

Freezing fruits and vegetables workshop set for August 18

Mark your calendar for August 18, 2:00 p.m. to 4:00 p.m. at the 4-H Center. Freezing fruits and vegetables will be the topic for the next food preservation workshop. This one will be in the basement of the Education Center in the 4-H room.

You can ask questions about freezing fruits and vegetables since so many wonderful foods are ripening in the gardens. We'll freeze different types of fruits and vegetables and talk about the types that are better canned.

Only standard canning jars accepted

Some exhibitors at the fair were disappointed when the jams and jellies they entered in pint bottles were not accepted by the judges. I was disappointed for them too until I examined the fair book more closely.

The instructions for entry say that the bottle should be standard jars. That means with a lid and ring on a canning jar not a mustard bottle or cream cheese glass with paraffin on it. Under each category of food preservation, the size of the jar was listed. For jams and jellies, that means 1/2 pint or standard jam and jelly jars.

You may ask why that size is used, when many Warm Springs families have lots of people eating the jam. The reason has to do with how rapid you eat the jam. Mold

Many people prefer to freeze foods because you can do a small quantity at a time, two or three ears or a 100 ears of corn if you want. The flavor is terrific, and you are working with cold temperatures rather than melting over the pressure cooker.

Remember vegetables must be preserved in pressure canners not in water bath cookers.

Vegetables are low-acid foods, that is why they must be preserved in pressure canners.

Fruits, on the other hand, are high-

loves to grow on jam, even in the refrigerator. In the old days, we used to say that you could just scrape off the mold and eat the rest of the jam in the jar. That was before we knew that mold produces mycotoxin, a type of poison that goes down through the rest of the jar.

That is the same reason OSU Extension does not recommend using paraffin, the mold goes down the sides of the jar and mycotoxin is in the jar. Sometimes the jars even smell as if they are fermented, there has been so much change in the jar.

If you have moldy jam or jelly in the refrigerator or cupboard, throw it away. Don't endanger your children with moldy jam and peanut butter sandwiches.

acid foods and can be preserved by water bath methods.

We will also talk about the length of time for storing goods in the freezer.

Know which salt to use for pickling

Old time pickle makers know that ordinary table salt is not good for pickling cucumbers or other vegetables. The reason is that table salt has iodine and anti-caking agents in them to keep the salt from going hard like a rock.

Instead, look for Pickling or Canning Salt which is pure granulated salt. It may be hard to find since in moist climates the salt will get hard if it is not used from last year. That may be the case in your house too, if you had left-over salt from last year. We had a lot of rain and snow since pickling time in 1992, but you can still use the salt if you will break it up.

OSU Master Food Preservers do not recommend the following salts: Table salt — make a cloudy brine, but does not harm pickles.

Sea salt — is iodized and contains other impurities that cause pickle discoloration.

Ice cream or rock salt — might contain unsafe impurities not intended for eating.

Sour salt — is used in water soft-

Join us on Wednesday, August 18 to learn to freeze fruits and vegetables or to understand the proper storage time for frozen foods. Free and air conditioned.

Flaked salt — varies in density so is hard to calculate how much you need to use.

Salt Substitutes (such as potassium chloride) cannot be used to make satisfactory pickle products. The pickles will be crisp and crunch, but will not have the characteristic salty pickle taste. Potassium has a bitter taste and the pickles generally taste terrible according to the OSU Master Food Preserver Manual.

Commercial growers often wax cucumbers so that they do not lose their moisture.

But pickling solutions do not penetrate waxed cucumbers, so be sure you buy the unwaxed pickling cucumbers.



Information provided by:
OSU Extension
at Warm Springs
1110 Wasco Street
553-3238.

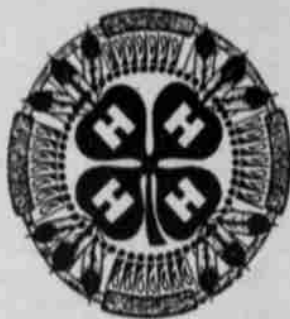
OSU Extension Staff:

Arlene Boileau 4-H & Youth
Bob Pawelek Livestock
Norma Simpson Home Economics
Carol Stevens 4-H
Crystal Winishut 4-H Assistant
Tim Wojtusik Agriculture
Clint Jacks Staff Chair, Madras

The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

The Clover Speaks: Volunteers recognized



On July 30, 1993 Warm Springs held its first Indian Nite Out "Honoring Our Volunteers." If you were unable to attend you missed a great time and great company.

There are so many community members who donate their time for the youth of Warm Springs and for the community that we wanted to say thank you for all you do. Many programs would not be able to function without the skills, energy, and time you give. Community members enjoyed a delicious salmon dinner, played games with the drum and enjoyed dancing. We are so very thankful to have an event such as Indian Nite Out to participate in.

