

Give drinking water a hand, in and out of your home

Give Drinking Water a Hand. Blue thumb facts about water:

- A water drop traveling from the top of the Mississippi River to the Gulf of Mexico could come in contact with hundreds of different toxic contaminants, thousands of industrial pollutants, and more than a million bacteria.
- The average daily requirement for freshwater in the United States is estimated to be 338 billion gallons a day. For Mother Nature to replace the water we use in a day, it would have to rain an average of one inch an hour for two solid weeks in Washington, DC.
- In 1989 Americans dumped 365 million gallons of motor oil or the equivalent of 27 Exxon Valdez spills.
- You can refill an 8 oz. glass of water approximately 15,000 times for the same cost as a six pack of soda pop. And water has no sugar or caffeine.
- Residents of the United States have the luxury to drink, bathe, and use water almost any time they wish. As a matter of fact, the United States uses more water per person than any other country.
- If every household in America had a faucet that dripped once each second, we would waste 928 million gallons of water a day or enough to fill 7.5 billion 8 oz. glasses.
- It takes 36,000 gallons of water to produce one automobile - that's enough water for the average family of four to bathe, brush their teeth, and wash clothes for more than nine months.
- Industry released 189 million pounds of toxic chemicals into waterways in 1989 alone. That's enough chemical waste to fill 189,000 half-ton pickup trucks. Lined up end to end, they would extend across the whole state of New Mexico.
- An average of 800,000 water wells are drilled each year in the United States. That's tapping into our underground water supplies at approximately 100 times each hour

for domestic, farming, commercial, and water testing needs.

- Eighty-five percent of the population is served by public water suppliers. The remaining 15 percent rely on 13 million private wells, cisterns, and springs for their drinking water. These sources are not regulated in all areas for safety and quality and it is up to the individual owners to test and treat their water supply.
- It can take up to 45 minutes for a water supplier to produce one glass of drinking water.
- The average family turns on the tap to use water between 70 and 100 times per day.
- **Blue Thumb Basics: more ways to Give Drinking Water a Hand at home.**
- Inspect all pipes and faucets for leaks, as hundreds of gallons of water a day could be dripping away.
- Check toilets for hidden leaks. Tank-to-bowl leaks can waste about a quart of water with each flush. Place a few drops of food coloring in the tank. Wait fifteen minutes and see if the color appears in the bowl. If so, you have a leak. Make necessary repairs immediately.
- Install ultra low-volume toilets and low-flow shower heads or fill a plastic, one-quart bottle with water and place it in the toilet to reduce the amount of water used with each flush.
- Insulate your water heater and all hot water pipes. Less water will be wasted before hot water flows.
- Defrost frozen food without running water over the packages. Place food in the refrigerator overnight or defrost in the microwave.
- Use two basins when washing dishes by hand, one for washing and one for rinsing, rather than a running faucet.
- Clean vegetables using water in a pan and a vegetable brush rather than letting the tap run needlessly.
- Run your tap until the water is cold before using it for drinking or

cooking if you suspect you have lead problem. Use the water you run for plants or other non-drinking uses.

- Use waterless hand cleaner when hands are extra dirty. Not using a steady stream of water will save 7 to 10 gallons each time.
- Use phosphate-free detergents. Phosphates increase algae growth and deplete the amount of oxygen in our lakes, marshes, and streams.
- Recycle water from fish tanks by using it to water plants. Fish emulsion is a good and inexpensive fertilizer high in nitrogen and phosphorus.
- Reduce your need for disposable household batteries by using rechargeable batteries. Full of toxic metals such as lead, mercury, and cadmium, household batteries should be disposed of at a hazardous waste facility.
- Donate left-over paint and solvents to community groups who can use them. Take extra pool chemicals, wood preservatives, photographic chemicals, and paint strippers to a hazardous waste center for disposal.
- Use hose nozzles that can be shut off when not in use. A single hose left on uses nearly 300 gallons of water an hour.
- Water your lawn in the early morning and never on a windy day to avoid evaporation. Lawns like a leisurely soak once a week, rather than quick showers.
- Adjust sprinklers so only the lawn is watered and not the house, sidewalk or street and know how to turn off an automatic sprinkler system in case of rain.
- Install trickle-drip irrigation systems close to the roots of your plants. By dripping water slowly, the system doesn't spray water into the air where it can be lost through evaporation.
- Maintain your lawn with grass blades 2 1/2 to 3 inches high. Blades can shade each other and reduce evaporation.

