



4-H Summer Week attendees

The following high school students and Extension Service staff represented Jefferson County and Warm Springs at the 1984 4-H Summer Week activities held at Oregon State University in Corvallis, June 11-16, 1984. Front row: Erik Keeton, Madras; David Lucei, Warm Springs; Edward Lucei, Warm Springs; Willis Miller, Warm Springs; Clay Penhollow, Extension Agent, Warm Springs. Back row: Barb Larson, Madras; Trudy Blann, Madras; Sandi Larson, Madras; Diane Rogers, Culver; Mickey Killingsworth, 4-H Leader, Madras.



Clay Penhollow
Mollie Driscoll

Select your fresh produce carefully

Fresh produce should be selected carefully. Here are a few tips.

1. Select fruits and vegetables that are plump, firm and free of blemishes.
2. Consider seasonal specials. "In season" fruits and vegetables are the most plentiful, at peak quality and least expensive.
3. Buy less expensive canned or frozen fruits and vegetables when fresh produce is not in

season.

4. Purchase only quantities which can be stored and eaten before deterioration.

5. Remember deep green, bright yellow or orange fruits and vegetables are good sources of vitamin A. Citrus fruits, deep green vegetables, and potatoes are good sources of vitamin C.

7. Learn flavor, texture and preparation characteristics of many different fruits and vegetables to add interest and variety to your meals.

Western 4-H Round-Up October 10-13, 1984

Any Warm Springs 4-Her who is in the 10th, 11th or 12th grade may apply to attend the National Western 4-H Round-Up.

The conference will be held in Denver, Colorado from October 10 to 13. While meeting and sharing experiences with other 4-Hers, the youths will have the opportunity for: personal

development, leadership skills, development, career exploration, business and industrial tours, banquet speaker discussion groups, attending horse and livestock shows and tours to points of interest.

If interested, please contact the Warm Springs Extension office by Wednesday, July 11th at, 553-1161, ext. 238/239.

How to pick fresh meats

Here are a few tips on how to select meat, poultry and fish.

1. Observe sanitation and refrigeration facilities.

2. Check the labels of packaged items for: name of cut, price per pound, total weight, care, cooking method, number of servings, government inspection stamps, and quality grade markings.

3. Learn the various types of meat and fish cuts—shank, flank, loin, chuck sticks, fillets, cutlets, etc.

4. Determine cost per serving according to the amount of bone and waste. Allow: one-to-two serving/lb. with large amount of bone and waste (shanks, hocks, spareribs, back ribs, short ribs, porterhouse, t-bone, and rib steaks, chuck roast. Allow two-to-three servings/lb with medium amount of bone and waste

(hams, most roasts, dressed fish, poultry, some steaks and chops). Allow three-to-four servings/lb. with little or no bone or waste (ground meat, meat cubes, boneless, roasts, tenderloin, loin and rib chops, flank and round steaks and chops).

5. Allow two-to-three ounces per serving for luncheon meats, frankfurters, and sausages which have no waste.

6. Select money-saving specials whenever possible. Buy specials in quantity if there is sufficient home freezer space. Meat, fish and poultry are least expensive when there is a plentiful supply.

7. Consider the cost of convenience. For example ground meat patties, fondue beef, cut-up chicken, boneless turkey rolls, or canned hams include a labor cost.

Deciding how often to irrigate the garden and how much water to apply each time is not simple. Plants vary in rooting depth and weather may change from week to week.

Frequent watering with a small amount of water can result in excessive loss of water through evaporation without providing moisture to the root zone. The soil surface is most subjected to evaporative forces—wind and heat. Water applied to the top soil surface will be quickly lost without providing the plants sufficient amounts of water.

Each irrigation should provide enough water to replenish what the plants have used plus what is lost through evaporation. It is best to give the garden a thorough soaking and then not irrigate again until

necessary. A thorough soaking usually will require about 1-1½ inches of water for each application.

You can purchase sprinkler gauges which indicate when an inch of water has been applied, or you may merely set a can or drinking glass under the sprinkler. When there is 1-1½ inches of water collected in the gauge, can, or container, the sprinkler should be turned off.

How much water does your sprinkler apply in an hour? Check it out, you might be surprised.

How often water should be applied will depend on temperature and wind velocity. In addition, frequency will vary according to rooting depth. Corn, tomatoes, and small shrubs draw water from the top one or two feet of soil. They

need to be watered to a greater depth but less frequently than lawn grasses and leafy vegetables which draw water from the top one foot.

The time of day when water is applied should also be considered. Irrigating in the early morning is more efficient than any other time of day. Usually there is less wind and lower temperatures in the morning, which means more of the water gets to the root zone instead of being lost to evaporation. Also, diseases that strike the leaves of plants, such as blight on potatoes and tomatoes or bacterial soft rot on corn can be avoided to a great degree by irrigating in the morning. Afternoon watering may leave the plant wet all night, which provides excellent conditions for fungus and bacterial problems.

Standards to compare goods

STANDARDS	TELEVISION	SHOES
Price	Compare prices of competing brands; compare credit cost.	Compare prices of competing Brands.
Intended use	What type of TV do you want; color or Black and white? console or portable? large or small screen?	What type do you want; dress or casual? winter? special use (running, hiking)?
Accessories	Do you want model to connect to video recorder or cable? Do you want remote control? Is table included for portable?	How well do shoes match wardrobe?
Performance	What is the quality of picture and sound?	How well do shoes fit?
Product life	If short-term need, may be worthwhile to lease. If Long-term need, how well made is the set?	How well are shoes made? Will they hold up to probable frequency of wear?
Care	What is probable frequency of servicing?	Any special care instructions?
Safety	Is model approved by Underwriter's Laboratories?	Doesn't apply.
Consumer protection	What warranties are offered? What do they cover? Is an authorized service-center nearby?	What warranties are offered?
Seller services	Are service contracts offered? How much do they cost? Will the seller deliver?	Doesn't apply
Maker reputation	What is maker's history of quality work?	What is maker's history of quality work?

Have your pressure canner checked

Yes, it's food preservation time again! Now is the time to come into the Extension office and get your pressure canner tested, before you're in the middle of a batch of vegetables or meats and wondering if your gauge is accurate.

It takes about 15 minutes

from start to finish to test a pressure canner gauge. Just come into the Warm Springs Extension office and get your gauge tested. This is an important part of canning for safety and should not be ignored.