

Without chemicals Controlling insects in the garden

Gardeners who do not want to use insecticides have a number of cultural practices available to reduce the damage caused by insect attack.

Non-chemical insect control means accepting a certain amount of insect damage and usually involves additional labor to achieve control.

Also, planting a larger garden to obtain the necessary yield to offset insect losses is wise.

1. Avoid or restrict the planting of insect-susceptible crops. White grubs, wireworms, cabbage maggots, onion maggots, and other soil insects cause damage to tuber and root crops (i.e. potatoes, carrots) and to cole crops (radishes, cauliflower, cabbage, broccoli, turnips). Beans, peas, chard, spinach, squashes and cucumbers are

more insect tolerant.

2. Fertilize, cultivate, and water well to induce healthy growth. Insect injury is less damaging on a healthy plant. Plant vegetables at the recommended times so they can get a healthy start. Insect attacks on cole crops may be lessened by planting them in early spring and again later in the summer.

3. Use interplantings (as opposed to solid plantings of a given species) to isolate insect infestation and reduce damage.

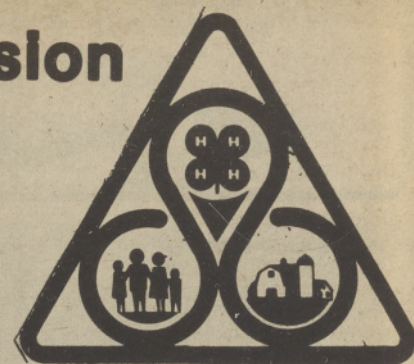
4. Handpick and destroy pests when feasible by knocking them from foliage into a bucket containing a mixture of water and kerosene or oil. A strong stream of water will temporarily wash away some insects. Also, a simple spray of soap or detergent can reduce some insect infestations.

5. Use of hot caps. They not only preserve heat and prevent wind and hail damage, but also ward off early insect attack.

6. Practice good sanitation. Many garden insects overwinter in plant debris. Spade under old plants, such as spinach, lettuce, and cabbage, during the summer, or add them to your compost. Immediately dispose of cull onions as the onion maggot will continue to breed in them. As soon as a garden plant is no longer producing, spade it in or put it in the compost pile. Eliminate weeds and volunteer plants; they harbor many pests, particularly aphids.

8. Pyrethrins, rotenone and elemental sulfur are naturally-derived insecticides which may be acceptable to some gardeners.

Extension Notes



from Pennie Little
and Clint Jacks

Buy hay early

Don't wait until late this year to purchase winter feed supplies for livestock. With the record high prices last year and no carryover, hay may again be expensive and scarce.

First cutting alfalfa has been contracted for 80-90 dollars per ton. This has set the price of most first cutting alfalfa. Depending on the quantity produced the price may go up or down. Although it's not expected to go below 70 dollars

per ton.

Another unknown factor is the ash damage in eastern Washington from St. Helens. It's been reported alfalfa fields are being plowed up as a result of the ash. This may put pressure on the Central Oregon hay crop and merelose prices.

Livestockmen should contact their hay suppliers early this year to adequately obtain their winter feed needs.

Share your skills be 4-H food preservation leader

Sharing your skills with youngsters is fun and rewarding, both for them and for you!

Food preservation is practical and useful project in which the members learn:

- (1) how to preserve foods safely.
- (2) how to use preserved foods in meals, and.
- (3) various techniques of

canning, freezing, and drying foods.

Members are also encouraged to share what they've learned with others, perhaps by preparing a meal for some friends or by entering an exhibit in the County Fair.

As a leader you would be provided with an easy-to-follow Leaders' Guide which

gives examples of meeting outlines for one project year and suggests discussion topics, activities, and references. You may want to adapt these ideas to fit your own plans. There are also a number of handouts for the members covering the topics outlined in your own Leaders' Guide.

If interested contact Pennie Little in the Extension office.

Preservation programs scheduled

Six, noontime, how-to preservation programs are planned for July 8-10 and 22-24 in conference room 2 at the new administration building. The

topics to be covered are water bath canning, canning, canning fish, drying food, freezing, pressure canning knowhow and jams and jellies. Warm

Springs extension agent Pennie Little, will be available to answer questions and supply how-to publications.

