



GROWING

Extending Knowledge and Changing Lives in Linn and Benton Counties

Extension Program Finds Fans in Food Pantries

By Mitch Lies,
GROWING Editor

Dried beans had never been a go-to item for under-resourced families who frequent food pantries in the Willamette Valley, according to Susan James, volunteer program coordinator for Linn-Benton Food Share. So, when a benefactor donated a ton of chickpeas to the pantry last year, unsurprisingly, they sat on the shelf for weeks.

That all changed, however, after Oregon State University Extension set up a sample tray at the pantry and encouraged pantry goers to taste hummus and other

dishes made with the chickpeas.

“They didn’t move until Extension had that tasting,” James said. Soon the dried beans disappeared from the pantry’s shelves.

Working to familiarize under-resourced families with the food available at Linn-Benton food pantries is one of the many functions Extension performs as it interacts with

Linn-Benton Food Share. And through a program now being tested, sample tables are becoming a more familiar sight.

The program, now two years into a three-year trial period, includes once-a-month food demonstrations at four pantries, two in Linn County and two in Benton County. The demonstrations include handouts of recipes in different languages, complete with the nutritional value of prepared dishes, and often tastings where food pantry users can sample dishes made from ingredients available in the pantry. Extension is using SNAP-Ed federal dollars to fund the program.

“It is an extremely important function,” said Sharon Thornberry, executive director of Philomath Community Services, which operates one of the four pantries involved in the program. “Our clientele get a lot out of these sessions. And with

Extension, we have access to so many different recipes and verified nutritional information.”

The need does not end with the holiday season. For some in our community food insecurity is a yearlong struggle. Please continue to make food donations and support Linn-Benton Food Share! The most effective way to help in the fight against hunger is to donate money. For every dollar donated, Linn Benton Food Share can provide the equivalent of six meals to individuals and families in need. Visit <https://communityservices.us/linn-benton-food-share/> for more information.



PHOTO BY LAURIE GIBSON

An Albany Salvation Army food pantry participant signed up to receive electronic Food Hero monthlies. You can too, by emailing food.hero@oregonstate.edu

Last Line of Defense

Food pantries, while not meant to wholly address food insecurity, are instead one of the last lines of defense against the issue, said Ryan McCambridge, director of Linn-Benton Food Share.

“The emergency food system is not designed to meet the needs of the whole family throughout the month,” McCambridge said. “SNAP, or

food stamps, is by far the best way to combat food insecurity, and the best way that people can utilize the Food Bank is by supplementing it with those SNAP dollars, so they can stretch their food budget out throughout the month.”

“Extension’s food sampling program has been invaluable in helping under-resourced families stretch their SNAP benefits the last two years,”

McCambridge said. And, he added, similar programs have worked well in the past.

McCambridge recalled a pop up pantry at Garfield Elementary School that Extension helped to facilitate. The idea, he said, was to encourage students and families, which are primarily Hispanic, to take advantage of the services and products provided at food pantries.

“So, we set up the cafeteria at Garfield once a month just like at a regular food bank, and OSU Extension would do a tasting table so folks could taste recipes using the types of foods we would be featuring that month,” McCambridge said. “And that was always welcome, not only for how to utilize products that folks may or may not have, but also as a way to create a sense of welcome.”

An issue adding emphasis on the ability of food pantries to assist under-resourced families of late is that benefits available through SNAP, or the federal government’s Supplemental Nutrition Assistance Program, have recently been scaled back to pre-pandemic levels.

“During the pandemic there were increased SNAP benefits available,” said Tina Dodge, Extension SNAP-Ed Program Coordinator for Linn and Benton counties. “Those have ended, and there are higher food costs, so you can imagine the strain that is putting on a family’s food budget.”

Continued on Page 8

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. <http://extension.oregonstate.edu/linn>.

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Oregon State University
Extension Service



PHOTO BY JODY HILL

Family Tree Relief Nursery is a non-profit organization that nurtures children and their parents, building a strong foundation for healthy, thriving families. This year, Linn County 4-H partnered with Family Tree Relief Nursery to collect donations of personal hygiene products and unwrapped toys and books for youth ages birth to 17 years old. And thanks to your generous donations, our "SEASON OF GIVING" box was overflowing with love and support. Thank you!

LINN COUNTY 4-H IN COOPERATION
WITH

Furniture Share

BLANKET DRIVE

FOR THOSE IN NEED

**Drop off your clean,
new or gently used,
blankets to the OSU
Extension Office - Linn
County
December - February**

33630 McFarland Road
Tangent, OR 97389

Contact: Michelle Robinson at 541-730-2421
or Jody Hill at jody.hill@oregonstate.edu



Oregon State University
Extension Service
Linn County





Master Food Preserver Program Seeks Volunteers

By Jennie Gilbert, Food Safety and Security Outreach Program Coordinator

Once each year the OSU Extension Service Master Food Preserver (MFP) program trains a new cohort of volunteers to continue community education and outreach in food safety and preservation. Interested individuals apply to the program, and if accepted, pay a fee to take an eight-week course to learn the basics of science-based safe food preservation. Individuals keep their MFP status current by continuing to volunteer for OSU Extension Service and recertify by taking an exam each year. After training, the volunteer agreement asks for 40 hours of volunteer service each year to recertify.

Current MFP's and their coordinators are planning for the 2025 training. The course will start in February 2025 and run through April with a two week break in March. Applications are being accepted now for new MFP hybrid training. Candidates must attend one 90-minute online lecture and a four-hour in-person lab each week. Applications have the times



Master Food Preserver volunteers offer help on food safety and preservation questions at markets, classes, and other community events as well as helping to staff a statewide food safety and preservation hotline from July through October.

and places available to attend.

MFP volunteers staff information tables at local Farmers Markets and other events during the year. They provide samples of seasonal preserves for folks attending the events, give out publications, and answer

food preservation and safety questions. They work closely with their coordinator to plan community classes and activities for public education in preservation and food safety. Traditionally, volunteers and their coordinator host 1-2 main

public workshops each month late spring through fall, covering popular subjects such as pickling, salsas, jams, fermenting, and pressure canning. They also attend invitations for talks and demonstrations at libraries, grange halls, churches, and

other community centers.

A very important source of volunteering for MFP's is the Food Preservation Hotline. From July through October, OSU Extension hosts an open food safety and preservation hotline daily, M-F 9 a.m. to 4 p.m. The public calls in for help and instructions regarding their home food preservation projects and, also, for food safety advice.

MFP volunteers meet monthly either in person or virtually to discuss projects and check in with the coordinator. They attend conferences and continuing education opportunities as well as mentor new volunteers as they navigate their new position in the program.

Volunteering as an MFP is a great way for those who love to educate and preserve food to spread safe science-based knowledge in their communities. The program is always looking for fresh ideas and welcomes new and creative ways to serve the public.

Apply at <https://extension.oregonstate.edu/mfp/master-food-preserver-training-courses>.



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Research-Based Strategies to Support a Healthy Weight

By **Caressa Dunphy**,
OSU Dietetic Intern

Consistency over time, rather than drastic lifestyle overhauls, is the key to sustainable weight loss. Extreme changes often leave people questioning their motivation within days, and many give up in frustration a short time later. Unrealistic expectations may leave many feeling confused and hopeless about their ability to lose weight or feel good in their bodies.

Start Small and Add Habits

Instead of eliminating many components of your current lifestyle all at once, focus on adding positive habits that guide you toward healthier choices.

For example: Add more fruits and vegetables to your plate while still enjoying a small serving of your favorite chips. Make cookies, enjoy one and freeze the rest for later. Walk around your house while you are making a phone call to get extra steps in or make extra portions of tonight's "healthier" dinner to have for tomorrow's lunch.

Set S.M.A.R.T. Goals

Goals are dreams with deadlines. Set small, actionable goals that connect to your overall aspirations. To



make your aspirations more achievable, break them into smaller, specific steps that track your progress with a measurement such as taking progress pictures, ensuring that the goal that you have are (S) specific, (M) measurable, (A) achievable, and (R) relevant as well as has an appropriate (T) timetable.

The Science of Weight Loss

The only research-backed practice for losing weight is to eat less by consuming 250–500 fewer calories per day.

Some helpful guidelines to further assist you in your healthy journey are:

Increase Physical Activity:

- Walk more throughout the day, such as during breaks or errands.
- Stand instead of sitting for

prolonged periods.

- Add planned exercises like strength training, running, biking, yoga, or dancing.
- Engage in activities you enjoy to stay consistent and motivated.

Focus on Food and Nutrition:

- Prioritize nutrient-dense foods high in vitamins and minerals, while reducing those high in saturated fats and added sugars.
- Include lean proteins like chicken, turkey, fish, eggs, and plant-based options.
- Increase your intake of fruits, vegetables, and fiber-rich foods like whole grains and legumes to feel fuller longer and limit simple carbs.
- Reduce ultra-processed foods and sugary drinks by swapping them for healthier alternatives, such

as water and whole grains.

- Serve slightly smaller portions to practice portion control.
- Eat balanced meals every 2–3 hours, combining protein, carbohydrates, and healthy fats.
- Learn to read food labels to make informed choices.

Understand the role of food groups: carbohydrates provide energy, proteins repair tissues, and fats support hormones and satiety.

The Role of Sleep

Good-quality sleep is essential for achieving a healthy weight. Sleep deprivation can disrupt hormones like ghrelin and leptin, which regulate hunger and fullness.