● Aerate your lawn by punching holes six inches apart so water will reach the roots rather than run off surfaces.

- Place a layer of mulch around trees and plants so more water can be retained and use a soil moisture indicator or rain gauge to tell when your lawn needs watering and when it doesn't.
- Start a compost pile instead of using your garbage disposal, which uses gallons of water and can contribute to polluting source water.
- Take used motor oil, gasoline, anti-freeze, and other automotive fluids to a service station that advertises collection for reprocessing.
- Have septic systems pumped out every one to three years by a qualified plumber.
- Remove or replace underground tanks on your property if they are leaking. Consider above-ground storage instead.
- Use pesticides that are less likely to leach into groundwater and avoid mixing or using pesticides near a drinking water well.



Information provided by:
Warm Springs OSU
Extension Office
1131 Paiute Street
553-3238

4-H Calendar and Fair Dates

for the 1992 season,
July 23-26 — Jefferson County Fair. Theme is, "Harvest & Heritage"
July 29 - Aug. 2 — Deschutes County Fair, theme is "Blue Jeans & Country Scenes"
August 9-14 — 4-H Wilderness Enrichment Camp at Trout Lake
August 12-16 — Crook County Fair, theme is "A Country Gathering"
August 20-23 — Wasco County Fair, theme is "Celebration Along the Barlow Road"

Clean your pantry of food pests and insects

Have you discovered tiny bugs in pancake mix or little black spots among rice kernels? If so, you aren't alone. Every home, sooner or later, is invaded by insects and related pests.

Pests are generally not welcome in our homes, but it's even more upsetting when they are in our food supply. After initial anger, questions arise: How did they get here? How can I safely get rid of them? Will they transmit disease to my family?

Rest assured, it's generally not poor housekeeping that allows pests to join your household. Most stored-food pests are cosmopolitan, moving everywhere with food. Never assume unopened packages are pest free. In fact, insects may be packaged inside.

Many people first discover they have a problem when they see small

moths flying in the kitchen or see food with webbing over the surface.

To prevent pantry pest invasions, Oregon State University Extension home economists offer the following guidelines:

- Buy quantities of food that your family can eat in a relatively short time.
- Store foods in glass jars or plastic containers with tight-fitting lids. Remember that pantry pests can penetrate paper, cardboard, and plastic wrap with ease.
- To rid your pantry of pests, clear all shelves, drawers, and food storage areas. Look the food over carefully. All infested food must be thrown away immediately.
- If you are in doubt, heat or freeze suspicious food to kill any larvae that

may be present:

- Food packaged in paper or cardboard (such as flour, crackers, and cereals) can be placed in a 350 degree F. oven. Turn the oven off and leave the food an hour.
- Food in plastic bags (like chips or snack foods) can be frozen for several hours before putting it away in cupboards.
- Before putting food back on shelves, wipe cupboards with a household detergent. Empty shelves can be sprayed with an insecticide that is recommended for household use. Wait several hours before putting paper on the shelves and replacing food.
- As an extra precaution, wipe counters and vacuum or mop under cupboards after cleaning.

A variety of tasty, spicy salsa recipes perfect for your summertime canning

Most salsa recipes are a mixture of low-acid foods, such as onions and peppers, with acid foods, such as tomatoes. These salsa recipes have been tested to ensure that they contain enough acid to be processed safely in a boiling water canner.

INGREDIENTS:

Tomatoes
The type of tomato you use often affects the quality of salsa. Paste tomatoes, such as Roma, have firmer flesh and produce thicker salsas than large slicing tomatoes. Although both types make good salsas, slicing tomatoes usually yield a thinner, more watery salsa than paste tomatoes. Salsa can be thickened by adding tomato paste.

