

Brown lawn may mean chinch bug infestation

Numerous dead patches of grass in the home lawn may indicate a chinch bug infestation. If you suspect chinch bugs have invaded your turf, treat the lawn with pesticide now. It'll help your lawn stay green later in the summer.

In general, chinch bug damage in the home lawn is most severe when temperatures reach the high 70s. The major symptom of chinch bug infestation is dead patches of

grass in areas of the lawn where heat is radiated from sidewalks or driveways.

Drought is often blamed for the dead patches of lawn. Homeowners who had such dead patches of grass in home lawns last year probably have chinch bugs to blame for it. If not controlled, these pests will be back this year in greater numbers.

In the spring, each female chinch bug lays 15 to 20 eggs per day for 20

to 30 days. Eggs are laid on blades of grass, in soil debris, or other protected places. The eggs hatch in 7-10 days.

The chinch bug kills grass by inserting a slender beak into the grass plant and injecting a toxin before extracting plant juices. If chinch bug activity is not stopped soon after the infestation is discovered, chinch bugs will continue to spread into areas of the lawn until large areas of grass are killed.

The toxin is so potent that the grass plants can't recover from

severe chinch bug damage. Infested patches of the lawn must be reseeded.

Chinch bugs are extremely small and not easy to find. A spray application of Dursban is recommended to control chinch bug infestation. Follow all label directions for any chemical pesticides used around the home.



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Prevent summer boredom

How soon will your school-ager run out of things to do this summer? The "nothing to do" blahs can hit sometimes sooner than we think, but there are remedies.

First of all, remember that doing nothing isn't always negative. Most children need a quiet, private time to do nothing and not get in anyone's way. Don't worry unless they ask you for something to do.

Giving them a project isn't always the easiest answer. Your child may need to develop skills to start his or her own projects. You may make suggestions, but sometimes the most creative projects come from the child's inspiration or from friends who are sharing the fun.

Remember the dress-up box from your child's preschool years? A project box works along the same

lines. Here are some ideas:

Storekeeping: Collect empty food boxes, cans, play money, pencils and paper. Include a calculator. The children can set up a pretend store, shop, add prices, etc.

Circus: Include clown make-up and remover, scarves, hats and props.

A sign kit: Cut words with large print from magazines and newspapers. Get a set of rubber letter stamps and an ink pad. Include a supply of surplus cardboard for container labels, art work, funny slogans or bumper stickers.

Your project box can provide fun and creative activities for school-agers, as well as provide opportunities for successful independence.

Help build your child's self-esteem

* Encourage your child to see the humorous side of events: "I like your sense of humor." Show you can laugh at yourself. Take care never to be laughing at your child.

* Encourage self-appreciation: "You sound pleased with your work."

* Accept and value the child's uniqueness: "You're very imaginative."

* Be positive: "I'll bet we can figure out a solution. What ideas do you have?" "I know you're sad to move away from this neighborhood, but our new house will be close to the park."

Fertilize for colorful blooms Sign up now!!

Annual flowers planted in the spring give a colorful show of blossoms for a month or two before fading. Often the home gardener thinks fading is natural. It is not.

Most flowering bedding plants will continue to grow and bloom throughout the summer, especially if they are given an application of fertilizer at intervals of several weeks.

By now, the fertilizer mixed with the soil when you planted the annual has been used up. A side-dressing of fertilizer applied every six weeks or so after planting will do wonders for the annual.

During periods of hot, dry summer weather too much fertilizer can injure plants. Apply about 2 pounds of a garden-typed granular fertilizer, such as a 5-10-5 combination, per 100 square feet of area. This is approximately 1 teaspoon per square foot.

Water-soluble fertilizers can al-

so be used, McNeilan says. Follow manufacturer's directions and apply at about four-week intervals. Be sure that the plants to be fertilized are not limp and that the soil is not dry. Water thoroughly the day before and again after the fertilizer has been applied.

In addition to fertilization, removal of faded blooms will improve the appearance of the plants, and at the same time prevent the plant's energy from going into seed production.

Be the first among your friends to sign up for 4-H camp!

The first camp will be held July 13, 14 and 15 and is the 4-H Challenge Camp Counselor Training for 9th through 12th grade students. Cost is \$30.

The second camp will be the Warm Springs Challenge Camp to be held August 12, 13, 14, 15 and 16 for 6th, 7th and 8th grade students in Jefferson County. Cost is \$30.

