, but has since expanded to include multiple species and other project areas. This event is an opportunity for youth from around the state to participate in Judging Contests, Quiz Bowls, and Presentations.

This year, counties within the Western Region (Benton, Lane, Linn, Marion, Polk, and Yamhill) have teamed up to put on regional virtual contests. This teamwork between

counties has helped build audience levels for the contests, lightened the work load for each county now that they aren’t putting on their contests individually, and also helps create a sense of camaraderie between youth across county lines.

You may be wondering what each of these contests entail?

A Quiz Bowl is a game in which individuals compete head-to-head to rapidly answer questions about their respective project areas using a buzzer system.

A Judging Contest is an opportunity for participants to demonstrate their knowledge about a species while considering breeds, health, feed, equipment, etc.

A Presentation Contest involves a 4-H member



giving an individual or team demonstration, illustrated talk or public speech about a chosen topic.

Through the participation of these contests, 4-H members develop project knowledge, confidence, and team work. Youth qualifying for the 4-H Spring Classic will have the chance to compete in May in a virtual format.

Benton County 4-H college scholarship recipients



Lily Schell, Steve Moos & Decker scholarship recipient



Carly Dowless, Steve Moos & Decker scholarship recipient



Eli McLennan, Steve Moos & Decker scholarship recipient



Ashley Sutton, Hitchcock scholarship recipient



Anna Reistad, Decker & Bateman scholarship recipient



Rachel Vorster, Hitchcock scholarship recipient



Carolyn Wilfong, Hitchcock scholarship recipient

Linn County 4-H Youth Development

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Shooting Sports Members keeping up even during COVID

Even though in-person 4-H meetings have been suspended off and on throughout the year, shooting sports members Cayden and Carter Cormany have still managed to work on their skills. Linn County 4-H

is very thankful for the great partnership that we have with the Albany Rifle & Pistol Club, they provide a place for our clubs to meet and practice. Speaking of practicing, Jacoy Don has been practicing her

rifle skills as she prepares to head to the National 4-H Shooting Competition in June. Jacoy secured a spot on the Oregon team in 2019 by winning at the state competition.



Tractor Safety Season is upon us

On an unusually warm April day, ten local growers met to learn more about the youth tractor safety course and what is required to hold a training. These growers have seen the need for more trainings in the area so that they can have enough employees for the summer. Together they completed the training course and will be offering a class in the later part of May for Linn and Benton County youth.

The Youth Tractor Safety Education, training, and Certification Course is a 22-hour program designed to teach safety as it relates to driving and managing farm implements. It offers both classroom and hands-on tractor driving experiences for youth ages 14-17 who are interested in summer employment opportunities in the upcoming agricultural season. Other youth classes can be found throughout the state. To find other trainings visit this link: <https://extension.oregonstate.edu/program/all/4h/events>



Cayden cleaning and piling his shotgun.



Cayden is practicing his stance, grip, breathing and trigger pull with a laser target.

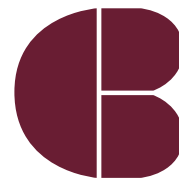


Carter (and cat Daisy) learning about Western Heritage with the Western Heritage book and manual.

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Growing Healthy Families

The Moore Family Center and a team of Farm to School Teens as Teachers teamed up to bring a free, remote cooking and nutrition class for K-3rd grade kids and families in Greater Albany Public Schools! The families learn about the many foods grown right here in Oregon – and practiced cooking delicious, nutritious recipes using featured foods each week. Each session is 4 weeks long and features different foods. Through a Farm to School grant, the families receive all of the supplies that are needed for the class each week.

Linn County 4-H Student employees have had the opportunity to work with

the classes. Jensen Comment shares her experience.

“There’s just something about the curiosity and zest for life that young kids have that pushes you to pay attention to the details and treasure even the smallest victories. Over the last few weeks,

I have been able to watch the Session 2 youth explore new produce foods while also learning about Oregon agriculture. Spending time with them has pushed me to try new things – who knew

I’d be the only one in the class that didn’t like kale! This group of “food adventurers” ask insightful and thought-provoking

questions throughout the hour and it’s been awesome to see them cultivate an interest in nutrition and production agriculture. Whether they’re roasting fresh veggies, comparing carrots and parsnips, or crafting rockin’ salad, these kids have approached each class with an awesome attitude and their growing knowledge has been clear to see.”