To optimize sleep:

- Aim for 7–8 hours of uninterrupted sleep per night.
- Avoid TVs, phones, and other electronics before bed.
- Use blue light-blocking glasses or enable night mode on devices three hours prior to bedtime to support your body's natural circadian rhythm.
- Proper sleep supports melatonin production, crucial for sleep quality and overall health.

Managing Stress

Stress management is the real key to weight loss and maintenance. While modern stressors like work deadlines, family responsibilities, and endless meetings may feel overwhelming, there are effective ways to combat them:

- Physical Activity: Exercise reduces stress by releasing endorphins, improving mood, and promoting clarity.
- Stress Hormones: Physical activity helps regulate cortisol, a hormone linked to appetite and fat storage.
- Mental Resilience: Exercise strengthens both body and mind, making it easier to navigate life's challenges.

Summary

Sustainable weight loss and maintenance require a combination of strategies: creating a daily calorie deficit, eating balanced meals, incorporating physical activity, prioritizing quality sleep, and managing stress. Instead of focusing on restriction, focus on small, meaningful changes that build over time. By starting small, setting S.M.A.R.T. goals, and adding healthy habits, you can create a sustainable path to success.

References upon request.

Cleaning Hacks for Seasonal Affective Disorder

Many of us start feeling down when the days get shorter. This could be mild, or a more substantial mood change known as seasonal affective disorder or SAD. Health care providers and mental health professionals have therapy and medication options that can help. There are also several self-care options that can be included in a treatment plan, including cleaning. We're

sharing cleaning hacks to help chase away the winter blues.

Clean Your Windows – Don't wait for spring to clean your windows. Sure, there may not be as much light available in winter, but bring what sunshine there is inside through sparkling windows. And then try to set up your working and living space so that you're spending more time near those sunny windows.

Declutter – Clutter has been shown to affect your mental health. In the winter, when you're inside a lot, it can have a bigger impact. Pick a manageable size area that you see a lot and work on organizing it. As a bonus, as you move things around you'll be getting exercise, which is a tried-and-true SAD treatment.

Clean Outdoor Spaces – Soak up some sun, even if it's chilly

by getting outside. Clean out the garage, wipe down the patio furniture, put the garden to bed, or choose another outdoor cleaning task. In addition to getting you outside, it also gets you prepared for the warmer, longer days ahead.

Source: Cleaning is Caring newsletter from the American Cleaning Institute



Detox Diets: Debunking the Myths

By **Caressa Dunphy**,
OSU Dietetic Intern

To delve into a topic like this, it's important to understand a bit about human anatomy. Our bodies have multiple systems that work to maintain balance—called homeostasis. Factors include body temperature, pH levels, and various chemical components, such as excess nutrients (like extra vitamins and minerals, including sodium), toxins (such as alcohol), and other substances the body doesn't need at a given time. pH levels measure the balance between acids and bases, and the liver, kidneys, respiratory system, and digestive system. All these systems play a role in keeping this balance within a very narrow, stable range. Failure to stay within these ranges causes health issues and disease.

When someone attempts a detox diet, they often don't realize that their bodies are already equipped to handle the removal of excess substances and maintain homeostasis. To put it simply: You do not need a detox diet for your body to get rid of waste or achieve balance. It's already doing it for you!

Some common detox diets include enemas, lemon water, fasting, herbal teas, food elimination, pH balancing water, extreme exercise protocols, and more. Many of these approaches involve extreme methods, such as drinking large amounts of water to 'flush out toxins'. Detox diets can affect our internal body's balance, which can be very dangerous. For example, a detox diet that promotes a fasting diet and drinking excess amounts of water can interfere with the body's delicate electrolyte balance, which could have serious health consequences.

So, what can you do to help your body "reset" healthfully?



Research shows that the most effective way to support your body's natural detoxification processes is by choosing foods that are nutrient-dense (rich in vitamins, minerals, and other beneficial compounds) over calorically dense foods (those high in calories and low in nutrients). This includes reducing the intake of saturated fats (commonly found in ultra-processed foods and fattier cuts of meat), added sugars, and highly processed foods. It also means staying hydrated by drinking adequate water (about half of your bodyweight in ounces each day), opting for non-sweetened beverages over sugary drinks, and limiting alcoholic beverages.

Understanding food labels and ingredients is also key to making healthier choices. Pay attention to the balance of fats, proteins, added sugar and carbohydrates in your diet. Incorporating lean protein sources, fruits and vegetables and high-fiber carbohydrates can help your body function more efficiently.

When it comes to weight loss, the only proven method is to create a caloric deficit—eating fewer calories than your body needs for maintenance. A typical caloric deficit might be around 250-500 fewer calories per

day. Increasing your physical activity can also help with weight loss, while also strengthening your heart and lungs. This can be achieved through a combination of strength training exercises like weightlifting, aerobic exercises like walking, running, or cycling, and reducing caloric intake.

Additionally, "detox" strategies may lead to weight gain, as they fail to promote sustainable habits like portion control, mindful eating, swapping calorically dense foods for nutrient-dense ones, and increasing physical activity. In fact, these diets can sometimes result in disordered eating and malnourishment, leading to more serious health issues and additional stress on the body. Stress, in turn, can increase cortisol levels, and trigger disordered eating behaviors, creating a harmful cycle that makes it harder to maintain a healthy, balanced lifestyle. Instead of relying on a "detox" try focusing on lasting lifestyle changes. Managing your stress with physical activity, nutrient-dense foods, spending time outdoors in nature, and connecting with loved ones can all contribute to a healthier, more balanced lifestyle.

References upon request.

Is the Freedom from Smoking Workshop Right for You?

Quitting smoking isn't easy—but it's easier with the right help.

The American Lung Association's Freedom From Smoking program gives you options, resources and support to quit for good! And it is Free.

- Do you want to quit?
- Is quitting a priority for you?
- Have you tried to quit before?
- Do you want to improve your health and your family's health, too?
- Do you want to feel better and be more in control of your life?
- Are you ready to try to quit—even though it may be tough?

If you answered "YES" to even one of these questions, you owe it to yourself to find out how Freedom From Smoking can help.

Freedom From Smoking in English on Mondays

January 27 – March 17, 5-6:30 p.m.

*dates can change - follow the link to learn more and to register for this free workshop
Compass Details: <https://www.compasshp.org/workshops/registration/17598>

The full workshop meets for 8 sessions, 1.5 hours each time.

- Sessions 1-3 Create a personal quit plan
- Sessions 4-5 Group Quit date
- Sessions 6-8 How to stay tobacco free

Source: Samaritan Health Services Regional Health Education Hub and American Lung Association





Linn and Benton Master Gardener Graduation and Awards Ceremony

By Otillia Schreuder,
Linn & Benton County
Master Gardener Program
Coordinator

It was wonderful to gather and celebrate the tremendous accomplishments of the Master Gardeners at the 2024 Graduation and Awards Ceremony on Nov. 16. Special thanks to the Linn County and Benton County Master Gardener Associations in supporting this event and the Master Gardener program throughout the year!

Two Linn County Master Gardener and three Benton County Master Gardener awardees were honored. The Linn and Benton County Extension Master

Gardener program is grateful for the awardees' tremendous leadership and impact on community horticulture.

Rich Little received the Master Gardener of the Year Award by the Oregon Master Gardener Association (OMGA) for his impact on insect and pollinator education in Linn County. Rich Little is the first Linn County Master Gardener to win an OMGA award in 17 years.

The 17 Linn County Trainees and 19 Benton County Trainees who completed the 2024 Master Gardener Training Program were honored at graduation. Special thanks for all the hard work, learning, and time the

graduates contributed to community horticultural education in Linn and Benton Counties!

The 2025 Linn and Benton Master Gardener Training Program application is currently open if you are interested in becoming a Master Gardener volunteer. More information about the training program is available online on the Extension website at <https://extension.oregonstate.edu/mg/linn-benton/how-join>. To apply go to <https://beav.es/MGCourse>. The application is open until January 10 if you are interested in applying.



Benton County



Linn County



PHOTOS BY LEO CHERRY

Rich Little received the Master Gardener of the Year Award by the Oregon Master Gardener Association. Rich was honored for his work with insect and pollinator education in the Linn County Master Gardener program.



Susan Hoffman (right) receives the lifetime member award from the Benton County Master Gardener Association.

OSU EXTENSION SERVICE MASTER GARDENER PROGRAM

BECOME A LINN OR BENTON COUNTY MASTER GARDENER VOLUNTEER

Oregon State University Extension Master Gardener volunteers are neighbors, friends and family who you can go to for garden advice that is grounded in science and locally relevant. Master Gardeners volunteer in the community through plant clinics, community garden classes, school garden classes, demonstration gardens, and other volunteer projects. We are garden educators and on-the-ground community scientists.

Interested?
Contact: Otillia Schreuder (541) 730-3471
otillia.schreuder@oregonstate.edu

Apply at Master Gardener™ Programs of Linn and Benton Counties
extension.oregonstate.edu/mg/linn-benton/how-join

January-February Gardening Calendar for Western Oregon

JANUARY

Timely advice on garden chores, fertilizing, pest control, and more from OSU Extension. These tips are not necessarily applicable to all areas of Oregon. For more information, contact your local Extension office.

The Oregon State University Extension Service encourages sustainable gardening practices.

