

Time nearing to start transplants

It will soon be time to start vegetable transplants for outdoor planting in June.

Although vegetable transplants can be purchased, gardeners who grow their own will have a wider choice of varieties.

Tomato, pepper and egg plants require 6 to 8 weeks from seeding to transplanting. To transplant them in mid-May, start the seeds indoors during the March 15-20 period.

The cabbage family, including broccoli, Brussels sprouts, cauliflower, and lettuce develop transplants in four to six weeks. Seeds started in mid-April should be ready for the garden by June 1.

Cantaloupe, watermelon and pumpkins develop transplants in about four weeks. In their case, seeds should be started in early May so that transplanting can take place in June.

Melons and pumpkins do not

withstand transplanting as well as the above-mentioned plants. The harvest season is virtually the same if, instead of growing transplants, melon and pumpkin seeds are planted in the garden itself when the soil is warm enough.

Seeds can be planted in a homemade mix containing equal parts of sand, loam and peat moss. Commercial potting or rooting mediums that are soil-less and sterile may be purchased.

Fill the desired container with a lightly moistened soil mix. A 4-inch flower pot may be seeded with 18 to 20 seeds. Cover the seeds with one-quarter inch of the soil. Then label the pot and place it in a plastic bag.

Tie the bag so moisture does not escape. No further watering is needed until the seedlings appear. Keep the germinating seeds at room temperature (68-75 degrees F). As soon

as plants emerge, remove the bag and expose the plants to a maximum of light.

Cabbages appear rapidly. Tomatoes may take 4 to 6 days and peppers 10 to 14 days.

After initial germination, expose the seedlings to lower temperatures (55 degrees F at night, 65-70 degrees during the day). Unless the soil mix was fertilized previously, weekly applications of a soluble plant food are necessary.

Once seedlings get their first true leaf, it is time to separate them. Carefully loosen the soil around the roots with a dull knife blade and place the plants one by one in 3-inch pots, or space 6-8 plants evenly in plastic or pressed paper baskets. The soil in these containers does not have to be sterilized.

Uniform watering and fertilizing and at least 12 hours of sunlight daily will produce a stocky trans-

plant that gives high production in the garden.

About ten days before transplanting time, expose the plants to cooler temperatures and slightly less water.

A stocky transplant 6 to 8 inches high with dark green color should be the final product.

The day before transplanting, water well with a complete soluble fertilizer. When setting them in the garden, use plenty of water around the roots to be sure they are in good contact with the soil.



The Warm Springs Extension Service provides equal access to all its activities and programs.

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Byrne brings retreat to reservation

Oregon State University president John Byrne and an entourage of vice presidents, assistants and college deans were in Warm Springs April 2 through 5 for their annual presidential retreat.

The purpose of the retreat was three-fold. Those in attendance worked on the plans of action for the university, acquainted those who weren't familiar with Extension with the programs and introduced those who were unfamiliar with central and eastern Oregon to Jefferson County and the reservation.

While here, the group met with Tribal Council and committee members during a luncheon at the Agency Longhouse. Delbert Frank briefly explained the OSU study conducted in the late 1950s. Larry Calica, also representing Tribal Council, challenged OSU to re-establish ties and to proceed with tackling the problems facing the reservation. President Byrne agreed that more work needs to be done in Warm Springs.

The OSU officials, who were accompanied by their spouses, also met with the three central Oregon county courts and commissioners, mayors, press and extension advisory committee chairpeople. In addition, the Warm Springs and Jefferson County extension agents presented information on local program offerings, skill-development philosophies, background information and a general overview of the Warm Springs and Jefferson County areas.

At a dinner on Saturday night, April 4, President Byrne addressed the guests in attendance. Byrne added some humor by proving that the hand is quicker than the eye by making some handkerchiefs disappear.

Byrne noted that "Oregon State University is known as one of the outstanding colleges in the nation today, prestigious in agriculture, forestry, home economics, marine science, engineering and business administration to name just a few. Byrne added that Oregon State



John Byrne, President of Oregon State University, addressing the dinner guests at the Lodge on April 4, 1987.

University stands among the top throughout the country with their experimental work in agriculture, livestock and dairy products. OSU boasts the finest forestry program above all colleges in the nation. Some of the finest forestry technicians come out of Oregon State University.

It has also been proven that all the engineers who come out of Oregon State are the tops in their field and are working all over the world. Another high mark for Oregon State said Byrne, is that all

those who have taken the C.P.A. exam came out with the highest scores. Oregon State is one of the only colleges to receive a grant for Oceanography, and is outstanding in that field. Students from all over the world are enrolled at Oregon State. These are just a few of great things that Oregon State is capable of doing, added Byrne.

The menu for the dinner was salmon and all the trimmings, but the salmon was not as tasty as that prepared at the longhouse for the luncheon the day before.

Energy questions answered

Q. I want to buy a used mobile home and I would like to find one that will be inexpensive to heat. How can I tell how well insulated a home is?

