

Grazing in forests may be beneficial to many

Grazing livestock in public and private forest plantations can save thousands of dollars in weed and grass control costs.

Weed and grass control in replanted forest areas is a major concern to forest managers because competition for water and soil nutrients can kill or severely stunt young conifer seedlings, delaying the establishment of the timber stand.

Since it takes 60 years or more for a timber stand to reach maturity, forest managers are anxious to get a new plantation off to a smooth start as possible, which usually means a weed and grass control program for at least 10 years or more.

According to a study in the Siu-law National Forest, controlling weeds manually cost \$115 per acre, while using herbicide sprays costs \$110 to \$143 per acre depending on the herbicide used.

The third alternative is grazing livestock, sheep or cattle, in new

plantations. Done right, it can benefit both the forest and the livestock at a cost of \$10 per acre or less, and in some cases, the grazing may earn income for the forest landowner.

This isn't a new idea, but a lot of the research on grazing cattle in forests has emphasized the nutritional needs of the livestock rather than the needs of trees for relief from weed competition.

An OSU study concentrates on the trees. Called the "Cattle Grazing in Managed Forests" project, it began in 1962 under the leadership of Don Hedrick, Krueger and Marty Vavra.

The project is designed to take a thorough look at the effect of grazing livestock in new forest plantations in both Eastern and Western Oregon over a period of several years.

We've learned that management is a key to success. The numbers of cattle per acre in forest grazing

areas and the timing of the grazing are important factors.

In a portion of the study conducted on Hall Ranch acreage at the Eastern Oregon Agricultural Research Center, cattle were grazed on five-acre plots at the rate of 1.3 animals per acre in reforested areas planted with ponderosa pine, Douglas fir, western larch and western white pine.

Those trees were planted 25 years ago. Observations since then indicate conifer growth is significantly greater in plots grazed by cattle compared to plots where cattle were excluded.

And the grazing was beneficial

for the cattle too. Yearling heifers put on the Hall Ranch forest acreage 30 days of the year had weight gain ranging from 50 to 80 pounds for the one-month period.

The Hall Ranch research also looked into tree seedling damage caused by livestock grazing, or browsing, on trees as well as grasses and weeds.

Observations taken over a period of several years show no increase in tree seedling mortality in plantations where there are cattle grazing. Some seedlings die in all reforestation areas, but we haven't found livestock grazing to cause more seedling mortality.

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by the Warm Springs Office
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Phone: 553-1161, ext. 238 or 239

Solid foods a challenge

Nothing quite pleases a toddler like being able to eat grown-up food. And parents take equal delight in their child's accomplishment. Conquering solid foods, however, takes practice. Until they have all their teeth and are able to chew their food well, children are inclined to swallow certain foods whole. That can cause choking, which is especially dangerous because of a child's narrow airway and underdeveloped ability to cough up obstructing foods. If you are caring for a child under five, the following steps may help prevent choking.

- Avoid giving young children hot dogs, hard candies, grapes and nuts. A study at Johns Hopkins School of Hygiene and Public Health blamed these four foods for more than 40 percent of all childhood food-choking deaths.
- Encourage vigorous chewing—probably the best way is to demonstrate it from time to time.

- Monitor all eating sessions.
- For kids under three, cut up solid foods in small pieces and serve them in small quantities.
- Don't allow kids to eat while talking, running or jumping. And no one—at any age—should eat or drink while lying down.
- Don't let kids toss foods into their mouths or pour small candies from the package into their up-turned mouths.

Brands needed

Any tribal member needing to register a brand for inclusion in the 1989 edition should come into the Natural Resources department, Range and Agriculture office to fill out a registration form. All new brands should be in by May 31, 1989. Brand book will be available by September.

How to prevent wrinkles in your home laundry

Preventing wrinkles from setting in your clothes takes a little work, but it is a manageable task.

In the washer—
Never use less than the medium water level when washing permanent press. Clothes must have room to circulate freely in the washbasket. Avoid overloading. Permanent press loads should be smaller than regular loads.

Use the permanent press cycle, especially if washing clothes in hot water. This cycle automatically provides a cool-down rinse to minimize wrinkling.

Avoid laundering heavy permanent press articles such as work clothes and heavy pants or jackets with lighter permanent press articles such as shirts or blouses.

Proper use of fabric softeners will help minimize wrinkling.

In the dryer—
Always use the permanent press cycle.

Use the proper temperature and dryness setting. Do not overdry.

Be sure to remove clothes from the dryer immediately when the tumbling stops.

Dry only a single washer load; do not combine loads for drying. If only one or two articles are being dried, add a few similar articles, even though they are dry, to ensure proper tumbling.

If an article has heat-set wrinkles from laundering, it should be ironed to restore a smooth surface. If you follow all these suggestions and wrinkling still occurs, the permanent press finish on the garment has deteriorated due to normal wear and laundering. In this case there is little you can do and ironing will be necessary. Some fabrics, even though they are made of no-iron fibers, may require some touch-up ironing. This is especially true if the fabric is woven rather than knit.