Practice preventive pest management rather than reactive pest control. Identify and monitor problems before acting, and opt for the least toxic approach. Conserve biological control agents such as predators and the parasitoids that feed on insect pests.

Planning

- Plan to replace varieties of ornamental plants that are susceptible to disease with resistant cultivars in February.
- Take hardwood cuttings of deciduous ornamental shrubs and trees for propagation.
- Order a soil test to determine your garden's nutrient needs. Contact your local Extension office for a list of laboratories or view Analytical Laboratories Serving Oregon.
- Begin planning this year's vegetable garden in western Oregon and central Oregon. Check with local retail garden or nursery stores for seeds and seed catalogs.
- Keep a garden journal. Consult your journal in the winter, so you can better plan for the growing season.

Maintenance and cleanup

- Central/Eastern Oregon: To prevent winter damage from drying, water plants deeply every six to eight weeks, when the temperatures are above freezing.
- Place windbreaks to protect sensitive landscape evergreens against cold, drying winds.
- Reapply or redistribute mulch that has blown or washed away during winter.
- Clean pruners and other small garden tools with rubbing alcohol.
- Western Oregon: Water landscape plants underneath wide eaves and in other sites shielded from rain.
- Western Oregon: Do not walk on lawns until frost has melted.

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.

- Scout cherry trees for signs and symptoms of bacterial canker. Remove infected branches with a clean pruner or saw. Sterilize tools before each new cut. Burn or send the branches to a landfill before bloom. See *Managing Diseases and Insects in Home Orchards*.
- Watch for field mice damage on lower trunks of trees and shrubs. Eliminate hiding places by removing weeds. Use traps and approved baits as necessary.

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

Houseplants and indoor gardening

- Monitor houseplants for correct water and fertilizer; guard against insect infestations; clean dust from leaves.
- Protect sensitive plants such as weeping figs from cold drafts in the house.
- Propagate split-leaf philodendrons and other leggy indoor plants by air-layering or vegetative cuttings.
- Plant dwarf annual flowers such as coleus, impatiens and seedling geraniums inside as houseplants.
- Western Oregon: Gather branches of quince, forsythia and flowering cherries and bring them indoors to force an early bloom.

FEBRUARY

Planning

- Tune-up lawn mower and garden equipment before the busy season begins.
- Have soil tested to determine its nutrient needs. For more information, contact your local Extension office for a list of testing laboratories or view *Laboratories Serving Oregon: Soil, Water, Plant Tissue, and Feed Analysis* (EM 8677).
- Select and store healthy scion wood for grafting fruit and nut trees. Wrap in a damp cloth and place in a plastic bag. Store in a cool place.
- Plan an herb bed for cooking and creating an interesting landscape. For example, choose parsley, sage, chives and lavender. Choose a sunny spot and plant seeds or transplants once the danger of frost has passed (late-April or early-May in the Willamette Valley and central coast; June or July in eastern and central Oregon).
- Plan to add herbaceous perennial flowers to your flowering landscape this spring. Try some drought-tolerant perennials to save money.

Maintenance and clean up

- Repair winter damage to trees and shrubs.
- Make a cold frame or hotbed to start early vegetables or flowers.
- Fertilize rhubarb with manure or a complete fertilizer.
- Incorporate cover crops or other organic matter into soil.
- Prune and train grapes; make cuttings.
- Prune fruit trees and blueberries.
- Eastern Oregon: Prune and train summer-bearing and

fall-bearing raspberries.

- Western Oregon: Prune deciduous summer-blooming shrubs and trees; wait until April in high elevations of eastern and central Oregon.
- Western Oregon: Prune and train trailing blackberries (if not done the prior August); prune back raspberries.
- Western Oregon: Prune fall-bearing raspberries (in late-February or early-March).
- Western Oregon: Prune clematis, Virginia creeper, and other vining ornamentals.

Planting and Propagation

- Plant windowsill container garden of herbs like chives, cilantro and parsley.
- Plan to add herbaceous perennial flowers this spring: astilbe, candytuft, peony and anemone.
- Good time to plant fruit trees and deciduous shrubs. Replace varieties of ornamental plants that are susceptible to disease with resistant cultivars.
- Plant asparagus if the ground is warm enough.
- Plant seed flats of cole crops (cabbage, cauliflower, broccoli and Brussels sprouts), indoors or in a greenhouse.
- Western Oregon: Where soil is dry enough and workable, plant garden peas and sweet peas. Suggested varieties of garden peas include: Corvallis, Dark Green Perfection, Green Arrow, Oregon Sugar Pod, Snappy, Knight, Sugar Snap, Oregon Trail and Oregon Sugar Pod II.
- Western Oregon: Good time to plant new roses.

Pest monitoring and management

- Monitor landscape plants for problems. Don't treat unless a problem is identified.
- Use delayed-dormant sprays of lime sulfur for fruit and deciduous trees and shrubs.
- Remove cankered limbs from fruit and nut trees for control of diseases such as apple anthracnose, bacterial canker of stone fruit and Eastern filbert blight. Sterilize tools before each new cut.
- Control moles and gophers with traps.
- Western Oregon: Elm leaf beetles and box-elder bugs are emerging from hibernation and may be seen indoors. They are not harmful, but can be a nuisance. Remove them with a vacuum or broom and dustpan.
- Western Oregon: Monitor for European crane fly and treat lawns if damage has been verified.

Indoor gardening

- Make your own potting soil for starting seedlings in pots or flats, or use clean sterile commercial mixes.
- Central Oregon: Gather branches of quince, forsythia and flowering cherries; bring indoors to force early bloom.

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.

Benton County Master Gardener
Association presents



34th Annual Insights Into Gardening

Classes for new and experienced gardeners

Exhibits  Bookstore  Raffle

Saturday, February 8, 2025

LaSells Stewart Center 875 SW 26th St.
OSU Campus, Corvallis



For more information & to register visit: bentonmg.org/iig
or you may call 541-752-4034 M-F 8a.m.-5p.m. or
bcmg.ia.insights@gmail.com

Eleventh Annual BEEvent Scheduled March 1

By Susan Morton, Linn
County Master Gardener and
Bee Czar

Save the date: The eleventh annual BEEvent Pollinator conference will take place on March 1 at the Linn County Fair and Expo Center on Knox Butte Road. Join us in learning how to attract pollinators to your garden and protect them and their habitat from pests.

Our keynote speaker is Abigail Lehner from UC Davis, who will share information about a newly arrived mason bee predator, the Houdini fly. This fly has the potential to devastate our buzzy friends. We need to learn all we can about it.

Another important topic will be presented by Silvia Rondon from OSU, who will address Integrated Pest Management. This is a set of practices that minimizes the use of pesticides and sets Mother Nature on the little munchers. There is atavistic satisfaction in watching ladybug nymphs gobbling



BEEvent could not happen without all of the dedicated volunteers that work hard behind the scenes and on the day of the event.

up aphids on your lettuce. Learn how you can set that in motion.

As an antidote to hearing about bad bugs, Nina Miller of the OSU Garden Ecology Lab will tell us about syrphid flies. Syrphid flies are those black and yellow striped critters you may have seen hovering over your veggies and darting about this way and that. Everybody thinks these are bees, but not so. They are flies – very good flies to have in your garden.



PHOTOS BY LINN COUNTY EXTENSION

There will be plenty of pollinator supplies like these blue orchard mason bee houses for sale at BEEvent.

They are very good pollinators and, as an added bonus, their maggots nosh on aphids.

Registration will be open around the first of February and can be accessed at LinnMasterGardeners.com.

Come join us for these great speakers, vendors with pertinent wears, mason bee cocoons and housing, and non-profit displays. Most of all, meet and greet your fellow gardening enthusiasts.

Gearing up for gardening

Join the Benton County Master Gardeners from noon to 1 p.m. for this free lecture series every Tuesday in January and February at the Corvallis-Benton County Public Library, 645 NW Monroe Ave, Corvallis, OR 97330.

- January 7 Kids in the Garden
- January 14 Tool Sharpening & Care
- January 21 Composting – Tips, Tricks & FAQ
- January 28 Year Round Vegetables: Planning & Tips
- February 4 Fruit Pruning: Trees, Berries, Grapes, and Canes
- February 11 Sidewalk Salads – Front Yard Food Gardens
- February 18 Herb Propagation
- February 25 Cut Flowers

Extension Program Finds Fans in Food Pantries

Continued from Page 1

Extension is focusing on rural populations in the demonstration program and on pantries that serve the Latino population, Dodge said. The program started with just one pantry but has since evolved to the four it is operating in today, with the idea of expanding it further this year.

“We used to do primarily school-based programming before the pandemic,” Dodge said. “The pandemic just kind of changed everything. All systems are really stretched, and so we just wanted to try something new. Instead of centering on schools for our SNAP-Education outreach, we wanted to be more community based and use the food pantries for our engagement and education.”

One added benefit to the program,

Thornberry said, is that many of the Extension faculty that operate sampling tables at the food pantries speak Spanish and that Extension provides handouts of recipes in Spanish.

“Actually, we now have about five languages coming through our place,” Thornberry said. “So, we look for recipes in other languages beside English to help people who are new to this country and not familiar with the foods that we have available.”

Extension’s food sampling trial program will end next October. At that point, faculty will do an assessment with the possibility the program could be extended.



