

4-Hers study county make-up of reservation

by Norma L. Simpson

During the week before camp, many people saw me pouring over a green sheet in the training room of the Education Center. I was marking the Northwest states of Oregon, Washington and Idaho to help the children learn about the counties where the Warm Springs Indian Reservation is located. My assignment was to especially help the children to learn a bit of geography as it related to them.

Each person who came by the sheet said, "I didn't know that Clackamas is an Indian name" or "The Snake River starts in Wyoming? True?" or "The Columbia River goes north for 200 miles in Canada before it comes our way in Oregon?" We traced the Deschutes River from Wickiup Reservoir to the Metolius River and the Crooked River from the Prineville Reservoir to Lake Simtustus and on to the Columbia River where the Celilo Salmon feast is held even today, though the famous Falls are flooded.

We had the children learn that Ollalie Lake that they had hiked to is in Marion County but Trout Lake is just inside the reservation border in Wasco County. In fact it is so close to the line that one map had Trout Lake in Marion County.

The parents who watched me make the map, said they had not learned the Counties of the reservation. But the Historical Perspective fact sheet tells us that Wasco County is on 387,912 acres on the reservation, 236,082 acres in Jefferson County, 4,170 acres in Marion County and only 6 acres in Linn County.

We had the children learn about the Indian Reservation in Oregon, Washington and Idaho and those that reestablishing their

reservation status in Oregon.

Then the children put up pieces of the map puzzle to show where they had been and where they live in Oregon. Later we put 4-H pins where the children had been in Clatsop Co., at Seaside; Lincoln Co. at Newport, home of the Siletz; Grand Ronde in Polk Co.; Coos Co. where we find the Coquille and Cow Creek in Umpqua; and Klamath Co. where the earthquake was earlier in the year and Harney Co. home of the Burns Paiute.

Chutney recipe offered

by Norma L. Simpson

Today I received a new Master Food Preserver Fact Sheet on "Fruit Pickles and Chutney." If you are not familiar with Chutney, it is a fruit relish made from chunks of fruits and/or vegetables and nuts cooked in a sweet and sour blend of herbs, spices, sugar and vinegar. Chutney is served as a condiment with meats, poultry and sandwiches.

The Fact Sheet has recipes for Crab Apple Pickles, Fig Pickles, Peach Pickles, Watermelon Pickles, Pear Pickles. The Fact Sheet also has recipes for three (3) types of Chutney-Peach or Pear Chutney, Tomato Apple Chutney and Apple Chutney.

If you want a copy of Fruit Pickles and Chutney, you call our office 553-3238. We can mail it to you or you can pick up a copy in the rack by Norma's office in the Education Center.

Watermelon Rind Pickles
4 qts cubed watermelon rind
1 Tbsp. whole cloves

1 gal. cold water
1 Tbsp. whole allspice
1 cup canning salt
1/4 tsp. mustard seed
2 cups vinegar
3 sticks cinnamon
7 cups sugar
1/2 cup thinly sliced lemon

Pare watermelon rind, removing green and pink portions. Cut rind into 1 inch pieces. Dissolve salt in water, add rind and let stand 6 hours or overnight. Drain, rinse and cover with cold water in large sauce pot. Cook until tender, about 20 minutes; drain and set aside. Combine vinegar, sugar and spices tied in a cheesecloth bag in a large sauce pot. Bring to a boil and cook 10 minutes. Add rind, simmer until transparent. Remove spice bag. Pack rind into hot jars, leaving 1/4 inch headspace. Pour hot liquid over rind, leaving 1/4 inch headspace. Remove air bubbles. Adjust caps. Process pints 10 minutes in boiling water bath. Yield: about 6 pints.



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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

Spider mites love recent hot, dry weather

by Timothy Wojtusik

Our recent hot, dry days have been very enjoyable, especially when compared to the long cold winter. Unfortunately, this weather that many of us love so much is also the favorite weather of spider mites. Be sure to

check your plants to make sure these little critters aren't doing them serious damage.

Spider mites are tiny pests that feed on plant juices, causing many plants in the home landscape and garden to turn yellow, dry and fall off. Infested broad leaves may develop a distorted shape. A very light film of webbing may or may not be found where a spider mite attack breaks out. There are several species but the most common are the red spider mite and the two-spotted spider mite. They all do similar damage to plants.

The mite is too small to be seen without some sort of magnifying lens. Check for their presence by holding a white sheet of paper under a cluster of possible infested leaves. Strike the branch of the plant sharply. Examine the material that falls to the paper closely. If some of the "dust spots" move, you might have a spider mite problem.

Washing infested plants periodically with a strong stream of water will provide some control. The water will knock the mites from the plants where they will die or be eaten by predators. For extreme infestations insecticidal soap or the pesticide Kelthane can be used to control spider mites. Whenever using any pesticides always exercise caution and read label instructions carefully.