Be careful with barbecues

Barbecue season brings fun times-also fire hazards.

When working around fires be sure to watch out for loose clothing. Make sure beach wraps, towels, and light jackets don't get too close to the flames.

Summer clothes that are com-

fortable and absorbent-especially those cotton items-are flammable. Also, any summer weight fabric is more flammable than a winter weight one. This is because it's thin or open and has more surface area exposed to air. It tends to ignite and burn quickly.

Watch clothing safety around summer fires, cautions Ardis Koester, Oregon State University Extension Textiles and Clothing specialist.

Children learn while vacationing

Vacations can be educational as well as fun if you involve your family in planning them.

After you've decided where and when to go, check the library for picture books, maps and other materials to share with your children. It's fun to visit places and see things you've read about, especially if you've planned it as part of your trip.

The library is also a good place to find books with activities for indoor or travel use. Family members can select several activities that interest them for the trip. Remember the favorites, too, like keeping track of license plates and naming state capitals.

Some children enjoy keeping a travel journal or diary. They can illustrate it with photos they take

or postcards they purchase to remember special vacation spots. Those plans can be discussed now.

Older children can write letters to tourist bureaus or chambers of commerce in cities you plan to visit. They'll not only have a chance

to practice their letter-writing skills, they'll also get mail and gather information you can use to plan the vacation.

Look at your vacation as an opportunity to learn something and have fun at the same time.

Fresh cherries make delicious preserves—in the microwave

5 cups fresh dark sweet cherries
1 medium orange
1 can (8 oz.) crushed pineapple, undrained
2 Tbls. lemon juice
1 package (1 1/2 oz.) powdered fruit pectin
5 cups sugar

1. Wash, remove stems and pit cherries. Coarsely chop in food processor or blender with on-off motion. Transfer to 2-quart glass mix 'n pour bowl (there should be about 2 cups of mixture). Grate about 2 teaspoons of peel from orange and add to cherries. Peel orange, section and remove any seeds. Process sections in blender or food processor until in fine pieces. Add to cherries along with pineapple and lemon juice. Stir in powdered pectin.

2. Microwave (high), uncovered, 10 to 11 minutes or until mixture comes to a hard boil, stirring 4 to 5 times. (Be sure mixture boils hard all the way through.) Stir in sugar.

3. Microwave (high), uncovered 9 to 10 minutes or until mixture comes to a hard boil, stirring 4 to 5 times. Skim off foam with metal spoon. Let mixture cool about 10

minutes. Pour into sterilized jars, filling to within 1/2 inch to top. Seal with canning lids. Boil jars in boiling water canner for 10 minutes. Or cover tightly, cool and store in freezer. Makes about 6 cups.

TIPS:

* For room temperature storage, it is very important to seal out air. Jam can be placed in small canning jars and sealed with dome-type lids, following manufacturer's directions. Be sure top of jar has been wiped clean of all jam before attempting to seal.

* A combination of sweet and sour cherries can be used; omit lemon juice.

* May be prepared on conventional stove.

Nutritional information: 48 calories, 0 g. protein, 0 g. fat, 12 g. carbohydrate, 0 mg. sodium, 0 mg. cholesterol.

Keep groceries cool!

If you have several errands to do before you get home with the groceries, bring a picnic cooler along. Put the most perishable items in there while you take care of your other chores. They'll stay cold longer.

Water is healthful, helpful

Wonderful water.

Here's what 8 glasses a day can do for you...

* Regulate proper body temperature through perspiration.

* Maintain proper volume and pressure of blood.

* Aid digestion and carry nutrients to the cells.

* Flush out bodily waste and impurities.

* Relieve constipation.

* Reduce fluid retention. (If that sounds contradictory to you, here's what happens: The body perceives inadequate water supply as a treat, so it will release stored levels.)

* Prevent kidney stones.

* Aid kidneys and liver in metabolizing stored body fat (important weight loss factors).

* Maintain proper muscle tone by improving contraction and preventing dehydration.

* Moisturize your skin from the inside, preventing dryness.

* Mobilize alcohol to prevent dehydration (8 ounces of water per ounce of pure alcohol is needed).

Signs that your body wants more water: thirst...excess perspiration...constipation...dark yellow urine...edema (fluid retention)...fatigue.

Dirt will be gone—now!

Yes, dirt, mud stains and softball go together. But there are ways to get most of the stains out.