Asparagus a tasty, nutritious vegetable

Asparagus is an exotic vegetable of the lily family enjoyed for its delicacy of flavor and nutritive values from ancient times. Known to have been cultivated before 600 B.C., asparagus was propagated by the Greeks, introduced by the Romans to the Gauls, the Germans and Britains. Asparagus was popular in classical times as a vegetable (a potherb) and as having medicinal values—in fact, asparagus was probably a medicine long before it was a food. The second-century Greek physician Galen described asparagus as "cleaning, desiccative and healing." Galen's teachings were law in the Western world for 1,300 years and claims for medicinal benefits of asparagus persist to this day.

Nutritionists know asparagus is

an excellent source of vitamins A and C and for the minerals potassium and phosphorus. A delectable vegetable of diuretic nature, it is very low in calories, averaging less than four calories per spear. A cup of cooked green asparagus has 1,940 units of vitamin A and 4.6 milligrams of iron, a mineral very difficult to amass without taking dietary supplements. It is one of the richest sources of rutin, a drug whose chief value is strengthening the walls of capillaries.

For the best quality, select straight, green stalks with closed, compact tips. Look for spears of uniform size, so all stalks will cook in the same amount of time. Thin, medium and thicker spears are equally tender and flavorful.

To keep its freshness longer, refrigerate asparagus upright in two inches of cold water. Cover loosely.

Wash and snap off stem ends at the point where they break easily. Save for soups.

Steam spears upright with tips extending out of water for five to eight minutes, until tender. Add spears to boiling water, and simmer gently for three to five minutes.

Place asparagus in non-metallic baking dish and ¼ cup water, cover tightly and microwave on high two to three minutes turning once during cooking.

Cut spears diagonally into one to two inch pieces; add to small amount of butter or oil over medium-high heat. Stir-fry for three to five minutes, stirring occasionally.

Check for food freshness, quality

Check your canned goods shelf and freezer after you've finished the spring once-over of your house.

Canned foods should be kept in a cool, dark place and kept clean and dry. Use within one year for optimum flavor and nutrition. Avoid storage near the furnace, water heaters and upper kitchen shelves.

As long as the seal is not broken or cans rusted through, the food should be safe to eat longer than a year's storage; however, the nutrition, flavor and texture will decrease with each year the food is stored.

Frozen foods should always be

stored at 0 degree F. or lower and stored in moisture- and vapor-proof wrap. Improperly wrapped foods will get freezer burn. You can lose as much quality in three months at 15 degrees F. as in one year at 0 degree F.

Meat, poultry, fruits and vegetables can be stored up to one year. Ground and cured meats, cooked meats, fish and breads should be used in three to six months for optimum quality.

Soil from food, perspiration and other organic matter attracts moths. The larvae feed on the soil and, in the process, eat some of the fibers in the cloth, leaving holes in your garment. This happens not only on wool garments but also on synthetics.

To protect clothes against moth damage, use paradichlorobenzene or naphthalene—also known as moth balls or flakes. Or store clean clothes in a sealed container.

Growing vegetables at home in small pots, plots and lots

Whole chickens save you \$\$—

If your recipe calls for boneless breast of chicken, you can save money by buying whole fryers and cutting them up into parts. Bone and skin the breasts and save the other parts for another recipe. If you buy just the whole breast sections, then bone and skin them, you'll end up paying more per pound for the cutlets than if you had bought them skinned and boned in the first place.

Buy the whole chicken and cut it up.

Stock your freezer when chicken is on sale, but remember, whole poultry keeps its quality considerably longer than parts or cooked poultry. Whole frozen chickens last up to one year while frozen parts last nine months. Cooked poultry will only keep for a month.

Learn to use the whole chicken. Wings, back and neck have little meat but they make excellent broth. Cook the broth and freeze it in small containers. Use it in recipes and for lunches. Frozen broth will hold its quality for about a month.

Check around for best prices

Finding low cost materials and supplies for your home sewing business can be frustrating. Some wholesalers may not want to deal with you if your business seems too small.

But don't give up. There are several things to try.

First, sewing publications list supply catalogs that can be very helpful for people with fairly small businesses.

Local retailers may give you a discount for large purchases or may direct you to wholesalers nearby.

Also, the Thomas Register, a directory of manufacturers, is available in many libraries. It lists source of all kinds of products.

Manufacturers usually only want large orders, but you can call them to get a list of local wholesalers who carry their product. This can

be time-consuming, but it will pay off in lower costs for supplies to produce your product.

Unfortunately, where garden space is limited, vegetable selection is also somewhat limited. For instance, growing corn on a balcony may not be practical. On the other hand, tomatoes, peppers, eggplant, carrots, beans, squash, radishes, watermelon, chard and spinach are all good container garden possibilities.

Use dwarf and miniature varieties where available and if they are adapted to local growing conditions. Put vine crops in hanging baskets or train them vertically on stakes or railings.

The amount of sunlight should

determine the choice of crops. Root crops and leaf crops (beets, turnips, lettuce, cabbage, mustard greens) can tolerate light shade. But vegetables grown for their fruits must have at least six hours of direct sunlight each day.

The container can be a bushel basket, metal drum, gallon can, plastic tub, wooden box, flower pot or cut-off bleach jug.