Study Measure 16

A proposal that's controversial and emotional will face Oregon voters when they cast their ballots in November for or against Measure 16, the "Death with Dignity" act.

To help Oregonians cast informed votes, a coalition of Oregon State University (OSU) faculty members and Corvallis residents have prepared a short publication now available from county offices of the OSU Extension Service, report Jan Hare, Extension family and adult development specialist, and Donna Gregerson, Benton County Extension agent.

"The Death with Dignity Act," EM8569, explains the provisions of the proposed law that would allow terminally ill adults to request that physicians prescribe drugs that could end life.

The authors also list some of the safeguards in the proposed law, placed on the ballot by initiative. Safeguards include state residency requirements, effect on insurance or annuity policies, and penalties for certain actions, such as coercion of a patient. The publication also includes a summary of arguments for and against the ballot measure.

"We wanted to give the public unbiased information about this highly emotional and controversial proposal," explains Hare. "Our publication was prepared by a multidisciplinary coalition of professionals, some of who favor the proposal, while others oppose it."

Extension has been active in educational programs about the rights of patients to determine their treatment under Oregon Advanced Directive program, Hare adds. "Educating people about this new proposal is a logical extension of our previous educational efforts in the area of health care. In addition, the OSU Extension Service has a long history of providing factual, unbiased information in public policy."

Working with Hare and Gregerson in preparing the publication were numerous individuals involved professionally with health issues.

Watch for these problems when canning pickles

Problems and Solutions

by Norma L. Simpson

Cucumbers and other vegetables and fruits are now readily available for pickling. You'll have success with them if you will

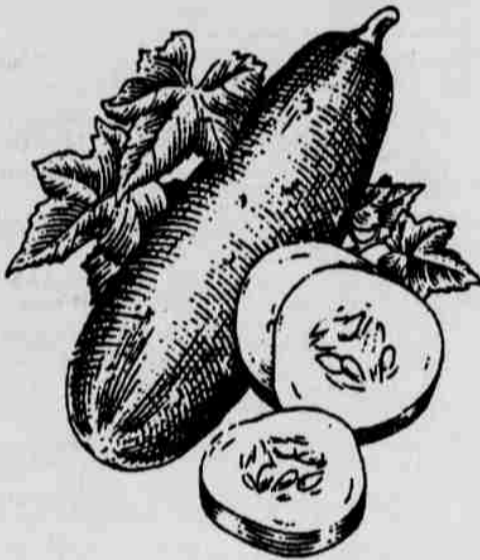
buy new spices and garlic instead of using up last year's supply. I know that you don't like to waste spices, but the bigger waste is the effect the stale spices have on pickles.

Take a whiff of old spices and you will notice that they have a musty smell. The musty smell is caused by fungi that grow on the spices which have been open for a long time. If you have garlic that is moldy, it is easier to see the fungi is present. The moldy garlic also smells musty, along with the garlic odor.

Fungi produce an enzyme which cause the pickles to become soft during storage. Once pickles become soft, they cannot be made firm again.

Immature Garlic can also turn blue or purple in the pickles. Eat the pickles but throw away the purple or blue garlic in the jar.

The Master Food Preserver Manual has a list of problems and solutions for pickles and relishes. These are the rest of the problems:



PROBLEM	CAUSE	OTHER INFORMATION
Hollow Pickles	<ul style="list-style-type: none"> faulty growth or over-mature fermentation too rapid holding cucumbers too long before brining too high temperature during fermentation 	Since hollow cucumbers usually float they can be picked out easily when the cucumbers are washed. Use these cucumbers for relishes or chunk pickles. Pickles are safe to eat.
Dark Pickles	<ul style="list-style-type: none"> use of ground spices too much spice whole spices left in jar iodized salt (very rare) minerals from hard water or utensils, especially iron overcooking 	Use whole spices and do not pack spices in jar. Use stainless steel utensils and soft water. Pickles are safe to eat.
Light and Blotchy Pickles	<ul style="list-style-type: none"> sun-scalded or poorly colored cucumbers over-mature cucumbers 	Pickles are safe to eat.
Small Brown Spots on Pickles	<ul style="list-style-type: none"> holding cucumbers too long before brining 	Pickles are safe to eat
Shriveled Pickles	<ul style="list-style-type: none"> too strong a salt, sugar or vinegar solution at the beginning of the pickling process overcooking overprocessing 	A weak solution should be used at the beginning of the pickling process in preparing very sweet or sour pickles. Sugar or vinegar should be added to the solution every day until the desired sweetness or tartness is reached. Pickles are safe to eat.
Abnormal, Bright Green Pickles	<ul style="list-style-type: none"> prepared in copper utensil green food color added 	Excess copper is toxic. If abnormal green color is caused by copper, it would be wise to discard the pickles.
Off-flavor in Fermented Pickles	<ul style="list-style-type: none"> "wrong" microorganisms growing in brine 	Follow directions carefully. If no mold is present and pickles have fermented to proper acidity, they are probably safe to eat.
White Sediment	<ul style="list-style-type: none"> salt that contains an anti-caking agent yeasts have grown on surface of pickle brine and settled to bottom of jar 	The salt sediment is not harmful and will not affect the pickles. Use air-tight cover on fermenting pickles. Strain brine. Heat process pickles to prevent yeast growth in jar. Yeast growth is not likely to cause pickles to be unsafe to eat. If moldy or appear to be spoiled (soft, slippery, strange odor), pickles should be discarded.