A. Mobile homes built since 1976 have to meet minimum standards for energy efficiency. A heating certificate located inside the home specifies which of three climate zone standards.

Older homes were not required to meet any energy standards. You can discover many of the energy features if you inspect the home:

Double glazing or storm windows are readily apparent.

Look at the windows and doors to see if they have weatherstripping.

Check for settling, which could open cracks for air leaks.

The width of the walls can indicate how much insulation there is. If the wall is less than four inches, check to see if there is any insula-

tion. To do this switch off the electricity and remove a switch plate. Push a wire with the end doubled back between the wall and the electrical box. You can draw some insulation out if there is any. The same procedure at a ceiling light fixture or fan can detect insulation in roof cavity though it will not tell you how much there is.

Someone wanting to sell a mobile home shouldn't object to this inspection and it could save you much money on your heating bills.

Don't neglect asking the former owners how much their heating expenses have been. Yours won't necessarily be the same, but this will give you some idea of what you might expect.

Q. I just bought a new water heater. It was a shock to look at the Energy guide label on it and realize that my family probably spends more than \$400 a year just to heat

water. Are there ways to reduce this expenditure?

A. We'll answer your question with a number of questions. If you answer "yes" to all of them, you probably already are doing everything you can to pare your hot water bills. But if some of your answers are "no," look to those places for savings:

Have you turned down your water heater to 130 degrees if you have a dishwasher, 120 degrees if you don't?

Have you insulated your water heater and hot water pipes?

Have you repaired leaky hot water faucets?

Do you take showers instead of baths?

Have you installed a low-flow shower head or a flow restrictor in your existing shower head?

Do you wash your clothes in cold or warm water, rather than hot, and rinse them in cold water?

Overprotection of parents detrimental

Too much loving protection can undermine an aging parent's self-esteem. The desire to overprotect an increasingly frail parent is natural; however, it's usually the last thing an older person wants or needs.

The goal is to strive for a balance in caring. Don't over-estimate your parents' needs; it can be destructive to both of you. If you assume responsibility for functions that your parent can still perform—even if only with difficulty—you're likely to make your parent angry, depressed, or more dependent. People resent forced dependency.

Don't make assumptions such as

the following about your parent's abilities, feelings, or needs:

1. Mother would be happier if she moved. There are just too many memories of dad in the house.

2. Father should not live alone because he can't see very well.

In fact, Mother's adjustment to her husband's death is likely to be more difficult if she is forced to move from her home. Father may have learned to compensate for his loss of sight. He may function very well in his familiar home environment, as long as family doesn't attempt to "organize his clutter."

Before asking or forcing a parent to make changes in his or her, ask

yourself these questions:

Am I contemplating a protective environment for my parent's sake or my own?

Are the dangers real or would I just feel more comfortable and worry less knowing my parent is safe?

Would I feel too guilty if I let my parent take an occasional risk to live independently?

Although your parent's safety is important, it isn't the only factor to consider in making a decision. Reflect on the type of life your parent has lived and your parent's perceptions of the situation. It is just as important to focus on parents'

Fertilizer needs explained for gardeners

Give gardens a shot

Getting the home garden to grow to the gardener's expectations has a lot to do with fertilizer. The healthy and robust garden is the well-fertilized garden.

Not all fertilizers are helpful in gardens.

Gardeners should avoid using fertilizers mixed with pesticides or weed killers in vegetable gardens. The mix seldom matches the specific soil conditions or controls needed. It's more efficient to apply fertilizer separately from pesticide or weed killers.

Another factor to consider as you choose a fertilizer to meet your needs is how package size affects price. Fertilizer in large bags costs less per pound than smaller packages. Speciality mixes are generally

more costly and often can be duplicated for less by buying the same proportions or primary nutrients in bulk.

Nitrogen is the most expensive ingredient in common fertilizer, but it too differs in cost. Slowly available forms cost more than quickly-available forms. So again, money can be saved by determining what type of fertilizer actually is needed, a quick pick-up or a gradual, longer lasting feeding.

How do you know which fertilizer to buy? Packages of mixed fertilizer must state the guaranteed content of nitrogen, phosphate and potash—in that order. For example, a mixture noted as 5-10-5 contains five percent total nitrogen, ten percent phosphate and five percent potash. These primary proportions.

When applied to the garden, fertilizer is broadcast, banded and sidedressed. Broadcasting means spreading the fertilizer evenly over the garden with a spreader or by hand.

In banding, fertilizer is applied in narrow trenches two inches to the side and two inches below the seed row. Sidedressing is like spoon feeding. You spread a soluble nitrogen along the row a month to six weeks after planting. Irrigation water takes it into the root zone.

Shrubs need it too

Most landscape shrubs respond to spring with a flush of green growth. For those that remain pale and sickly looking a shot of fertilizer is needed.

An application of fertilizer can do wonders for washed-out looking shrubs that have taken a yellowish cast.

Try a fertilizer high in nitrogen, such as 12-4-8 combination. It will put the green back in evergreen

shrubs and will help eliminate stunted growth. Apply at the rate of one pound, or two cups per 100 square feet.