PHOTO BY LAURIE GIBSON

Student worker Itzel Arizmendi and OSU Dietetic intern Caressa Dunphy share turkey cranberry quesadilla recipe tastes with a food pantry user. The Linn & Benton SNAP Ed team offer once-a-month food demonstrations at four pantries, two in Linn County and two in Benton County. The demonstrations include handouts of recipes in different languages, complete with the nutritional value of prepared dishes, and often, as shown here, tastings where food pantry users can sample dishes made from ingredients available in the pantry. Extension is using SNAP-Education federal dollars to fund the program.



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Groundwater Protection Education

How Will An Earthquake Affect My Drinking Water Well?

Can an earthquake affect my well?

Yes, earthquakes can impact the functionality of wells. During an earthquake, private wells might experience water level fluctuations and an increase in the turbidity of the water. If there is enough shaking from an earthquake, the steel casing or a PVC joint could get damaged or the soil surrounding the casing could become disturbed, leading to possible contamination.

When the earthquake is strong enough to cause damage to infrastructure containing sewage, gas, or other hazardous materials, water quality and potential contamination become a major concern.

It is important to monitor your well and, if you notice any changes in the color, taste, or texture of the water, it is recommended to take a water sample and have it tested.

Do I live in an area where I could experience an earthquake that could affect my private water well?

As you can see from Figure

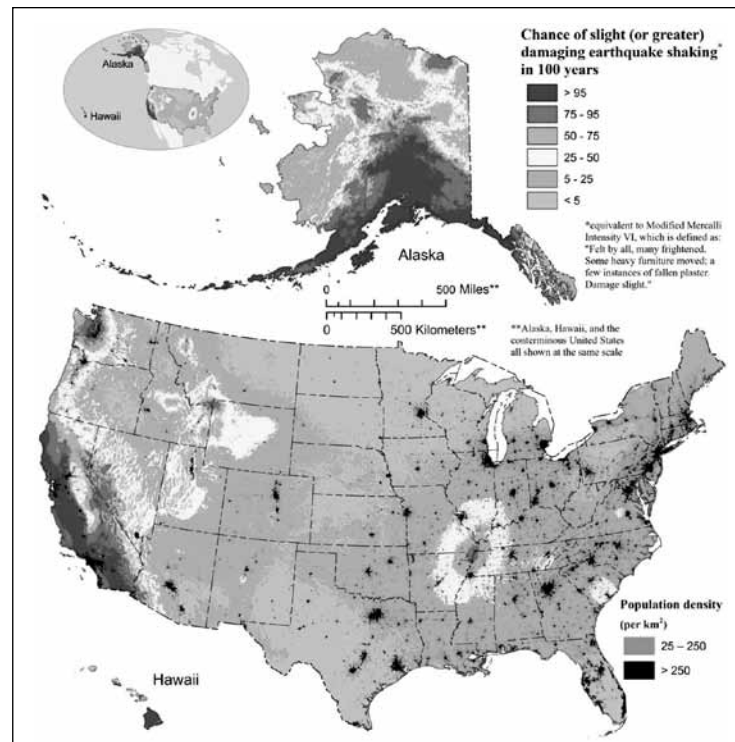
1, people in some parts of the United States are at risk to experience shaking of varying strengths from potentially damaging earthquakes.

Areas like California, the Pacific Northwest, and Alaska are at the highest risk and can experience bigger earthquakes. These larger tremors can cause severe damage to private water systems and septic systems, especially if they are located near the epicenter of the earthquake.

What steps should I take to see if an earthquake affected my well?

Important tips while you wait for your water to be deemed safe:

- Use bottled water for drinking, food preparation (including infant formula and ice), and toothbrushing.
- Do not use ice from household automatic icemakers.
- Disinfect dishes and other food contact surfaces by immersing them for at least one minute in water mixed with one teaspoon of unscented household bleach per gallon of water.



- Assess the damage: After an earthquake, it's important to assess the condition of your well. Look for any visible signs of damage such as cracks, shifts, or changes in the well structure.
- Shut off the power: If your well is powered by electricity, turn off the power supply to prevent any electrical hazards or malfunctions.
- Inspect the plumbing system: Check the plumbing system connected to your well for any leaks, breaks, or damage. Repair or replace any damaged pipes or fittings as necessary.
- Test the water quality: After an earthquake, it's crucial to test the water quality of your well. Earthquakes can disrupt the underground aquifer

and change the make-up of your water.

- Disinfect the well: If you suspect any contamination in your well water, it's important to disinfect the well. Follow the recommended disinfection procedures.
- Monitor the water level: Keep an eye on the water level in your well. Earthquakes can cause changes in the water table, which may affect the availability of water in your well. If you notice a significant drop in the water level, consult a well professional for further evaluation.

Remember, it's always recommended to consult with a professional well contractor or your local Extension office for specific guidance tailored to your situation.

One important tip to remember is that without a power source, which is common in an earthquake your well will not function. Emergency water storage is crucial to your survival.

Source: *Private Well Class*

Winter Webinars

Living with your domestic well and septic system

Well water users should understand when, why, and how to monitor their water quality and the associated benefits of doing so. Proper maintenance and monitoring of your septic systems ensures proper treatment of the effluent and a longer life of the

system. Learn steps to protect the health of your family, neighbors and animals, your property investment, and the safety of groundwater resources.

- **January 14**, 6-7 p.m., Living with your septic system
- **January 15**, 6-7 p.m., Living with your domestic well
- **January 25**, 9-11 a.m., Living

with your well & septic system

- **January 30**, 6-8 p.m., Living with your well & septic system
- **February 5**, 12-1 p.m., Living with your domestic well
- **February 6**, 12-1 p.m., Living with your septic system
- **February 19**, 12-1 p.m., Living with your domestic well
- **February 20**, 12-1 p.m., Living

with your septic system

- **February 27**, 6-8 p.m., Living with your well & septic system

Pre-registration is required. To sign up for one of the webinars, visit <http://beav.es/Gxi>

For questions contact Kelci Free kelci.free@oregonstate.edu 541-713-5009

Commercial Agriculture Small Farms

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Pruning - the time is now!

By **Todd Anderson**, OSU Extension Small Farms Program

It is the time of year to think about the pruning your deciduous fruit trees in late winter before bud break (when trees “wake up” and dormant buds start to open and bloom in spring). Typically, in our region, winter pruning is done after the coldest time of the year, so at the end of January and into February. Preferably choose to prune during a dry couple of days to *minimize* the chance of disease spread. Another reason Winter pruning is done after the coldest time of the year is that in the event of a freezing winter storm, damaged branches can be removed on your planned pruning day instead of going back through the orchard multiple times. Having a plan so you are ready to act during dry late winter days will help reduce stress and money. The cold, rainy months ahead are a perfect time to sharpen or replace your pruning supplies, get protective equipment, or talk quotes with local crews depending on your scale, capacity, and need. Refer to PNW 400 *Training and Pruning Your Home Orchard*. This helpful guide outlines the basics of fruit tree pruning for various deciduous fruit and nut trees, including rejuvenating older trees.

Dry Farming Collaborative Convening

Save the date: The Dry Farming Collaborative Winter Convening will be held online via Zoom on Feb. 5, 9 a.m. -noon.

This is an opportunity to hear from and connect with farmers, ranchers, gardeners and researchers on dry farming in Oregon and beyond.

Full agenda and registration can be found at: <https://smallfarms.oregonstate.edu/smallfarms/projects/dry-farming>



OSU Extension Service | Small Farms Program

LIVING ON THE LAND WEBINAR SERIES



Jan. 14 - Feb. 11, 2025
Tuesdays from 6 to 7:30 pm

Fee: \$20 for the series
Scholarships available

An online series for landowners new to managing small-acreage farms or properties

January 14

From the Ground Up

Learn how to start making a plan for property management and easy tools to get started. Get an overview of soil basics and strategies for how to protect, manage, and improve soil resources.

January 21

Rural Water Maintenance

Discover ways to protect your drinking water resources by maintaining home wells and septic systems and get the scoop on irrigation water rights from a watermaster.

January 28

Pasture Management

Make the most of your livestock's pastures by learning about nutrient and winter-time management and rotational grazing practices.

February 4

Weed & Pest Management

Discover ways to identify and strategies to manage common weeds in our area. Learn about tools to support decision making and the basics of Integrated Pest management (IPM).

February 11

Woodlands & Wildlife

Get an overview of how healthy trees grow and how to manage them through the years, as well as how to support wildlife on your property.

Register online:
beav.es/LOLWebinar

For more information,
contact Carrie Mack at
(541) 237-6808 or
carrie.mack@oregonstate.edu



<p>REGISTER NOW</p>	<p>OSU SMALL FARMS CONFERENCE</p>
<p>15 FEBRUARY 2025</p>	<p>\$85 per person until Feb 3rd partial scholarships available</p>
<p>HTTPS://BEAV.ES/UVK</p>	 <p>Corvallis, Oregon</p>

Oregon Soil Health Summit



Oregon Health Summit is a gathering of Oregon's agricultural service providers to promote soil health for climate resilience on Oregon's farms and ranches. Includes educational workshops, resources and connection so that Oregon's farm service providers can better support farmers and ranchers in promoting soil health.