Workshop aimed toward sewing businesses

Large, brown spiders are harmless; control with pesticides

As fall approaches, you may notice a few big, brown long-legged spiders around your home. Such a sighting causes many homeowners to believe they are looking at one of the dreaded brown recluse spiders.

"They are not," says Jack DeAngelis, Oregon State University (OSU) Extension entomologist. "The brown recluse spider does not occur in Oregon, or anywhere else in the Pacific Northwest. The big brown spiders, common in the fall, are male giant European House spiders or male aggressive house spiders, out searching for females."

"Normally both of these types of spiders are pretty secretive, but during the mating season males tend to wander into the open," says DeAngelis. "The giant European house spider is essentially harmless, although frightening. However, the aggressive house spider can inflict a serious bite that often leads to an ulcerating, slow-healing wound."

"Care should be taken with any of these spiders since it is nearly impossible to tell them apart," he says. Call your local county office of the OSU Extension Service for help with identification.

"For control of these and other spiders, household insect sprays are effective," says Gary Parsons, OSU Extension entomologist. "A vacuum cleaner is one alternative to chemical control."

Turning sewing skills into a source of family income takes more than knowing how to sew a straight seam. It also means understanding marketing, financing and customer preferences.

That's why the Oregon State University (OSU) Extension Service has scheduled "Sewing as a Business" workshops in Bend, Florence and Ontario this fall, according to Ardis Koester, Extension textiles and clothing specialist.

The workshops are designed to help experienced home sewers learn the ins and outs of the business world. Instructors from OSU and Washington State University will be joined by local business people in teaching workshop sessions. Each program lasts five days.

"Many people sew specialty products for limited markets or really nice garments but have little idea about how the business world operates. We see this program as one way individuals can capitalize on existing skills to enhance income in a time of cut-backs and uncertainty for many families," the specialist said.

The Bend program will be held September 24-30, while the Ontario workshop is scheduled for October 31-November 4. The workshop in Florence, sponsored in cooperation with OSU's Natural Resources Families and Communities in Transition project, will be held November 7-9 and November 14 and 15.

Workshops are limited to 25 persons with preference given to people interested in starting a sewing-related business and second preference going to those who would like to improve the profitability of an existing

enterprise. The \$100 registration fee includes two large reference notebooks on business and sewing information.

Those wishing to enroll in the workshops must register through their county Extension office or through the Deschutes, Lane, Malheur and Jefferson County Extension

offices. The completed application and registration fee must be received two weeks before the start of each workshop.

Koester sees "Sewing as a Business" as a way for "Extension to meet a real need by helping individuals take what they know how to and maximize it for the benefit of themselves and their families."

Stockman's Roundup: Benefits of crossbreeding explained



Bob Pawelek
OSU Extension Agent
Livestock and Range

Crossbreeding is a quick way to benefit from a particular breed's good traits. Commercial herds are at an advantage when a bull is of a different breed from the cows.

Why? Because of something called hybrid vigor, which is a term meaning that the good traits from the bull and the cow are transferred to the calf.

A good example is a simple cross like the Black Baldie calf, resulting from a Hereford x Angus cross. Not only does this cross result in a pretty calf, but the calf gets off to a good start. Rate of gain and weaning weights are higher than a straight-bred Angus or Hereford calf and the carcass performs better on the rail.

Without a planned breeding program, crossbreeding will almost end up with a motley collection of females and calves that vary in type. Consistency is the key. To recognize maximum benefits from hybrid vigor, proper selection from the beginning must be used. Choosing the right cow and bull for a crossbreeding system requires some thought and imagination. Records of performance are extremely critical for success.

Most crossbreeding programs require the use of purebred bulls. A two-breed cross (like the Hereford x Angus cross) relies on

purebred females as well. They need not be registered animals, although with papers, their pedigrees can be traced back, assisting with the planning process.

Before diving into a long-range crossbreeding program, you should know what is involved and what to expect. Plans should be developed before committing all available cattle and resources to the program. Consideration should be given to the size of the herd, your pasture situation, natural vs. A.I. breeding, and availability of purebred animals.

Crossbreeding is no magic or "cure-all," but it will give a powerful boost to your pocketbook if properly used. Also, sound management and sound selection of breeding stock based on performance, potential carcass characteristics, and overall productivity are important.