We would also like to thank the many volunteers who donated food, time, skills, and their energy: Bernice Mitchell, Verbera Greene, Caroline Tohet, Orthelia Miller, Art McConville, Arlene Boileau, Myra Shawaway, Shirley Sanders, Nadine Alvarado, Kimiko Mitchell, Angela Sanders, Phyllis Shawaway, Chris Sanders, Lillian Heath, Rosanna Sanders, Bonita Merrifield, Adrian Merrifield, Cassandra Frutos, Keith Jackson, Steven Govenor, Ramon

Greene, Jefferson Greene, Sheena Stevens, Rudy Stevens, Susan Mitchell, Dustin Suppah, Harry Hisatake, Saigigi Hisatake, Angie Frutos, Ralph McConville, Phyllis Tohet, Fred Sanders, Veronica Baez, Carmel Andrews, Shana McConville, Amber Macy, Joe Winishut, Crystal Winishut, Willie Danzuka, Pete Greene, Kenneth Danzuka, Myron Northrup, Tiana Northrup, Angelina Govenor, Galen Northrup, Gaybriel Greene, Luis Baez, Tasheena Arthur, Winner Joe Kaudle Kaule, Blanche Mitchell, Tashina Smith, and Carol Stevens.

With the cooperation and a willing heart so much can be accomplished. We hope that more community members will come forward and lead a 4-H project.

Congratulations to 4-H Members

Myra Shawaway lead a beginning 4-H Beading Club during the fall of 1992 through the summer of 1993. The girls attending her club learned how to make daisy chains, medallions and loom work. They took their finished beadwork items and entered them in the Jefferson County Fair. The girls worked hard on the items they made and their hard work paid off with ribbons and premium money! Congratulations Myra and Beadwork Club members you worked hard and did a terrific job.

Members are: Rachel Smith, Chris Sanders, Tasheena Arthur, Gena Smith, Angela Sanders, Phyllis Shawaway, Wendi Johnson, Jessica Sanders, and Cassandra Frutos.

Ladies from the Beadwork club you have Premium Checks at the

OSU office. Please be sure to pick them up.

We would like to give Lewis Hellon, Lee Hellon, and Charlie Hellon a giant congratulations for entering their Art and Photography projects.

4-H Rainbow Dancers

The Rainbow Dancers have been learning the old dances and the stories about the dances. Thank you Verbera Greene and Bernice Mitchell for all your support and all that you teach.

Thank you drummers for donating the drumming for the Rainbow Dancers. It is great to have drummers that are willing to donate their time and voices. The Mitchell drum has helped us greatly. We appreciate the fun you have brought to the club.

The youth are learning cultural protocol. The 4-H Rainbow Dancers have been working extremely hard and doing their best. When we have practice it is hard to get the dancers to end practice. The youth get so involved in the practice that they just keep on dancing. Thank you Rainbow Dancers for your smiling faces and willing hearts.

Keep up the terrific work! Wasco and State Fair are coming up, see you at practice.

Search and Rescue

Welcome back Keith Baker. We are glad to see you back on your feet and recovering. We admire your stamina for going right back to your 4-H Club meetings. You're a great leader and support to your 4-H Club. Keep up the good work, the kids love it and parents appreciate it.

Plant & Soil Notes: Pruning trees and shrubs

Spring has passed, but keep your pruning shears and saw handy. The summer is as good a time as any to do needed pruning of fruit trees, landscape trees and shrubs.

Ray McNeilan, OSU Extension home gardening agent has a basic guideline for pruning fruit trees and ornamental plants: if you have a plant that needs pruning, prune it.

Prune during the summer to train trees and shrubs, and to control disease and insect problems in fruit trees and landscape plantings. Training a plant means getting it to grow where

you want it to grow rather than letting a plant go its own way.

Most gardeners prune woody plants during the dormant season because a dormant plant is more or less asleep and will not bleed when cut. Also, it is usually easier to see the structure of plant when it is dormant and has dropped its leaves. Many people also seem to have more time to tend to pruning jobs after the growing season has ended.

However, McNeilan urges landscapers to go ahead and prune when they see a need. He says, "Don't be

afraid to cut. Your trees and shrubs will be the better for it."

Plants that grow a lot of suckers and water sprouts need attention during the summer. Apple trees, willows, and plum trees will all grow suckers, especially if they were pruned back hard during the winter.

Suckers and water sprouts left in place will make a tree look more like a shrub, and rob the upper portion of the tree of growing vigor. When suckers are just beginning, simply pull them off. If they have grown too large for pulling, cut them back flush with the trunk where they originated.