Workshop topics will include (subject to change):

- Current state of soil health science
- Carbon sequestration potential of Oregon soils
- Microorganisms and soil health
- Funding opportunities for soil health

Date: Wednesday January 22, 2025
 Location: LaSells Stewart Center on OSU Campus in Corvallis
 Time: 8:30 a.m. - 5 p.m., with an optional networking hour from 5-6 p.m.
 Cost: \$75 *The deadline to register is January 7, 2025.
 Register Here: <https://beav.es/GPD>
 Questions? Please contact Diane Choplin at diane.choplin@oregonstate.edu

3rd Annual Veteran Farmers Winter Gathering

Location: Corvallis, OR
 Date: Sunday, January 26th
 Time: 11 a.m. - 1 p.m.

Please join us for the 3rd Annual Veteran Farmer Winter Gathering! A great opportunity for camaraderie among local Veterans, plenty of shared resources, and good food for all. We will be sharing updates to *Oregon's Farm Direct Marketing Law: Producer-processed Value-added Products* as well.

Contact crystal.kelso@oregonstate.edu or (541) 730-3539 for any questions or accommodation requests. We hope to see you there!

Oregon State University
Extension Service

Military Veteran Farmers Annual Winter Gathering

Join us for a chance to network with other Veterans who are farming, share resources, and enjoy a potluck!

Sunday, January 26th
11am - 1pm
Corvallis, OR

RSVP:
<https://beav.es/GWG>



Questions or accommodations?
Contact crystal.kelso@oregonstate.edu



What is Integrated Pest Management?

Managing pests such as insects, weeds and plant diseases is a universal challenge for farmers. While the specific pest problems vary depending on location and crop, most farmers have experienced large yield losses when pests are not kept in check. When the first synthetic pesticides were introduced in the 1940s and 1950s, they were rapidly adopted because they allowed farmers to quickly and easily control the pests that threatened their crops. It didn't take long to learn that the widespread use of pesticides did not solve all our pest problems, and sometimes created new problems. Fortunately, we have learned a great deal about how best to manage pests, and the way farmers manage pests has changed over time. The adoption of integrated pest management, or IPM, is one of those changes.

The United Nations Food and Agriculture Organization defines IPM as “the careful consideration of all available pest control techniques and subsequent integration of appropriate measures that discourage the development of pest populations and keep pesticides and other interventions to levels that are economically justified and reduce or minimize risks to human health and the environment. IPM emphasizes the growth of a healthy crop with the least possible disruption to agro-

ecosystems and encourages natural pest control mechanisms.” We can break the definition of IPM down into three main ideas:

IPM uses all available pest control tools, strategies and information. The term “integrated” is used because IPM combines many different methods to achieve the most effective pest control. Most IPM programs include strategies designed to prevent pest problems before they start. These methods include planting weed-free and disease-free seed, using plant varieties that are resistant to disease, and cleaning equipment to avoid spreading pests, weeds and diseases from one field to another.

Physical or mechanical pest control methods include practices such as netting or other barriers that prevent pests from getting to the crop, or traps that capture or kill pests.

Biological control takes advantage of other organisms that feed on the pests and keep their populations low. Farmers can adjust their crop management, including planting time, fertilizer, irrigation, tillage, or crop rotations to reduce pest pressure.

In addition to control methods, information is a critical part of IPM. Information about which pest species are present in a field, their population levels, crop growth stage, and knowledge about pest

biology and life cycles, helps farmers decide if, when, and how to manage pests.

The benefits of pest control should always outweigh the costs. Treating pests is not always worth the cost. There are many cases where the pest population is too low to cause much damage, or the crop has matured enough that it is no longer vulnerable to damage. Economic thresholds help farmers decide when pest control is warranted. An economic threshold is the pest population level at which the benefit of pest control (revenue gained from increased yield) outweighs the cost of a pest control treatment. This approach helps farmers save money and avoid unnecessary pesticide sprays.

The goal of IPM is long-term, sustainable, pest control. Rather than focusing solely on controlling pests for this year, farmers who practice IPM consider how their management this year will impact pest control for many years to come. Long-term thinking is critical for slowing the development of pesticide resistance. IPM practitioners use a variety of pest control methods to help limit the development of resistance. Other important long-term practices include limiting the spread of pests and keeping overall pest populations low.

South Valley Field Crop Notes for Jan.-Feb.

General Management

- Seed certification: make sure to submit over seeding documentation to seed cert to maintain eligibility.
- Slug baiting during cold winter months has limited efficacy. If you are determined to bait in January and February, do so at dusk and when night temperatures are in the low 40's, with no rain, and winds less than 5MPH.
- Continue to scout fields for winter cutworms, as they can remain active during colder months.
- Vole populations have increased in many areas. Vigilant baiting down holes during winter months is the best chance to keep populations in check. Remember ZP baits can deteriorate rapidly when exposed to moisture, so avoid baiting in saturated soils or when heavy rain is expected.

Grass

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

Wheat

- Take soil samples in the last two weeks of January for the N-min test to help predict spring fertilizer rates.
- Apply nitrogen to winter wheat before the end of February to be sure it is fertilized before late tillering. Rapid N uptake begins at jointing (Feeks GS6).

Continued on Page 13

WINTER 2025 OSU EXTENSION SEED AND CEREAL CROP PRODUCTION MEETINGS

Field Crops Extension Weed Science Program: Introduction and Updates

Victor Ribeiro – OSU Weed Extension Specialist

Straw Decomposition in Grass Seed Fields and What it Means for Soil Carbon

Jennifer Moore — USDA ARS Soil Scientist

Oregon Pest Monitoring Network and Insect Pest Management Updates

Seth Dorman — USDA ARS Entomologist

Management of Seed Gall Nematodes in Grass Seed Systems

Hannah Rivedal — USDA ARS Plant Pathologist

Vole Management Efforts in Willamette Valley

Josh Twining — OSU Small Mammal Population Ecologist

Dana Sanchez — OSU Extension Wildlife Specialist

Genetic, Fluorescence, and Grow-out Tests to Distinguish Between Annual and Perennial Ryegrass

Sabry Elias — OSU Seed Scientist

Two ODA Pesticide Recertification Credits Anticipated

Roth's Hospitality Center

1130 Wallace Rd, West Salem

Tuesday, January 7th

8:30 a.m. – Noon

Linn County Fair and Expo

3700 Knox Butte Rd, Albany

Tuesday, January 7th

1:30 p.m. – 5:00 p.m.

Forest Grove Elks Lodge

2810 Pacific Ave, Forest Grove

Wednesday, January 8th

8:30 a.m. – Noon

Please register at <https://beav.es/GYy>

Registration Help: Call Laurie Gibson at 541-248-1088

General Questions: Christy Tanner at 541-570-5642

Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Accommodation requests related to a disability should be made by Thursday, January 2nd to Christy Tanner at 541-570-5642 or Christy.tanner@oregonstate.edu.



Oregon State University
Extension Service

Upcoming events

- OSU Extension Seed and Cereal Crop Production Meetings – 2 ODA pesticide credits available. Register at <https://beav.es/GYy>
 - Roth's Hospitality Center (1130 Wallace Rd, West Salem), Tuesday, January 7, 8:30 a.m. – Noon
 - Linn County Fair and Expo (3700 Knox Butte Rd, Albany), Tuesday, January 7, 1:30- 5 p.m.
 - Forest Grove Elks Lodge (2810 Pacific Ave, Forest Grove), Wednesday, January 8, 8:30 a.m. – Noon
- Oregon Mint Growers Annual Meeting – January 9 & 10, 2025 at the Salishan Resort, Gleneden Beach, OR. Visit oregonmint.com for more information.
- Oregon Ryegrass Growers Annual Meeting – January 15, 2025 at the Linn County Fair and Expo Center, Albany, OR. Register at oregonryegrassgrowers.com
- Oregon Clover Growers Annual Meeting – January 29, 2025 at the Wilsonville Holiday Inn at 9:00 am.

South Valley Field Crop Notes

Continued from Page 12

- Try to complete post-emergence grass and broadleaf control herbicide treatments on winter wheat before wheat jointing (~March 1). Refer to individual product labels or the PNW Weed Management Handbook for specific information on application timings.

Clover

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

Mint

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

Meadowfoam

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



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Commercial Agriculture Tree and Small Fruit

Cultural Practices to Manage Pests in Orchards during Winter

By Erica Chernoh,
OSU Extension Service

The winter months are an important time to scout and manage pests in orchards. Using monitoring and cultural practices now will help prevent and lower pest populations in the spring and summer and reduce the need for pesticides.

You should be regularly monitoring your trees throughout the growing season to look for signs and symptoms of insects and diseases. Spotting these issues early can reduce their impact. Winter, after the leaves have fallen and the tree is dormant, is a good time to monitor your tree or orchard. Some symptoms, such as cankers, are easier to spot in winter months when there are no leaves on the tree. Cankers are dead, collapsed areas that can form on branches or the main trunks of trees. Dead, diseased and damaged wood can also be easily scouted and pruned out during the dormant season.

Pruning is an important practice not only to maintain the structure of the tree to support a heavy crop load, but also for disease management. Pruning will open up the canopy of the tree to allow for more sunlight and air circulation. An open canopy allows leaves, stems, and fruit to dry out quickly after a spring rain, and reduces moisture and humidity within the canopy, making

the conditions less suitable for pathogens. Pruning to open up the canopy for air flow is an important management tactic for apple scab (*Venturia inaequalis*), a common disease of apple trees west of the Cascades. Scab is a fungus that causes lesions that develop as olive green to dark brown to black velvety spots on leaves in the spring. Spots on fruit will start as small black spots that eventually turn brown and cork-like with age. In the winter, scab can be managed by pruning to open up the canopy of the tree to improve air circulation.