The size of the container will vary according to the crop selection and the space available. Six- to 10-inch pots are good for green onions, parsley and herbs. For plants with larger root systems, such as tomatoes, peppers and eggplant, five-gallon containers are best.

No matter what type of container is used, adequate drainage is a must. Place an inch of coarse gravel in the bottom of the con-

tainer and drill drain holes along the side about one-half inch from the bottom.

Vegetables can be grown from seed, or they can be set in the containers as transplants.

Use a packaged potting soil or composted soil available at local garden centers. These soils make for excellent container gardening because they are light-weight, sterile and drain well. A mixture containing one part each of perlite or peat moss, sterile garden soil and sand can be made at home.

Plant vegetable seeds according to the instructions on the seed package. After planting, soak the soil with water, taking care not to wash out the seeds.

Vegetables grown in containers need to be fertilized regularly because the nutrients will leach out of

the soil more quickly than from regular garden soil. A soluble, all-purpose fertilizer mixed in water is the easiest type to use with container plants.

This type of fertilizer should be applied every third day. Dry fertilizers sprinkled on top of the soil should be applied every three weeks.

Proper watering is also essential. The soil in containers can dry out quickly and daily watering is not unusual. Water when the soil feels

dry. Continue adding water until it runs out the drain holes, but don't let the soil become soggy or have water standing on top of it.

Plants may need protection from extreme heat caused by light reflection from pavement or walls. This is especially true with white plastic and metal containers. Simply move them to a cooler spot during the hottest part of the day.

Plants also may need shelter during severe rains or wind storms.

Continue to use caution when using mover unit

Last year a warning was issued regarding the Wade Rain Model 70 mover unit. This is once again a reminder—do not operate the

Model 70 mover unit without the yellow safety cover closed and in place. Failure to keep the yellow safety cover closed when operating the unit can result in serious personal injury. If the yellow safety cover is damaged or missing, do not operate the unit until a new one is installed.

In addition, during the past several years, Wade Rain personnel have been installing, at no charge, additional secondary guards underneath the yellow safety cover on all mover units which have been located. If the guards have not been installed on your units, call (503)692-5353 immediately. The company will have someone install a guard as soon as possible at no charge to you.

However, it is important to remember that the additional guard is not a substitute for the yellow safety cover and does not change the requirement that the over unit is to be operated with the yellow safety cover closed and in place.

If you have sold your Model 70 mover units, please advise the company of the name and address of the person who purchased your units. Contact Wade MFG Co., 10025 S.W. Allen Blvd., Beaverton, OR 97005.

4-H Thought

If you can't be a highway, then just be a trail; If you can't be the sun, be a star; It isn't by size that you win or you fail; Be the best at whatever you are.

Prepare your children for self-care

Self-care children, those children caring for themselves on a regular basis, need to be prepared to stay alone. They need to know how to react when they are: locked out, afraid, bored, lonely or having argu-

ments with their brothers and sisters.

Parents have to be clear and firm about having friends in, cooking and use of kitchen equipment, snacks and meals, talking on the phone and duties to be completed while home alone.

Self-care children need to know:
• Good telephone skills, including where to find emergency numbers; what to say in an emergency; how to respond when someone calls; when to call for help and

when to handle the situation themselves.

• Good personal safety skills, including how to answer the door when alone; how to lock and unlock doors and windows; what to do if approached by a stranger on the way home; what to do if they think someone is in the house, and how to give basic first-aid.

It's important that parents talk with their children about their family's ground rules and the skills needed for self-care.

Knowing these things will give new self-care children confidence in themselves and assure them of your love, too.

Recipes offer variety

Meatless Chili

1 15 oz. can kidney beans
1 15 oz. can garbanzo beans
½ clove garlic, minced
1 onion, chopped
1 cup tomato sauce
½ cup whole tomatoes
½ tsp. each of oregano, thyme, cumin and basil
1 tsp. chili powder
Place all ingredients in large pan and simmer.

Hearty Corn Bread

2 cups cornmeal
½ cup whole wheat flour
½ tsp. baking soda
1 tsp. baking powder
1 Tbsp. brown sugar
2 egg whites
2 Tbsp. oil
2 cups skim milk or buttermilk
Stir together dry ingredients. In small bowl, stir together egg whites, oil and milk. Combine all ingredients and stir only until just mixed. Pour into a lightly oiled 8"x8" pan. Bake at 425 degrees for 20 to 25 minutes.
For moister bread add ½ cup more milk or 1 cup grated carrots, whole kernel corn or applesauce.

Camps offered

Fourth through sixth graders are urged to contact the Extension Office if interested in attending Round Lake 4-H Camp June 24 through 30.

Any students in the ninth grade or above who are interested in being a camp counselor this summer are encouraged to attend camp counselor training May 19 and 20 and June 8. Applications for training are due May 5.

JAPANESE COOKING

Wok demonstration and taste testing
Wednesday, April 26
7 to 8:30 p.m.

4-H Center (Old Boys Dorm)
\$2.00 per person

Thirty people maximum, first come/first served. Please sign up at the Extension Office. Pay \$2 fee when signing up.