First shake off any dry soil or dirt particles, then soak overnight in cold water. The next step is to rinse the uniform or socks under the cold water faucet.

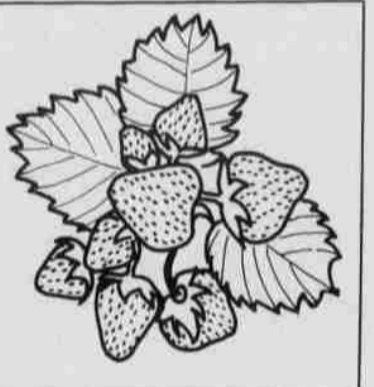
Then pretreat stained areas with

heavy-duty detergent in warm water.

If the stain isn't out, the next step is bleach. Soak no longer than 15 minutes in a dilute solution, then rinse thoroughly and dry.

Now you're ready for the next game—and more dirt and mud!

Strawberries—The bountiful, tasty, nutritious fruit of early summer



Pour measured, cooked rhubarb & crushed strawberries into a kettle. Add sugar; stir well. Place on high heat; stir constantly until a full boil with bubbles over entire surface has been reached. Boil hard one minute, stirring constantly. Remove from heat & stir in pectin; skim. Fill & seal sterile containers. Makes 7 one-half pint jars.

Glazed Strawberry Pie (fresh and frozen berries)

One baked pie shell from your favorite pastry recipe.

Filling:
3/4 cup sugar
3 Tbls. cornstarch
1/2 cup water
1 package (10 oz.) frozen sliced strawberries, thawed
1 quart fresh strawberries, washed and hulled
whip cream if desired

1. Put whole berries in baked pie shell.

2. Combine sugar, cornstarch and water in a large saucepan. Stir until smooth. Add frozen strawberries and juice.

3. Cook over low heat stirring constantly. Cook until mixture boils and becomes clear and thickens. Cool.

4. Pour glaze over berries, cool. Top with whipped cream.

Note: This pie can be made with whole frozen strawberries in place of fresh. The frozen berries will cool the glaze and sets up quickly. The glaze can also be made in the microwave. Cook 3-4 minutes on high power stirring occasionally until thickened.

Strawberry-Rhubarb Pie

Make pastry for two-crust 9" pie.

1 1/3 cup sugar
1/3 cup flour
3 cups cut up rhubarb (1" cubes)
3 cups, fresh strawberries, sliced
1 1/2 Tbls. butter
1 Tbls. lemon juice

Heat oven to 425° F. Mix sugar and flour. Stir lightly through rhubarb and berries. Pour into pastry lined pan. Dot with butter. Cover

with top crust which has slits in it. Seal and flute the edge. Cover edge with 1 1/2" strip aluminum foil to prevent excessive browning. Bake 40-50 minutes or until crust is browned and juice begins to bubble through. Serve slightly warm. Delicious!!!

Fresh Glazed Strawberry Pie

Make a baked pie shell, cool. Into this place about 3 cups clean berries (heaped). Over this pour glaze made by: Simmering 1-2 cups sliced or mashed berries, 2/3 cup water for 3 minutes. Blend 1 cup sugar, 3 tablespoons cornstarch and 1/3 cup water--add to the simmered berries and boil together about 1 minute (add a few drops food color if desired) until slightly thickened. Cool slightly. Pour over pie and garnish with whipped cream. Time can be cut in half if using microwave.

Strawberry Frozen Yogurt

4 cups sliced strawberries
2 cups sugar
4 tsp. lemon juice
1/2 tsp vanilla
3 eggs, separated
1/4 tsp. salt
1/4 cup cream of tartar
1/4 cup sugar
2 quarts unflavored yogurt

Combine fruit and sugar. Cook 1-4 minutes or until fruit begins to break down and become juicy. Add lemon juice and vanilla. Lightly beat egg yolks; stir in about 1/2 cup of the hot fruit mixture. Then stir yolk mixture back into fruit. Cool to lukewarm. In a large bowl beat egg whites, cream of tartar and salt until soft peaks form. Gradually add 1/4 cup sugar and beat until stiff.

Put yogurt into a large bowl. Mix until smooth. Fold in fruit mixture until well blended. Then fold in egg whites.

Transfer to a gallon or larger ice cream maker. Freeze 4 parts ice to 1 part rock salt. Follow manufacturer's instructions for use of ice cream freezer.