Pruning is also used to remove dead, diseased or damaged wood from a tree or orchard. Pruning out and destroying diseased wood removes a source of the pathogen in the tree or orchard.

Cankers, a common symptom of several diseases that can be hard to distinguish in the field, should be pruned out. For example, pruning is commonly used to manage Eastern Filbert Blight in hazelnuts, bacterial canker in cherry, peach and plum, anthracnose in apple, and cytospora canker in apple and stone fruits, among others. Eastern Filbert Blight (*Anisogramma anomala*) in hazelnuts can be managed by pruning out any infected branches 1 to 3 feet below the cankers prior to budbreak. Anthracnose (*Cryptosporiopsis curvispora*) is a fungal

disease of apple trees that causes cankers on twigs and branches and a rot on apples that is commonly referred to as Bull's-eye rot. The cankers start as small, round, reddish-brown spots on the bark. The spots grow and become elliptical, sunken and turn brown. Eventually the dead tissue falls out, leaving behind shredded wood, often referred to as 'fiddle string.' Pruning out infected twigs and branches is an important management practice for anthracnose. Stone fruits (i.e. peaches, cherries, plums, and nectarines) are highly susceptible to bacterial diseases, such as bacterial canker. Bacterial canker (*Pseudomonas syringae* pv. *syringae*) produces sunken cankers on the trunk, scaffolds and twigs, and amber colored ooze (or gum exudation) that emerges from infected branches and twigs. Small, sunken cankers should be pruned out and destroyed. Bacterial canker can be spread through pruning wounds, so wait for a week of dry weather in the forecast or wait until summer to prune out infected branches. There are several pathogens that cause cankers in fruit trees, if you find cankers on twigs or branches, prune them out and burn or dispose of the infected wood.

When winter pruning, try to avoid pruning when extremely cold or wet



Cankers caused by anthracnose



Bacterial canker and gum exudation on a peach tree

weather is in the forecast. Rain can spread bacteria and fungi. Pruning in dry weather reduces the spread of inoculum, and ensures pruning wounds have time to heal before the next rain. Always use clean, sharp tools, and sterilize your equipment between each tree. If removing diseased wood, it is best to sterilize your tools between cuts. Sterilize your tools by soaking them in rubbing

alcohol for about 1 minute, and then wiping them off with a clean rag.

Another important cultural management practice in winter months is orchard sanitation. If you had disease issues in the tree or orchard the previous season, remove and dispose of fallen leaves and debris or any rotted or mummified fruit that remains in the tree. The leaves that fall from the tree in the autumn often carry spores or bacteria that can overwinter in the orchard and be carried by wind or rain to healthy trees or tissue. For example, the spores of apple scab can overwinter on dead leaves and fruit left on the ground, so raking up and destroying fallen leaves and fruit prevents spread of the disease. For large orchards, fallen leaves and fruit can be shredded with a flail mower so that they are broken into smaller pieces that decompose quicker.

When working with diseased trees, burn or dispose of pruning debris, fallen leaves, and fruit mummies. Continue to monitor the tree for symptoms and prune out diseased and dead limbs when detected. While pruning and orchard sanitation will not cure the disease, these practices will significantly reduce the source of the disease inoculum and prevent the spread and incidence of new infections on healthy trees or tissue.

Linn Soil and Water Conservation District

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Grass seed: A crop of conservation

By Kevin Seifert, Linn SWCD

Every year I hear complaints from bureaucrats and environmentalists about the number of acres in the Willamette Valley used for grass seed production. That the land should be used to grow food. That lawns are outdated.

The fact is grass seed mimics the natural landscape of wet prairies that this area contained historically better than any other crop we grow.

There are many types of grasses grown for seed in the Willamette Valley. These tend to be lumped into what the end use would be. For this discussion we will lump them into turf and forage species of grasses. Many of these seeds are used for stabilization of soil, around our homes, to prevent erosion during flooding events, food production for cattle and sheep (grass fed production of meat is the largest growing sector in food production currently) and as cover crops to limit nutrient run-off in the grain and corn belt of the United States. Grass seed is also the largest carbon sequestering crop currently grown in the Valley, which makes it a carbon negative crop when it comes to pollution.

Most of the grass seed production in Linn County is done on class 3 and 4 soil types, which generally cannot produce many other crops because of our annual rainfall amount and the timing of those rains. Historically, those fields were

used to grow hay or ladino clover for dairies. Dairy production has been limited in the Valley and has moved their operations to other areas that can grow it more economically.

Grass seed became a more viable option in the 50's and has grown to be in the top ten for annual sales in agricultural products in Oregon. Our unique growing conditions that allow us to dry the seeds in the fields during our summer months lead to industry leading germination rates and amazing purity samples that makes us the "Grass seed capital of the world."

Farming is a global industry that is rooted in sustainability. The core of sustainability is profitability. The green revolution of the 70's and 80's where profitability came from genetics and increased acreage has gone to technology. Farmers are constantly mapping fields for the best usage of inputs. Input costs have gone up 300 percent in the last few years in agriculture, so, you must look for that leading edge to remain profitable. The days of cannery crops are disappearing from our local area. Our inability to do multi-crop production fields and the limit in the size of our fields because of topography has moved vegetable crops to Eastern Washington and Oregon, New York, and Michigan. Some of these areas can grow two crops in one growing season.

Machinery for production is growing to meet global demand. Combines and



Grassed drainageway provides filtration and erosion control.

tractors that used to cost 60-70 thousand dollars, are now reaching the 1.5 million dollar mark. Efficiency has increased and the amount of technology in these machines is staggering.

There are still other crops being grown in the Valley. You would be surprised to realize how many acres in the heart of the Valley do not have irrigation capabilities. So, this limits farmers to dryland species of seeds and grains. In areas where row crops used to grow you will see a plentitude of nut trees and berry crops. Hazelnuts and Blueberries take the lion's share of those acres. There is also quite a bit of vegetable seeds being grown. Crops grown for seed and used in the cover crop industry or pasture blends eat up the remaining acres. There is a requirement of isolation from similar species that sometimes ends up being a five-mile isolation. This reduces the number of acres that can grow seed crops dramatically. For disease reasons, some of these crops

have a disease rotation of 7-12 years. An average spinach seed farmer would need 1,000 acres to continually grow his crop. Grass makes an excellent rotational crop. It sequesters the remaining nutrient from the previous crops, so it doesn't enter our groundwater or surface water (which is the majority of the drinking water in the Valley) and leaves the farmer with a rotation on herbicides, so we don't end up with problematic weeds like they have in the Midwest that are resistant to any way of controlling them except hand weeding.

If it was more profitable to grow a different crop besides the seeds you see from your car on the freeway, local farmers would be growing them. There are many niche crops being grown. Most of them have limited markets. There was a big interest in straight consumer grains. 1200 acres would more than supply their needs. With 900,000+ tillable acres in the Willamette Valley this is

hardly enough of a market to be sustainable. It takes diversity to keep everyone in Agriculture in business. Having all your eggs in one basket isn't the best option. Your constituents will be happy to know that 385,000 acres (give or take) were in wheat production this year. So, the Valley is growing "Food" or what the public perceives as "Food."

I would like to point out the grass seed residue is a huge fiber market and is on the way to being used in gasification plants to make renewable energy to heat homes and help replace or subsidize natural gas. Not everything is what it seems on the surface, and we do have an ideal growing region for these crops that is quite unique and should be celebrated for what the industry pays for in tax revenue to support the things you like... such as roads, schools, police and fire departments.

Oregon is still an Agricultural Product State. Food and Fiber are still our number one economic drivers. I'd like to end the year with a thank you to the conservationists I call farmers that manage the lands that produce food and fiber, keep our drinking water clean, and support a thriving wildlife landscape that everyone from birdwatchers to hunters enjoy.



4-H Dinner and Awards Celebration for 2024



Michelle Robinson with Furniture Share with Selah and Caden



Debra Christianson and Selah Wright



Kim Calvery and Selah Wright



Michelle Bristow and Caden Foley



County Medal Award Winners Maddy Ankerstjerne, Caylee Arp, Caden Foley

PHOTOS BY ALEX PAUL

The annual Linn County 4-H Awards Banquet was held November 7 at the Linn County Fair and Expo. The evening honored the hard work and accomplishments of our 4-H members and volunteers. Their commitment to learning, leadership, and community service has been truly inspiring.

We recognized our Volunteers of the year. The “Outstanding 4-H Volunteer Award” was presented to Kim Calvery. She has spent the last 23 years as a volunteer in Linn County. Kim has been involved in the horse, art, and photography projects and is picking up sewing this year. She has been a volunteer with Clever Clovers for the past five years. Kim has been a superintendent for the horse project and is currently working as a county superintendent in the static area for multiple projects. She can often be

found helping out at county workshops and our annual record book check. She is very patient, even when teaching record books. And she’s never afraid to try something new.

We were excited to celebrate our “Outstanding Newer Volunteer” Michelle Bristow. Michelle has jumped into our program with both feet. She took on a struggling swine project and has produced a cohesive learning group. Her leadership skills and innovative teaching style have brought fun back into learning. Michelle willingly seeks new opportunities to serve at the county level.