Pines can be kept in bounds by trimming back the new "candles" or shoots. If you want the pine to grow slowly, cut these shoots back to about one fourth their original length. After rose blooms fade, cut the stems back to the best five or seven leaflet leaf so a new shoot will emerge to make another flower. After lilacs have finished blooming, cut about one fourth of the old shoots back to stimulate new growth. This will keep the plant vigorous and blooming.

The season in which the tree or shrub is pruned is not as important as the extent of the pruning and the direction you give the plant's growth. Fruit trees need regular pruning to keep them healthy and productive.

Here at the OSU Extension Office we have specific information for all your pruning needs. Stop in with your questions or give me a call (553-3238).

Timothy Wojtusik

Let's teach our children Natural Resources

If you are a community member that thinks it's important for kids to know about natural resources and the traditional ways maybe you can help. I am interested in organizing a youth club for the fall. The purpose of the club is to give kids a chance to learn about native plants and other natural resources from community members and to have a lot of fun. If you have something to offer or are just interested in finding out more please contact me, Tim Wojtusik, OSU Extension (553-3238).

Upgrade your stove or fireplace

Incorrectly installed and improperly operated wood stoves and fireplaces are a leading cause of fires in Oregon homes. They were responsible for more than a third of all fires in single family homes in 1991, according to the State Fire Marshals office.

Besides being unsafe, poorly installed wood heating systems operate inefficiently, wasting wood and polluting both inside and outside air, points out Richard Topeliec, Oregon State University Extension energy agent.

If you suspect your wood stove or fireplace installation doesn't meet safety standards, contact your local building official and request an inspection. The inspector can verify that your installation meets safety standards or specify necessary improvements. Fire departments, private inspection services, and chimney sweeps also are familiar with safe installation practices.

Maintain Recommended Clearances

Many existing wood stove and fireplace installations in Oregon don't adequately protect combustible surfaces. If your installation doesn't meet safety standards, modify it to bring it into compliance and make it safe.

Provide Air for Combustion

Your wood stove needs adequate oxygen for efficient combustion and to help prevent backdrafting of smoke into your house. Some stoves have outside air ducted directly to the firebox. For others, Oregon Building Code requires an outdoor air inlet within 24 inches of the stove. The inlet must be between 6 and 55 square inches in area, depending on stove size.

Check Your Chimney

A poorly functioning chimney may exhaust a lot of smoke into the air, accumulate highly flammable creosote, and make your stove or

fireplace difficult to operate. The chimney may cause backdrafting of smoke into your house, too.

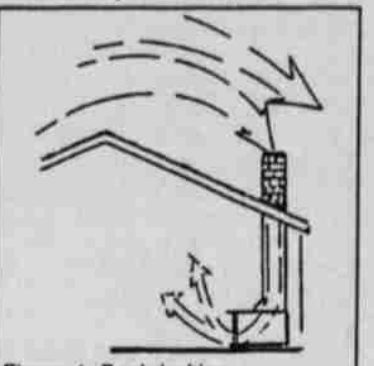


Figure 1. Backdrafting

The chimney needs to be tall enough so that its draft (the upward movement of heated air) is not affected by nearby structures. The chimney must extend 2 feet above any roof surface within 10 horizontal feet. Prefabricated, insulated metal sections can be added to extend a metal chimney. A masonry chimney can be built up by adding additional tile lining and brick.

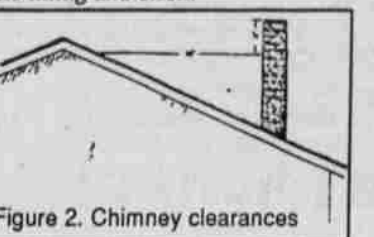


Figure 2. Chimney clearances

The chimney's design and size must be adequate for the type and size of wood heating system hooked up to it. Ideally, the cross-sectional area of the chimney or chimney pipe should be the same as the stove's flue collar. Under no circumstances should the cross-sectional area of the chimney be more than three times that of the stove's flue collar. A common example of an oversized chimney is one designed for a fireplace, but used to serve a wood stove.

Check for cracks in the founda-

tion and in the chimneys bricks, blocks or stones. Check for loose mortar. Make sure there is at least 2 inches clearance between the chimney and any combustible materials, and 3 inches clearance to exposed insulation.

Oregon Building Code requires new masonry chimneys to be lined to prevent mortar deterioration. Topeliec recommends that older chimneys also be lined. Typical lining materials are tile and mortar, stainless steel, and special concrete lining material.