Cassi Hyde has been on the other side of the training and has been helping the Teens as Teachers gain the leadership and teaching skills needed to teach the classes. It has been fun and exciting to see the growth of everyone participating in this program.

Pear Quesadillas

The kids enjoyed making Pear Quesadillas during one of the classes. Check out the recipe below.

Ingredients

1 cup grated **cheese** (try cheddar, jack, or pepper jack)

1 cup **pear** slices (fresh or canned and drained)

½ cup finely chopped **green** or **red** peppers

2 Tablespoons minced **onion** (green, red, or yellow)

4 medium **whole-wheat tortillas**

Makes: 8 wedges

Prep time: 10 minutes

Cooking time: 10 minutes



Directions

1. Wash hands with soap and water.
2. Divide cheese, pears, peppers and onions between the tortillas, covering about half of each tortilla. Fold each tortilla in half over the filling.
3. Heat a skillet or griddle to medium (300 degrees F in an electric skillet). Place one or two folded tortillas on a dry skillet and heat until cheese melts and the tortilla browns slightly, about 2 to 4 minutes.
4. With large spatula, gently turn quesadillas over and cook the other side until a little brown, 2 to 4 minutes.
5. Remove to a plate and repeat until all tortillas are heated. Cut each quesadilla in half and serve.
6. Refrigerate leftovers within 2 hours.

Notes

- Put pear cubes on a paper towel for a couple of minutes to help dry them out. This will help your quesadilla stick together!
- Out of pears? Try diced fresh apples, halved grapes, or even sliced bananas.
- Flavor boosters: add some chopped cilantro, or use pepper jack cheese.

Linn County Fair Moving Forward

4-H members are working hard and looking forward to showcasing their projects at the 2021 Linn County Fair. At this point we don’t know what exactly everything will look like but we know for sure there will be a way for the members to show off their projects.

Linn Chapter, county parks team up to complete Mealey pine project

By Larry Mauter, LCSWA director

Fifteen years in the making, the Linn County Small Woodlands Association and Linn County are collaborating on a Sunnyside Park project. It is designed to highlight regeneration of the Willamette Valley Ponderosa pine.

LCSWA has planted a grove of 50 young pine trees in the park. Along with the trees, a covered two-panel interpretive signs will explain the history of the Willamette pine and the efforts of Bob Mealey to restore the native race of trees in the valley.

Mealey started the LCSWA. Born in Sweet Home, his family home was moved from what is now Foster Lake.

LCSWA has money to pay for this project from the RHM Pine Fund, established by Robert (Bob) H. Mealey prior to his death in 2007.

In 1989, Mealey was recognized as the Oregon and Western United States Regional Outstanding Tree Farmer. He was also a fellow of the Society of American Foresters.

In 2000, the Robert H. Mealey Willamette Valley Ponderosa Pine Native Gene Conservancy Orchard was dedicated at the Oregon Department of Forestry’s Schroeder Seed Orchard near St. Paul.

Growth in the pine fund investments has produced money for the Sunnyside project and perhaps other environmental education projects with Linn County public agencies.

“For many years, Linn County Small Woodlands has been looking for an appropriate way to both honor the memory of Bob Mealey, and stay true to his desire that the funds he set aside be used for community forestry education,” said chapter President Tim Otis.

“To this point, none of the projects we had considered really fit those goals,” said Otis.

“When the board considered this opportunity to plant Willamette Valley Ponderosa pines in a Linn County Park, along with a kiosk describing the history of their preservation and development by Bob, we knew we had found a great project,” Otis said.

Linn County Parks Director Brian Carroll told the Albany Democrat-Herald the project has been in the works now for a couple years.

“The grove will be a nice addition to the park,” Carroll said. “It is low-impact but will have a benefit to the park, and it will help promote our timber industry in Linn County.”

Nutrition Facts

4 servings per container	
Serving size	2 wedges (137g)
Amount per Serving	
Calories	220
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0	
Cholesterol 15mg	5%
Sodium 350mg	15%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 447mg	35%
Iron 1mg	6%
Potassium 135mg	2%
Vitamin A 31mcg	3%
Vitamin C 26mg	29%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Extension Invests in Fire Preparedness

Continued from Page 1

management, including 15 with the U.S. Forest Service and the last five with the Nature Conservancy. “We didn’t have a chance to do that.”