We also formally recognized our many volunteers by awarding them pins for their years of service to the 4-H program. It was an honor to recognize Debra Christensen for her huge commitment to 4-H for the last 50 years, not just in our county, but in

Yamhill County and the State.

We honored a business partner whose focus on the community has made an impact on our members and our local community. Furniture Share is a non-profit business that helps veterans and low-income community members in need. One of the ways they help is by providing nutritious food baskets to community members that need them. The last 2 years, Michelle Robinson, the executive director, has applied for grants and used those grants to purchase several 4-H market animals. In turn, the meat from those animals goes into the food baskets and back into the community.

Record books are vital for showing growth in learning. Good record keeping gives us a chance to reflect, guiding us towards even greater accomplishments. Exceptional record books

can become a gateway to other 4-H opportunities at state and national levels. They are the foundation for scholarship applications. Record keeping builds life skills such as organization, responsibility, and commitment, preparing us for a successful future. The records that are submitted each fall are read from end to end, checked for completeness, and examined for proof of self-reflection by an independent judge.

Some members took the opportunity to apply for county medals, which allow them to compete with other record books within their project areas. Congratulations to our 2024 County Medal winners!

- Madelyn Ankerstjerne – Rabbits
- Caylee Arp -Horses
- Caden Foley – Foods
- Emily Kinkade – Forestry
- Haley Tye – Forestry

Our Judges Choice Record Books are chosen based on qualities that go beyond the required information. The book often has stories, pictures, and additional information that show exceptional attention to the member’s experiences. The Judge’s choice’s awards were given to Emily Kinkade and Avery Southard.

We also had our annual dessert auction. Many of our 4-H teen Ambassadors made yummy desserts to auction off to each table of participants. The money donated went into our 4-H funds to support more opportunities for our members.

This new year brings us a chance to watch for community partners, volunteers, and 4-H members that go above and beyond and show our appreciation for all they do at the next banquet.

New Projects, New Skills

Members in 4-H are gearing up for another year of showcasing their projects. A new year means new projects to explore or deeper learning of an existing project. Linn county 4-H members learn new skills through many ways, including attending 4-H meetings, county workshops and through their own research and studying.

We have a group of horse members that have been studying horse knowledge and practicing their judging skills since early

October. These youth are not only learning more about their project they are also preparing for local and state competitions later in the spring. Our goat project members had the opportunity to attend a workshop put on by the goat superintendents. Topics included general goat husbandry, proper housing, and planning for breeding and kidding.

Looking forward, some of the workshops our members will be participating in are Goat Milk Soap Making,

Crocheting, Legos, and many more.

Learning materials can be purchased, copied, and borrowed from the OSU Linn County Extension office. We have animal kits that leaders can check out that include games, study guides, and charts for specific animal species. Jody Hill, our 4-H admin support, can make copies of advancements, lessons, pages from breed Standards, and loan out educational publications, often for free.



New archery club gets instruction on their bows.



A Cloverbud learns about table setting at a recent class



Caden Foley demonstrating proper ways to plant different plants.



4-H members practicing new skills with their horses.



Youth had the opportunity to make an assortment of crafts at the 4-H Holiday Crafts day with help from the Linn County 4-H Ambassadors.

Ambassadors are Staying Busy

Linn County 4-H Ambassadors hosted the 2024 Winter Craft Day for other 4-H members in our community. This group of 7th to 12th graders picked out crafts that they wanted to teach to other members, determined the supplies that were needed, and then facilitated the Craft Day. We had more than 25 youth come and enjoy making crafts to take home

and share with their families.

Our Ambassadors learn new leadership skills to take



Ambassador helps with a craft project at 4-H Holiday Crafts.

back to their own club along with planning county events. In the fall the ambassadors were the hosts of the Celebrate 4-H Dinner and Awards. Coming up in the spring, they are organizing a couple more community service events.

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.

OSU Linn County 4-H Welcomes Cassi Hyde to the Team

By Cassi Hyde

As a child, my dream job had always revolved around education. I looked at my kindergarten teacher and said, "I want to be just like you when I grow up." This dream continued into high school and even college. During the COVID-19 pandemic, I got the opportunity to be a



substitute teacher in the Scio School District. I worked in classrooms that ranged from kindergarten to 12th grade and taught a large variety of subjects. Some of my favorite classes that I got to teach were agriculture, welding, wood shop, life skills, and leadership classes. I never knew exactly where I would fall into the

world of teaching, but with my passion for 4-H and education, I knew that working in 4-H programming was where I wanted to land. As a student worker for the OSU Linn County Extension Service 4-H program, I had the opportunity to help lead the Cloverbud Explorers and County 4-H Ambassador Team. Working with these two programs gave me the opportunity to take what I have learned about

Positive Youth Development and the 4-H Thriving model and put them into practice. I also took on coordinating the Embryology Program. One of my proudest accomplishments so far has been coordinating and teaching an "Adulting 101" workshop series. For this eight-week series, I partnered with community members to offer sessions on common adulting topics. These included self-defense, resume building,

first aid/CPR, financial literacy, and more.

In my new role as an Education Program Assistant, I am so excited to continue working in all of these programs and grow my skills in many other areas! I am also very grateful for the opportunity to grow my skills in the Small Animal and Static 4-H project areas and get a chance to be the lead for these areas!

Benton County 4-H Youth Development

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Benton County Annual Fund Campaign

We welcome your support of the Benton County 4-H program through our annual Benton County 4-H Fund Campaign! This yearly event provides support for the many educational activities offered to local youth through the 4-H program. Donations are now accepted online. Please visit <https://beav.es/BENTON4HDONATE>

Any contribution is greatly appreciated! If you have donated in the past, we greatly appreciate your support! Your contribution helps our program focus on positive youth development for Benton County youth.

Horse Bowl

Benton County held a 4-H Horse Bowl Contest on December 5. Horse bowl is a quiz bowl/Jeopardy-style contest where contestants are asked questions to test their equine knowledge and must “buzz” in before answering. The 14 participants were excited to be able to compete in person! This is the qualifying contest to enter in the Statewide Spring Classic competition held in Spring, 2025.

National 4-H Hall of Fame Inductee from Oregon

Benton County was represented at the national level when Dr. Beverly Hobbs was inducted into the National 4-H Hall of Fame during the National Association of Extension 4-H Youth Development Professionals conference in Boise, Idaho.

During her fifteen years as a 4-H specialist at the State 4-H Office, Hobbs increased participation of Latino youth in Oregon 4-H by 400 percent by creating more culturally responsive programming for these youth and their families. Her practices were adopted by other states through her individual state consultations and national teaching workshops.



Beverly Hobbs

In addition to her strong work in Latino outreach, Beverly helped develop the program now known as the 4-H Cloverbuds. This is the program for youth aged 5-8 years in which they explore a variety of 4-H projects in a safe, non-competitive, and age-appropriate environment.

She retired in 2009, but Beverly's work has left a lasting legacy, not only Oregon 4-H, but across the nation. Dr. Hobbs was recognized for her national induction at the OSU Extension Association annual conference in December.

2023-2024 Awards Program

The 71st Annual Benton County Awards Program was held on Wednesday, November 13. It was a time to celebrate the accomplishments of Benton County 4-Her's and acknowledge the contributions of our 4-H members and leaders from this past 4-H year which ran from October 2023 through September 2024. Congratulations to our amazing 4-H members, leaders and families. It is truly a privilege and an honor to work with each and every one of you! Here are the Award Recipients.

County Medal Awards

4-H County Medals are awards that can be earned in many different project areas by youth in 7th-12th grade. The recipients of these awards have been selected based on their strength in project work, leadership, and involvement and service to their community.

- Payton Bates, Achievement
- Ace Bozievich, Cavy
- Daven Cleveland, Archery
- Falon Cleveland, Leadership
- James Deaton, Achievement
- Charley Free, Beef
- Mason Luke, Cavy
- Cameron McLennan, Swine
- Jessica McLennan, Horse
- Matthew Noble, Community Service
- Hayden Somerville, Dog
- Alyssa Weeber, Dog & Fashion Revue
- Kyah Weeber, Clothing & Fashion Revue
- Megan Weldon, Swine

Record Medallion Awards

Record Medallions are given to 4-H members who have turned in top performing record books. They are acknowledged across all program areas.

Junior Division: Ayla Adkins, Olivia Onderko, Elizabeth Rogers, Sienna Smith, Ashlyn Terry



Benton County 4-H Outstanding Senior Finalists being recognized at the Awards Banquet

Intermediate Division: Daven Cleveland, Falon Cleveland, Charley Free, Matthew Noble

Senior Division: Payton Bates, Ace Bozievich, James Deaton, Makayla Lillie, Mason Luke, Jake McGaughy, Cameron McLennan, Jessica McLennan, Lane Schell, Kyah Weeber, Megan Weldon

New Junior Leaders

Junior Leaders are 4-H members in 7th-12th grade who mentor younger 4-H'ers and take on additional responsibilities for their club program.