4-H Camp news

Ten Warm Springs youth attended 4-H Summer week June 9-13 at Oregon State University Campus in Corvallis. Each day was filled with special interest classes, as well as organized sports activities. Summer week gave each participant a chance to live with, work with and get to

know young people from grew in self awareness and experienced, new ideas and learning situations.

Those participating from Warm Springs were: Luke Sanders, Travis Wells, Raynele Palmer, Tony Van Pelt, Warren Clements, Carshal Brunoe, Leonard and Ted Barney.

Butter vs. Margarine

Contrary to popular opinion, margarine does not have fewer calories than butter, and there is no difference in the calorie content of saturated and unsaturated margarine. "There is no difference between butter and margarine in calories," says Pennie Little, Warm Springs Extension agent. "There are differences between saturated and unsaturated fat, but calories is not one of them."

The same is true for whipped butter and imitation margarine. Whipped butter has air beaten into it. If you use butter

by the tablespoon you will get fewer calories, but ounce for ounce there is no difference in calories.

Imitation margarine has water added to it. You get fewer calories per tablespoon because there is less margarine per tablespoon. "Remember that while whipped butter and imitation margarine are good for table use, cooking with them will give different results than cooking with regular butter or margarine," says Margaret J. Bakke, Oregon State University Extension nutrition specialist.

From IHS

Breast feeding your baby

Breast feeding is the natural way to feed your baby. Breast milk is more easily digested by babies and contains antibodies that help baby resist infections. Breast feeding brings a mother and baby close together emotionally and physically.

Breast milk looks different from other milks. It appears watery and has a bluish color; this is normal. It often takes a few weeks to develop a good milk supply. Feeding baby will set his own nursing schedule. At first baby may nurse as often as every two hours, but later will nurse every 3 to 5 hours.

After the milk supply is well established and you want to have an evening away from home a bottle of formula can be given to baby. If you want, you can express milk from your breast and put in a clean bottle for such occasions.

It is possible to be a working mother and continue breast feeding. Feed baby in the morning before going to work, in the evening as soon as you get home, and just before going to bed. In the middle of the day

to the ladies room and express some milk from your breasts. This will help you be more comfortable and help you keep up your milk supply.

It is important to eat a variety of foods while you are breast feeding. Every day a breast feeding mother needs:

4 or more servings of milk or milk products

If you don't like milk you can use cheese, cottage cheese, or yogurt. Spinach and salmon with bones are also good sources of calcium.

2 servings of protein foods

Meats, poultry, fish, eggs, dried peas and beans, and peanut butter are all good sources of protein.

4 servings of fruits and vegetables

Include a serving of vitamin C rich fruit or vegetable each day. Oranges, orange juice, grapefruit juice, tomatoes, tomato juice, cantaloupe,

strawberries, cabbage, brussels sprouts, and broccoli are all good sources of vitamin C.

4 servings of breads and cereals

Wholegrain breads and cereals are good sources of B vitamins and fiber. Cooked cereal, dry cereal, spaghetti, noodles, macaroni, and rice are included in the bread and cereal group.

W.I.C. is the Women, Infants and Children supplemental foods and nutrition education program. The program is for pregnant women, breast feeding women, and children from birth to age five. You must have a nutritional or medical need to participate in the program. Check with the nutritionist at the I.H.S. clinic to see if you are eligible for W.I.C.

A video-tape on breast feeding can be viewed at the I.H.S. clinic. If you would like to see the tape or have any questions about breast feeding please call Karen Gordon, Nutritionist at 553-1196.

Pruning trees, and shrubs

Like many garden and landscape maintenance practices, the pruning of ornamental trees and shrubs follows a basic guideline. If you have an ornamental plant that needs pruning—prune it.

The season in which the tree or shrub is pruned is not important for most ornamentals. Although flower display of the plant may be affected, proper pruning is more important because it has a direct effect on the plant's long term development.

Ornamental trees and shrubs

should be pruned to adjust them to the conditions in which they are grown and to maintain the health of the plant. Without regular pruning, shrubs may become overgrown and formless. Ornamental plants such as roses are grown best if dead wood is removed by pruning.

Ornamental plants that may require early summer pruning are hedges, heather that has bloomed, dead headed rhodendrons or any ornamental plant that is in need for rejuvenation.