“Our goal was, and still is, to help prevent these things from happening, in terms of getting communities to work across ownership boundaries at the landscape level, to do mitigation activities and hazard and risk reduction. That can include everything from home hardening to hazardous fuels reduction to emergency management system updates for notification and evacuation, and helping with preparing for evacuations,” Rau said.

“I didn’t think I would be coming in and immediately dealing with the aftermath of devastating wildfires,” she said. “I expected to come in and start plugging in to different communities and help them think about how to prepare for things like this.”

Not a ‘One-and-Done’

Measured against historic accounts, fires of the magnitude that hit Western Oregon last Labor Day weekend aren’t unheard of, Rau said. When combined with the Lionshead fire, the Beachie Creek Fire, the largest of the Western Oregon fires, burned more than 400,000 acres, making it the third largest fire in Oregon since 1900. But by itself, at 193,000 acres, it was only the 12th largest fire in Oregon’s history, Rau said.

Western Oregon needs to realize that more events like this are likely to occur, she and Withrow-Robinson said.

“Fire preparedness isn’t a one-and-done,” Withrow-Robinson said. “This is a way of life that we need to be aware of, much like our fellow



A forest near Elkhorn where the Beachie Creek fire burned intensely.

Oregonians in Central Oregon and Douglas County have been aware of for a long time.”

And, Withrow-Robinson said, the awareness needs to be embraced by all Oregonians, not just those in rural areas. “The impacts of fire go way beyond forests,” Withrow-Robinson said. “Towns burned up, and in some cases towns that aren’t in forested areas. Oregon City, a major urban center, was under Level 2 Evacuation: Medford the same thing.”

To help build awareness and preparation for wildfires, OSU Extension’s Fire Program has produced a “Fire Aware. Fire Prepared” program that includes several webinars outlining actions individuals and neighborhoods can take to improve their readiness. “We saw the need and determined we need to be doing this type of education right now,” Withrow-Robinson said. Extension and partners, including Oregon Department of Forestry, the Office of the State Fire Marshal and Oregon Emergency Management launched the series this spring. Withrow-Robinson and Rau encourage people to participate. “There are still several sessions scheduled for this spring,” Withrow-

Robinson said, “as well as access to past sessions, which are available on demand.”

Recorded webinars include: It takes a village; From the home to the landscape; Building community for better preparedness; Ready, Set, GO! Webinars planned for later this spring, include: A land of fire, scheduled May 19; When fire hits, scheduled June 2; and After the fire, scheduled June 16.

Interested parties can access the webinars by going to <https://extension.oregonstate.edu/fire-program>.

“Registering for any of the webinars will put you on a mailing list that will inform you about other learning opportunities,” Withrow-Robinson added. Local, county-oriented sessions are now being planned with local fire and emergency response partners, but had yet to be scheduled as of press deadline.

“We learned in September that everyone living in Western Oregon needs to be prepared for a wildfire emergency,” Withrow-Robinson said. “And we are doing what we can do drive this message home.

“Fire awareness and preparedness is everyone’s job,” he said.

PHOTO BY BRAD WITHROW-ROBINSON



In Memory of Sherm Sallee

On March 4, 2021 Linn County 4-H lost an amazing volunteer and mentor. Sherm was a 4-H volunteer for over 35 years and was inducted in the National 4-H Hall of Fame in 2020 along with his wife Fay. Sherm touched the lives of so many people in Linn County between 4-H and the Oregon Small Woodlands Association. A Celebration of Life is planned in late June at the Happy Valley Tree Farm. Donations in memory of Sherm can be made to Linn County 4-H to support the Natural Science Program.

Oregon State University Extension Service – Linn County

YOUTH TRACTOR SAFETY EDUCATION, TRAINING, AND CERTIFICATION

The Youth Tractor Safety Education, training, and Certification Course is a 22-hour program designed to teach safety as it relates to driving and managing farm implements. It offers both classroom and hands-on tractor driving experiences for youth ages 14-17 who are interested in summer employment opportunities in the upcoming agricultural season.

Registration open May 1st. Registration preferences will be given to hosting county and then to neighboring counties.

\$85 Registration Fee.

Register at: <https://beav.es/30P>

**FRIDAY, MAY 21 AND
SATURDAY, MAY 22ND**

**4P.M. TO 7P.M. FRI.
8:00 A.M. TO 5:00 P.M. SAT.**

**COON FARMS
31111 OAK PLAIN DRIVE
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Accommodations for disabilities may be made by contacting 503-559-1666 or andrea.leao@oregonstate.edu.