Daven Cleveland, Ashley Dukes, Josie Essner, Charley Free, Ella Hammonds, Hailey McKinley,

Izzy Moss, Matthew Noble, Lucas Pindell, Hayden Somerville, Mackenzie Straub, Lexus Winn

First Year Teen Leader Pin

Teen Leaders are 4-H members who are equal partners with adult volunteers and help organize their 4-H club. Ace Bozievich, Makayla Lillie, Jake McGaughy, Brooke McKinley, Cameron McLennan, Jessica McLennan, Lane Schell, Megan Weldon

Outstand Leader Awards

The following leaders were nominated and selected to receive the Outstanding

Leader Award in recognition of their excellence in leadership and programming in their respective program areas:

- Betty Collins, Family & Consumer Science, Arts & Sciences Project
- Belinda Bylund, Cloverbuds Project
- Jennie Luke, Associated Projects
- Billy Terry, Horse Project
- Jack Noble and Diane Noble, Large Animal Project
- Sherrie Deaton, Dog Project
- Chantelle Onderko, Small Animal Project

Cooperator Award

The Cooperator Award is given in recognition of individuals, businesses, or organizations, who make a major contribution to the Benton County 4-H program.

This year's Cooperator Award recipients are: The Loesch Family for the K-LO Open Golf Tournament, and Doug Covey, Benton County Fairgrounds.

Outstanding Members

These 4-Hers were selected by the Scholarship, Awards and Recognition Committee to interview for the title of Outstanding Intermediate or Senior division 4-H member. They were selected based upon their overall excellence in their 4-H careers.

Outstanding Intermediate 4-H member Finalists

- Falon Cleveland – Awarded
- Matt Noble – Awarded
- Daven Cleveland – Runner Up
- Charley Free – Runner Up

Outstanding Senior 4-H member Finalists

- Jessica McLennan – Awarded
- Kyah Weeber – Awarded
- Payton Bates – Runner Up
- Makayla Lillie – Runner Up

4-H Grows Leaders - Chloe Hendrickson

One of the developmental goals for 4-H members is leadership. This can start as simply as leading the pledge during a club meeting. However, over years of growing in their project and developing life skills, a 4-H member's leadership skills also have opportunities to flourish.

There are several opportunities to help youth grow in their leadership skills offered at the county, state, and national levels. At the county level, Benton County 4-H offers training for Junior Leaders and Teen Leaders, encourages youth to apply for the County 4-H Ambassador program, and provides countless opportunities for leadership within their club.

For those who want to take the next step in their leadership, Oregon 4-H has the chance for youth to participate in the State 4-H Ambassador team, help in roles at State Fair, become camp counselors, and serve on planning committees and other statewide roles. There are also state awards

offered for several categories, including leadership for both Intermediates and Seniors.

Beyond Oregon, there are ways that 4-H members can continue to grow in their leadership at the national level. National Congress and National Conference are two of the best-known ways that older 4-H youth can continue their leadership journey. National Congress is a youth conference held in Atlanta, Georgia in November each year and provides the chance for delegates to attend sessions, hear incredible speakers, participate in service opportunities, network, and learn how to better help their communities. National Conference is held in the spring in the greater Washington D.C. area and provides a platform for older 4-H youth to learn about youth voices in civic engagement, practice their



leadership and problem-solving skills, meet representatives, and network.

This year, we had Chloe Hendrickson attend National 4-H Congress in late November. Here's what Chloe had to share about the experience: "I am so grateful to have had the opportunity to attend National 4-H Congress. I connected with many incredible people, learned new leadership techniques, and explored the different cultures in our nation. I was able to make countless memories I'll never forget! I got to hear some wonderful motivational speakers and attend informative workshops as well. My favorite part was bonding with the other delegates from Oregon! I couldn't have asked for a better finish to my 4-H journey!"

No matter where a 4-H member is at in their leadership journey, 4-H is here to support them and help them grow.

Record Keeping - an Essential 4-H Life Skill!

An essential life skill that we teach in the 4-H program is record keeping. You'll often hear 4-Hers refer to the "record books" that they've been keeping since they began their 4-H career. Learning how to keep records is both an art and a science. While there are foundational pieces of information that need to be kept in 4-H records, there is also room for 4-Hers to personalize their 4-H stories and photo pages.

Record keeping teaches 4-H members about

accounting, reporting, and written communication. Furthermore, members who keep record books are eligible for 4-H scholarships, travel opportunities, leadership positions, and awards at the county, state, and national levels. Many employers look favorably on applicants with a 4-H background, particularly if they can support their 4-H experience with their detailed records. Down the road, record books provide an invaluable personal history and memory book to look back on.

Record keeping is a fundamental part of a member's 4-H experience, and we encourage all 4-H members to attend our annual Records Workshop, which will be held on Saturday, February 8, 2025 from 9 a.m. - noon at the Benton County Extension Office. New and returning youth will learn new and helpful tools to complete records more efficiently. There is no cost to attend! Registration details will be sent to 4-H families.

Burnout in the Workplace

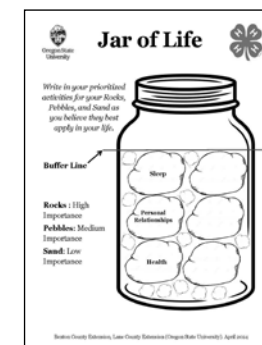
The Benton and Lane 4-H faculty team had the opportunity to present at multiple state and national conferences for a topic that is extremely pertinent in Extension, but also to any working professional. Burnout.

Over the last four decades, research on professional burnout has become more prevalent within Extension and 4-H, as seen in studies and written work featured in the Journal of Extension, the Journal of Youth Development, and the 4-H Professional, Research, Knowledge, and Competencies Guide (PRKC). The research showed that burnout has increased in professionals in these fields, and primarily affects young, single women. Although these studies were focused on specific professions, burnout has increased drastically across the wider workforce according to the American Psychological Association. Their 2021 Work and Well-being survey showed 3 in 5 employees surveyed reporting negative impacts of work-related stress including a lack of interest, motivation, or energy (26 percent); cognitive weariness (36 percent); emotional exhaustion (32 percent); and physical fatigue (44 percent). This was a 38 percent increase since 2019 (Abramson, 2022).

In the presentation the team gave, burnout was identified by the World Health Organization as an occupational phenomenon, rather than a disease. It is characterized by feelings of energy depletion or exhaustion, increased mental distance from one's job, feelings of negativism or cynicism related to the job, and/or reduced professional efficacy.

For those in service-oriented professions, one of the struggles with balancing work with life is that the majority of your time may be spent serving others. A survey completed by 4-H professionals in Oregon showed that they feel they spend less than 25 percent of their time taking care of themselves during the day and more than 75 percent taking care of others. As the saying goes, you can't pour from an empty cup, so it is critical that employees make the effort to balance and protect their time.

In order to protect our time and create boundaries, the



Continued on Page 20

Junior Leadership Opportunities

Youth grades 7th-12th have numerous opportunities to sharpen their skills in leadership, communication and more! The focus for 4-H Junior Leaders is to build skills and gain confidence while helping clubs succeed. Junior Leaders work with adult leaders to plan, organize, teach, and lead activities within their club environment and beyond.

Junior Leader training is open to all youth in 7th-12th grades who want to expand their skills. The training will be held on Saturday, February 8, 2025, from 1-3 p.m. at the Benton County Extension Office. Registration is required, and there is no cost to attend. Youth do not need to attend this training more than once in their 4-H career, unless they would like a refresher or more ideas to sharpen their skills. One adult leader must accompany and attend training with the registered member. Registration details will be sent to 4-H families.

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.

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OSU Extension Service | Forestry & Natural Resources Program

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- 2/13 Fire Ecology & Soils
- 2/20 W. Cascades & Coast Range Forests
- 2/27 Oregon's Dry Forests
- 3/6 SW Oregon Forests
- 3/13 Eastside Moist & Sub/Alpine Forests
- 3/20 Sagebrush Ecosystems
- 3/27 Oak Savannah & Woodlands

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Burnout in the Workplace

Continued from Page 17

presenters shared the “Jar of Life.” This was a tool created to show a visual of the priorities in both personal and professional life. The jar consists of rocks (high priorities), pebbles (mid-level priorities), and sand (low priorities). For the presentation, three of the rocks were pre-filled with sleep, personal relationships, and health (physical, mental, emotional, spiritual, etc.). The team saw these as overarching themes that could apply to a wide range of high priority needs for the audience. From there, the session participants were free to fill in their remaining rocks, pebbles, and sand with the priorities in their own life. They were then encouraged to display this jar visual in their workspace. It could be used as a reminder for themselves or their colleagues not to add to their jar when they're at full capacity already. However, a full jar doesn't allow for any flexibility if a high priority came along that needed to go in the jar. So, the jar that the audience received had a buffer zone to allow for that flexibility. That was a key component to the tool to avoid being constantly overwhelmed by work.

In order to create these boundaries, session participants were encouraged to learn how to professionally say “no” to taking on more than they have the capacity for. This takes practice since many struggle with the skill. To make this change a norm in the workplace, it needs to be celebrated when colleagues say no because they are protecting their boundaries. As one of the participants shared in the national 4-H conference session, when you say no to an opportunity, you're actually saying yes to something else down the road, even if that is saying yes to yourself.

Lastly, the session encouraged participants to find resources their workplace provided and utilize their networks, both personal and professional.

Although the session was geared towards 4-H and Extension professionals, the findings and tools apply to anyone struggling with burnout. It is a tough road to get out of the burnout rut, but it can be done with effort. As Jana Kingsford said, “Balance is not something you find, it's something you create.”

Abramson, A. (2022, January 1). Burnout and Stress Are Everywhere. American Psychological Association; American Psychological Association. <https://www.apa.org/monitor/2022/01/special-burnout-stress>