Strawberry Lemonade

4 quarts strawberries, washed and hulled
4 cups lemon juice
3 quarts water
6 cups sugar

1. Puree strawberries in a blender, food processor, or food mill. For a clearer lemonade, extract juice from strawberries with a juice extractor.

2. Place strawberries in a 8 quart or larger pot. Add lemon juice, water, and sugar. Place mixture over medium heat and heat to 165° F., stirring occasionally. Do not boil.

3. Remove from heat and skim off foam with a metal spoon.

4. Quickly ladle hot juice into clean, hot jars, leaving 1/2-inch headspace; seal.

5. Process in boiling water bath 15 minutes.

Yield: 6 to 7 quarts.

Strawberry Cooler

Place 12-15 frozen berries in the blender with 1 cup milk and 1 teaspoon sugar. Blend about 30 seconds or 1 minute--Delicious!

Lowfat turkey patties

1 lb. California-grown ground turkey
1/2 cup seasoned breadcrumbs
2 egg whites
1/2 cup low-fat milk
2 tsp. soy sauce

Combine ingredients well, form into four patties and grill or broil 4 to 6 minutes on each side until cooked through. Makes 4 servings.

Burn calories—push

Sales of old-fashioned manual lawn mowers have risen during the past two years. Not only are they less expensive and less likely to break down, but they don't pollute the air. They also provide good exercise: pushing a manual mower burns between 420 and 480 calories an hour-as many as an hour of tennis.

Strawberry Bread

4 eggs
1 cup salad oil
2 cups sugar
Dash of salt
3 tsp cinnamon
1 tsp soda
3 1/2 cups flour
3 cups pureed strawberries or 2 (10 oz.) frozen
1 cup chopped nuts

Mix everything together in order given. Pour into two well greased 9x5x3 pans. Bake at 350° F. about 1 hour and 15 minutes, or till done.

Pat's Strawberry Bavarian (a Master Gardener Treat)

4 cups strawberries
1 Tbls lemon juice

3/4 cup sugar or 1/2 cup honey

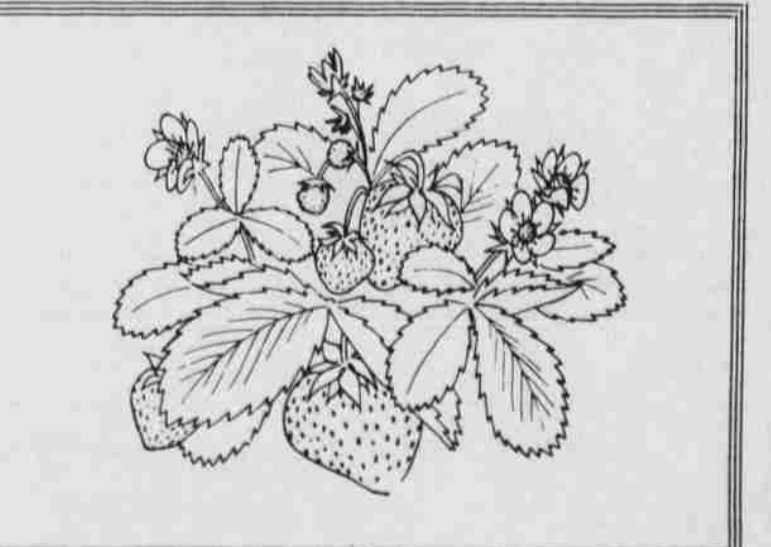
2 envelopes gelatin
1/4 cup water
2 cups cream, whipped or whipped topping

Puree berries, add lemon juice and sweetener. Soften gelatin in water and stir over hot water until dissolved. Fold gelatin into puree. Stir over ice to thicken. Fold in whipped cream. Spoon into dishes and chill. Serves 6.

Yogurt Fruit Leather

8 ounces plain yogurt
6 cups strawberries
2 Tbls sugar

Place all ingredients into blender, when blended, put on dryer trays. Time is about 3-4 hours.



Calendar of Events and Happenings

July 12-14	Challenge Camp Counselor Training at Trout Lake at the High Lakes in Warm Springs
July 25-28	Jefferson County Fair, Madras, Oregon
July 31-Aug. 4	Deschutes County Fair, Redmond, Oregon
August 11-15	Challenge Camp at Trout Lake at the High Lakes in Warm Springs
August 14-18	Crook County Fair in Prineville, Oregon
August 20	Warm Springs 4-H Leaders executive meeting at the OSU Extension office from 4 to 5:30 p.m.