Chimneys with more than three times the cross-sectional area of an

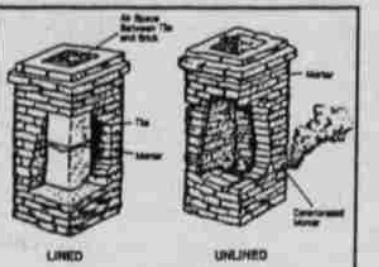


Figure 3. Condition of mortar in lined and unlined chimneys.

attached stove's flue collar should be fitted with a new liner, too.

If you are replacing a chimney, try for an interior location for a warmer operating environment. For materials, consider prefabricated, insulated metal chimney sections instead of masonry. They are less expensive, easier to maintain, and pose less risk during an earthquake.

Other Recommendations

Upgrading your wood heating system can be a big job. Sometimes it is better (and cheaper) to let the professionals do it instead of trying to do it yourself. For more information on making your wood heating system installation safe, request Energy Note B214, "Installing or Upgrading a Wood Heating System," from the OSU Warm Springs Extension office.

a. Provide good sanitary practices and a high level of nutrition.

b. Have adequate acreage; practice rotation grazing when possible.

c. Pasture young stock on clean pastures, never allowing them to graze on an infested area unless the area has been either plowed or left idle for a year in the meantime.

d. Don't spread fresh horse ma-

nure on pastures grazed by horses; either store the manure in a suitable pit for at least two weeks or spread it on fields that are to be plowed and cropped.

e. Keep pastures mowed and harrowed.

f. Keep hay, grain and water free of manure.

g. Follow a worming program and

schedule to control internal parasites.

h. When external parasites are present (bot eggs on legs, flies, etc.) apply the PROPER insecticide.

j. If possible, alternate the use of pastures between cattle and horses, since horse parasites will die in cattle.

k. Avoid overgrazing as there are more parasites on the bottom inch of the grass.



By Bob Pawelek
OSU Extension Agent
Livestock and Range

The good horseman wants what's best for his stock. Sound management, good breeding and a sensible nutrition program are all wise practices. The horseman should also adhere to a strict sanitation and disease prevention program designed to protect the health of his animals.

The exact program will differ with each horse owner, but the basic principles remain the same. With this thought in mind, the following pro-

gram of horse health, disease prevention and parasite control is presented with the hope that the horseman will use it: 1) to compare with your existing program; and 2) as a guidepost so that you and your vet, and perhaps myself, may develop a similar and specific program for your own enterprise.

General Horse Health Program

The following health program is recommended for all horses:

1. Have on hand 1st aid supplies, and know when and how to use them in case of accident or sudden illness.

2. Vaccinate against the most common diseases. (See table)

3. When signs of infectious disease are encountered, promptly isolate affected animals, provide them with separate water and feed containers.

4. Always follow label directions on any medicines as well as any prescribed treatment by the veterinarian. Check for "residual" for horses going to slaughter. There is a waiting period for most medicines.

5. Prevent or control parasites by adhering to the following program:



"Pin, would you git back and hold this calf... besides you're standin on my piggins string!"

EQUINE DISEASE VACCINATION PROGRAM AND SCHEDULE					
Disease	Type	Initial Immunization			Booster
Distemper (strangles)	Intramuscular vaccine. (Distemper bacterin causes some complications.)	1st injection	2nd injection—7 days after the first.	3rd injection—7 days after the second.	One annually.
Encephalomyelitis: 1. Eastern and Western	Intradermal vaccine. (Also, there is a new killed virus vaccine which can be used to vaccinate simultaneously against Eastern, Western, and Venezuelan types.)	1st injection—in spring (April-May).	2nd injection—7-14 days after the first.		Both injections should be repeated annually.
2. Venezuelan (VEE)	Subcutaneous vaccine.	One injection only. (Do not give to pregnant mares.)			One annually.
Equine influenza (flu)	Intramuscular vaccine.	1st injection.	2nd injection—4-12 weeks after the first.		One annually.
Rabies	Intramuscular vaccine. (High egg passage or inactivated tissue culture vaccines only.)	1st injection.	2nd injection—30 days after the first.		One annually.
Tetanus (lockjaw)	Toxoid—horse builds immunity lasting for at least 6-18 months after vaccination.	1st injection—in intramuscular.	2nd injection—in intramuscular, 2-4 weeks after 1st injection.		One annually.
Viral rhinopneumonitis (Virus abortion)	Intramuscular vaccine.	Pregnant mares: 1st injection—after 2nd month of pregnancy.	Pregnant mares: 2nd injection—during 5th-7th month of pregnancy.		Both injections should be repeated annually.
	Intranasal vaccine—not allowed in all states.	1st injection—during July.	2nd injection—during October.		Both doses should be repeated annually to all horses on the farm.
					July of birth year.