Canning is not a good way to use overripe or spoiling tomatoes. Use only high quality tomatoes for canning salsa or any other tomato product. Do not use tomatoes from dead or frost-killed vines. Poor quality or overripe tomatoes will yield a very poor salsa and may spoil.

Where recipes call for peeled or skinned tomatoes, remove the skin by dipping tomatoes into boiling water for 30-60 seconds or until skins split. Dip in cold water, then slip off skins and remove cores and seeds. You may substitute green tomatoes or tomatillos for tomatoes in any of these recipes.

Peppers
Peppers range from mild to fiery in taste. Very hot peppers are usually small (1 to 3 inches long); mild peppers are usually bigger (4 to 10 inches long). Anaheim, Ancho, Colorado, and Hungarian Yellow Wax are mild pepper varieties. Choose a mild pepper when the recipe calls for long green chiles.

Small, very hot peppers provide a distinct taste to salsas. Jalapeno is the most popular hot pepper. Other varieties include Serrano, Cayenne, Habanero and Tabasco. Use rubber gloves when you cut or dice these peppers because they cause extreme irritation to the skin. Do not touch your face, particularly the area around your eyes, when you are working with hot chiles.

You may substitute bell peppers for some or all of the long green chiles. Canned chiles may be used in place of fresh.

Use only high quality peppers. Do not increase the total amount of peppers in any recipe. However, you may substitute one type of pepper for another.

The skin of long green chiles may be tough and can be removed by heating the peppers. Usually when peppers are finely chopped, they do not need to be skinned.

Hot peppers, such as the jalapeno, do not need to be peeled, but seeds are often removed.

If you choose to peel chiles, slit each pepper along the side to allow steam to escape. Peel using one of these two methods:

Oven or broiler method—Place peppers in a hot oven (400 F.) or broiler for 6-8 minutes until skins blister.

Range-top method—Cover hot burner, either gas or electric, with

heavy wire mesh. Place peppers on burner for several minutes until skins blister.

After heating, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; slip off skins. Discard seeds and chop.

Caution: Wear plastic or rubber gloves while handling hot chiles.

Tomatillos
Tomatillos are also known as Mexican husk tomatoes. They do not need to be peeled or seeded, but the dry outer husk must be removed.

Acids
The acid ingredients used in salsa help preserve it. You must add acid to canned salsas because the natural acidity may not be high enough. Commonly used acids in home canning are vinegar and lemon juice. Lemon juice is more acidic than vinegar, but has less effect on flavor. Use only vinegar that is at least 5% acid and use only bottled lemon juice.

If you wish, you may safely substitute an equal amount of lemon juice for vinegar in recipes using vinegar. Do not substitute vinegar for lemon juice. This substitution will result in a less acid and potentially unsafe salsa.

Spices
Spices add flavoring to salsas. The amounts of spices and herbs may be altered in these recipes. Cilantro and cumin are often used in spicy salsas. You may leave them out if you prefer a salsa with a milder taste. For a stronger cilantro flavor, add fresh cilantro just before serving the salsa.

IMPORTANT: Follow the directions carefully for each recipe. Use the amounts of each vegetable listed in the recipe. Add the amount of vinegar or lemon juice listed. You may change the amount of spices, if desired. Do not can salsas that do not follow these or other research tested recipes. (They may be frozen or stored in the refrigerator.) Do not thicken salsas with flour or cornstarch before canning. After you open a jar to use, you may pour off some of the liquid or thicken with cornstarch.

Filling the jars
Follow manufacturer's directions for pretreating lids. Fill hot clean jars with the hot salsa, being careful not to leave any salsa on the rims. Wipe jar rims with a clean, damp paper towel. Put on lids and screw on metal bands.

Processing
In a boiling water canner:
1. Use a rack to keep jars from touching canner bottom and to allow heat to reach all sides of the filled jars.
2. Put jars into a canner that contains simmering water.
3. Add boiling water if needed to bring water 1-2 inches above jar tops. Don't pour water directly on the jars. Place a tight-fitting cover on canner. (If you use a pressure canner for water bath canning, leave the cover unfastened and the petcock open to prevent pressure buildup.)
4. Bring water back to a rolling boil. Set a timer for recommended processing time. Watch closely to keep water boiling gently and

steadily. Add boiling water if necessary to keep jars covered.