Another cause of pale, washed-out looking evergreen shrubs is lack of magnesium. Magnesium is needed to build chlorophyll.

Chlorophyll gives plants their green color. If the shrub is in a soil low in magnesium, epsom salt or a fertilizer containing magnesium sulfate applied at one-quarter cup per 10 square feet will help.

Epsom salt can be sprinkled on the surface and watered into the soil or can be dissolved and applied with a sprinkler can.

Evergreen and other ornamental shrubs will grow much better through the summer if they are put into a strong healthy condition now.

Hedges that haven't been fertilized in the last two years will benefit from an application of a complete fertilizer like an 8-8-8 combination.

A few words on calories

Calories are a measure of the energy food provides. How many calories you need to maintain your weight depends on how much energy you "burn" or use up.

Contrary to what many women believe, weight control shouldn't mean facing a lifetime of starvation and deprivation. Rather, the best way to manage your weight over a lifetime is to find a balance of proper nutrition and regular exercise. Then maintain your weight—if you go up a few pounds, increase your exercise and cut back on caloric consumption until you're back to the desirable weight.

To determine the number of calories needed to maintain your weight, follow this rule of thumb: For an

adult, moderately active women over 22, multiply your desirable weight by 15 calories/pound. (For example, a woman whose desirable weight is 120 pounds requires approximately 1800 calories a day to maintain her weight.)

To lose weight you must burn off about 3500 extra calories, by dieting and/or exercise, to lose one pound of fat therefore, if you burn off 500 extra calories a day, you would lose one pound in a week. Slow, steady weight loss, one to two pounds per week, is healthier and more likely to be maintained.

Consistent exercise is essential to weight reducing programs; it stimulates body metabolism and firms and tones flabby muscles.

Thatch lawn for greener, healthier grass

If the return of spring gives you the urge to get to work outdoors, tackle the job of lawn renovation, or thatch removal. Thatch is a

It's time to think of camp

It is not too early to be thinking about 4-H camp. Each year Deschutes and Jefferson Counties and Warm Springs take nearly 100 campers to Round Lake Camp for one week of 4-H Camp. Campers have finished fourth through sixth grades and counselors are ninth grade and above.

Prior to 4-H camp, a camp counselor training is held at which time counselors are trained and selected. Leaders are encouraged to urge their older 4-H members to apply to be 4-H camp counselors and to relate 4-H camping opportunities to 4-H members of camper age.

For more information call Joni at 553-1161, ext. 238 or 239.

build-up of old leaves, stems and grass clippings in the lawn.

When thatch gets thick, it has a springy, carpet-like feel when you walk on it.

Thatch can cause many lawn problems. It forms a layer that soaks up water and nutrients, preventing them from reaching the roots of the grass. It harbors weeds and diseases and, because it raises the cutting levels of the lawnmower, the lawn can't be cut to the correct height.

Bentgrasses, bluegrasses and fescues all develop a thatch of dead plants material on the soil surface. Dwarf ryegrasses, on the other hand, are slow to develop thatch.

The tools needed to remove thatch depends on the size of the lawn. A

hand rake should handle areas smaller than a thousand square feet. For larger lawns, a dethatcher can be rented at garden stores to make the job easier and faster.

The following thatching procedures are suggested. First, mow the lawn as low as possible and remove all clippings. Set the dethatcher to slice into the thatch near the soil surface and go over the lawn at that setting.

Remove the debris by raking or sweeping, then use the dethatcher again in a crosswise direction to the first cutting. Remove the debris. Set the lawn mower as low as possible and mow the lawn again. Remove the clippings.

The lawn may look pretty bad by this time, but it will recover.

Did you know that the dollar value of volunteers contributed time is conservatively estimated at \$65 billion! That's right, and there's no better example of success than the Extension Service. A recent study shows 2.9 million people (or one out of every 80 people in the U.S.) volunteer to assist the Extension Service each year. The dollar value of these volunteers time is \$4.5 billion or, more than five times the total budget of the cooperative Extension system.

Who are these people? In Warm Springs and Jefferson County they are 4-H leaders, master gardeners, master food preservers, home economics study group members, family community leadership members and many others. They are often involved in other community organizations and events as well. Extension Service volunteers come in all shapes and sizes, are all ages, some live in town, others live on farms. But always, they are friendly folks who smile a lot because they enjoy what they're doing.

Volunteers—They care enough to give the very best
National Volunteer Week
April 26-May 2

Avoid seconds of high calories foods and gradually cut back on serving size.
Use low calorie versions of foods you like.
Go easy on foods that are high in fat or sugar.
Limit alcoholic beverages.
Roast, broil, boil, steam, or poach foods rather than fry them.

Select lean cuts of meat and trim visible fat.
Eat poultry and fish without skin.
Use spices and herbs instead of sauces, butter, or margarine.
Use lowfat dairy products.
Drink coffee tea without cream or sugar or use lowfat milk instead of cream.