5. Remove the jars from the canner immediately after timer sounds. The food could spoil later if jars are left in hot water too long.

Cooling jars

Put jars on a rack or cloth so air can circulate freely around them. Don't use a fan and avoid cold drafts. Do not retighten screw bands after processing.

Testing for seal

Test each jar for a seal the day after canning. Jars with flat metal lids are sealed if:

1. Lid has popped down in the center.
 2. Lid does not move when pressed down.
 3. Tapping the center of the lid with a spoon gives a clear, ringing sound (this is the least reliable method).
- If a jar is not sealed, refrigerate the contents and use soon or reprocess. Reprocess within 24 hours. When reprocessing, the salsa must first be heated to a boil before packing in hot jars. Wipe jar rims clean. Use a new lid and process for the full time listed.

Storing
Wipe jars. Label with the date and the contents of the jar. Remove the screw bands to avoid rust.
Store jars in a cool dark place. For best eating quality and nutritive value, use within one year. Heat, freezing temperatures, light, or dampness will decrease the quality and shelf life of canned food.

Before using

Before opening each jar, look for bulging lids, leaks or any unusual appearance of the food. After opening, check for off-odor, mold or foam. If there is any sign of spoilage, destroy the food.

RECIPES

Tomatillo Green Salsa
5 cups chopped tomatillos
1 1/2 cups seeded, chopped long green chiles

1/2 cup seeded, finely chopped jalapeno peppers
4 cups chopped onions
1 cup bottled lemon juice
6 cloves garlic, finely chopped
1 Tbsp. ground cumin*
3 Tbsp. oregano leaves*
1 Tbsp. salt
1 tsp. black pepper
* Optional

Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving 1/2-inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001-6,000 feet; 25 minutes above 6,000 feet. Yield 5 pints.

You may use green tomatoes in this recipe instead of tomatillos.
Tomato Salsa
(using slicing tomatoes)
4 cups peeled, cored, chopped tomatoes
2 cups seeded, chopped long green chiles
1/2 cup seeded, chopped jalapeno

peppers
3/4 cups chopped onions
4 gloves garlic, finely chopped
2 cups vinegar
1 tsp. ground cumin*
1 Tbsp. oregano leaves*
1 Tbsp. fresh cilantro*
1 1/2 tsp. salt
* Optional

Combine all ingredients in a large saucepan and bring the mixture to a boil, stirring frequently. Reduce heat and simmer 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving 1/2 inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001-6,000 feet; 25 minutes above 6,000 feet. Yield 4 pints.

Tomato/Green Chile Salsa
3 cups peeled, cored, chopped tomatoes
3 cups seeded, chopped long green chiles

3/4 cup chopped onions
1 jalapeno pepper, seeded, finely chopped
6 cloves garlic, finely chopped
1 1/2 cups vinegar
1/2 tsp. ground cumin*
2 tsp. oregano leaves*
1 1/2 tsp. salt
* Optional

Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving 1/2 inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001-6,000 feet; 25 minutes above 6,000 feet. Yield 3 pints.

Tomato Salsa
(using paste tomatoes)
7 quarts peeled, cored, chopped tomatoes

4 cups seeded, chopped long green chiles
5 cups chopped onion
1/2 cup seeded, finely chopped jalapeno peppers
6 cloves garlic, finely chopped
2 cups bottled lemon juice
2 Tbsp. salt
1 Tbsp. black pepper
2 Tbsp. ground cumin*
3 Tbsp. oregano leaves*
2 Tbsp. fresh cilantro*
* Optional

Combine all ingredients except cumin, oregano and cilantro in a large pot and bring to a boil, stirring frequently, then reduce heat and simmer 10 minutes. Add spices and simmer for another 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving 1/2 inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001-6,000 feet; 25 minutes above 6,000 feet. Yield 13 pints.

This recipe works best with paste tomatoes. Slicing tomatoes require a much longer cooking time to achieve a desirable consistency.
Tomato Taco Salsa
8 quarts peeled, cored, finely chopped paste tomatoes
2 cloves garlic, crushed
5 cups chopped onions

4 jalapeno peppers, seeded, chopped
4 long green chiles, seeded, chopped
2 1/2 cups vinegar
2 Tbsp. salt
1 1/2 Tbsp. black pepper
1 Tbsp. sugar
2 Tbsp. oregano leaves*
1 tsp. ground cumin*
* Optional

Combine ingredients in a large saucepan. Bring to a boil, then reduce heat and simmer, stirring frequently until thick (about 1 hour). Ladle hot mixture into pint jars, leaving 1/2 inch headspace. Adjust lids and process in boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001-6,000 feet; 25 minutes above 6,000 feet. Yield 11 pints.

This recipe works best with paste tomatoes, as slicing tomatoes will yield a thin watery salsa. If you only have slicing tomatoes available, use the Tomato/Tomato Paste Salsa recipe.

Tomato/Tomato Paste Salsa
3 quarts peeled, cored, chopped slicing tomatoes
3 cups chopped onions
6 jalapeno peppers, seeded, finely chopped
4 long green chiles, seeded, chopped

4 cloves garlic, finely chopped
1 cans (12 oz.) tomato paste
2 cups bottled lemon juice
1 Tbsp. salt
1 Tbsp. sugar
1 Tbsp. ground cumin*
2 Tbsp. oregano leaves*
1 tsp. black pepper
* Optional

Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally. Ladle hot into pint jars, leaving 1/2 inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001-6,000 feet; 25 minutes above 6,000 feet. Yield 7 pints.

Chile Salsa
(hot tomato-pepper sauce)
10 cups peeled, cored, chopped tomatoes
6 cups seeded, chopped chili peppers*
4 cups chopped onions
1 cup vinegar
3 tsp. salt
1/2 tsp. pepper
*Use mixture of mild and hot peppers

Pressure gauges should be tested

Pressure gauges with clock-like dials should be tested every year. This is important for safe canning of foods.

On Monday or Thursday bring the lid with the dial gauge, and the heavy control weight. They will be tested and ready at the end of the following day at the OSU Extension office. Contact Norma Simpson the Extension Home Economist.

Locations given

The OSU Jefferson County/Warm Springs Extension Offices located in Madras and Warm Springs are pleased to send you this information service through Federal, State, County and Warm Springs Confederated Tribal funds.

If we can be of further help to you, please feel free to call on us. Extension invites participation in its programs and offers them equally to all people without discrimination. The Madras office is located at: Old Courthouse, 34 SE "D" Street, Madras, OR 97741; 503-475-3808; FAX # 503-475-4454. The Warm Springs office is located at: 1134 Paiute Street, P.O. Box 430, Warm Springs, OR 97761; 503-553-3238; FAX # 503-553-1924.

New agent hired

Joe Franchini has been hired to fill the Lead Extension Agent position in the Warm Springs Extension office. Joe will be replacing Clay Penhollow who resigned at the end of June.

As Lead Extension Agent, Joe will be responsible for the Administrative portion of the Office in addition to responsibilities in Agriculture, 4-H Youth Program out of the Marion County Extension office. Joe received both his Bachelors (1985) and Masters (1985) Degrees in Animal Science from New Mexico State University. Following school Joe worked for Rio Grande Bancshares before joining Oregon Extension Service in 1990. Joe will be moving with his wife and three children in early August. By August 17th Joe should be in the Warm Springs Extension Office.

Salmon Macaroni Salad

8 ounces elbow macaroni
1 small onion, finely chopped
1/4 cup chopped parsley
1 cucumber, sliced
1 pint canned salmon, drained and flaked
salt and pepper to taste
1/2 tsp. dry mustard
1/2 cup mayonnaise or yogurt

Cook macaroni according to package directions. Drain and rinse with cold water. Combine macaroni with remaining ingredients except salad greens. Line large salad bowl with crisp salad leaves and empty salad into center. Serves 6.