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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, 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.

The Clover Speaks

Recipes made easy from OSU/Health & Wellness cooking classes

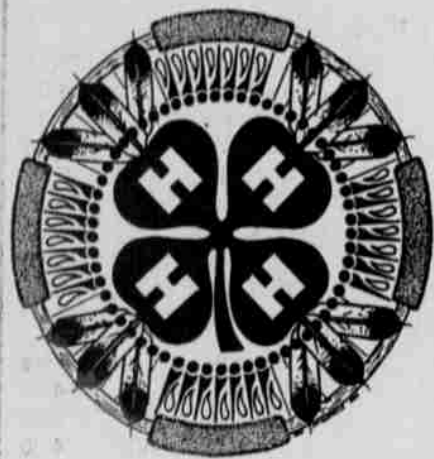
by Sue Ryan

Welcome to another edition of "The Clover Speaks" !!! For those of you who don't know me, my name is Sue Ryan and I am the new 4-H program aide at the O.S.U. Extension office. I used to work for KWSO Radio - doing the morning news show. September is sort of a windup month for us here in the 4-H office. Officially the new 4-H year starts October 1st. 4-H Leaders need to know that after October 1st all new registration forms

need to be filled out. This is for both registration and insurance purposes. If you have any questions call me or Arlene at 553-3238. For all of those 4-H leaders and members from last year - mark your calendar for 4-H Recognition Day !! This year's celebration is set for Saturday, October 7th from 1 to 4 p.m. in the 4-H Center. All 4-H leaders need to turn their membership lists in for year pins by September 25th. Those leaders who intend to continue their clubs should indicate this on their membership lists. If you are interested in becoming a new 4-H leader this fall stop by our office on the second floor of the Education Center and find out all the details.

The clean-up from the 4-H Wilderness Enrichment camp at Trout Lake continues with numerous lost and found items sitting at the office. We're sure that these towels, tennies, shirts and shorts belong to someone so please stop by our office to claim them. Planning is already underway for next year's camp session.

Arlene and I would like to take this time to say a big "THANK YOU" to Jenny Langnese, our Summer Youth worker. Her last day was September 1st. Jenny was a great help to us in the office this summer and we wish her lots of fun and luck in her Junior year this fall at Madras High School.



Tomatoes, a versital fruit with many uses

adapted by Norma L. Simpson

It seemed like we didn't have much warm weather this year, but the slow planting time didn't seem to affect the crop for one lady who called. She had tomatoes coming out her ears "What can I do with all those tomatoes?"

At the same time I receive a news release from the Central Oregon Master Food Preservers who had written a number of food processing news releases for radio and newspapers. I was one of the Master Food Preservers from Jefferson county who participated in the writing sessions. I know the goal of the volunteers is to make sure that families get the most out of the gardens and the abundance of beautiful fresh foods in our area...all preserved safely.

You can call us at OSU/Warm Springs Extension if you have questions at 553-3238 or you can call the Deschutes County Food Preservation Hotline (503-385-1410) on Tuesdays and Thursdays from 1-3 pm. Volunteers will be on hand to answer you questions. They have volunteered hundreds of hours this summer to get people the information you need on time.

Now back to the tomatoes. Remember they are a borderline fruit...just barely acid which means that special precautions should be taken when you preserve tomatoes. Our goal is to prevent botulism poisoning.

If you plan to can tomatoes, you need to use up-to-date processing methods. The water bath processing time varies from 40 minutes to 90 minutes per pint for our elevation depending on how you pack the jars. It is also recommended that lemon juice or citric acid be added to each jar of tomatoes as an added margin of safety. Both boiling water canning and pressure canning instructions are available for canning tomatoes. Home canners should use the latest OSU/USDA tested methods to be safe.

You can crush tomatoes, pack them whole or halved in water, pack them whole or halved in tomato juice or pack them raw without

added liquid. You can also make tomato juice, or tomato/vegetable juices and tomato sauce. In the display rack outside my office in the Education Center you can pick up yourself a copy of the PNW Bulletin # 300 "Canning Tomatoes and Tomato Products."

If pressure can the tomatoes you can cut down the time to 15 or 25 minutes depending on the pack at 12 pounds of pressure for dial gauges or 15 pounds pressure for weighted gauges.

Besides canning, tomatoes can be frozen. Some people prefer to cook the tomatoes first and then freeze, but the more meaty varieties, like the pear shaped Romas, freeze well whole. You don't need to peel the tomatoes since they will pop out of their skin when slightly thawed. They are great in soups, stew and sauces.

Drying tomatoes is easy. Just slice the tomatoes 1/4 inch thick and put on the dryer trays. Dry until they are leathery and no longer have moist spots. Tomatoes can be dried in the oven 150°F with the door popped open with a pot holder. Sun drying is also an option, but the tomatoes should be brought indoors in the evenings or they will reabsorb moisture.

Dried tomatoes in oil is a popular way to use the dried tomatoes; however some precautions need to be taken to assure a safe product. As long as NO fresh herbs or fresh cloves of garlic or other vegetables are packed in the oil along with the tomatoes, the product can be stored at room temperatures indefinitely (as long as the oil does not turn rancid.) If the fresh herbs, garlic, etc. is added, the tomatoes can only be stored in the refrigerator and for no longer than three weeks. The problem is that the herbs and garlic are low acid foods, the oil provides an airtight atmosphere so botulism poisoning could occur. To make tomatoes in oil, fill the jar with dried tomatoes and cover with vegetable or olive oil. Put on the lid and let the jar set. Some people prefer to dip the dried tomatoes in vinegar before putting into the jars. The tomatoes will reabsorb the oil quicker if dipped first.

by Norma L. Simpson

I was among the winning team in a "Food Preservation Jeopardy" contest in Bend in August. Our prize was the Italian Pretzels recipe from a Wallowa County 4-H'er Jill Fraser.

It sounded so tempting that I thought teens in Warm Springs might try them for a teen party. Let's compare notes on the acceptance.

Italian Pretzels

2 cups small pretzels
1/2 tablespoon butter
1/2 tablespoon dry spaghetti sauce mix
1/2 tablespoon Parmesan cheese
Put 2 cups of small pretzels in an oblong 9 X 13 inch baking pan. Put 1/2 tablespoon butter and 1/2 tablespoon dry spaghetti sauce mix in a small glass bowl. Microwave the butter mixture on high for 20-30 seconds or until butter is melted. Pour butter mixture over the pretzels. Toss pretzels to cover the mixture. Microwave them on medium low for 3-4 minutes or until toasted. Remove dish from microwave, sprinkle with Parmesan

cheese, cool. Serve at room temperature. Store in tight container. - Jill Fraser, Wallowa County 4-H'er

Beef Stroganoff

12-16 oz dry wide noodles
1 lb extra lean ground beef
1 cup chopped onion
2 can low fat Cream of Mushroom soup
2 cups (16 oz) non-fat plain yogurt or non-fat sour cream
1 teaspoon garlic powder or 1 minced clove

Start cooking noodles. Put a tea kettle or pot of water on to boil. Brown the ground beef and onions in a non-stick pan until cooked through. Put beef and onions into a strainer and rinse with boiling water to remove excess fat. Rinse the pan with boiling water as well. This rinsing will remove about half of the fat. Return the meat and onions to the pan. Add soup, yogurt, and garlic to beef and onions. Heat through (don't boil) then serve over one (1) cup of noodles per person. This recipe also works well with

leftover roast beef.
Protein: 22 grams, Carbohydrate: 51 grams, Fat: 5.5 grams; servings per container: 8; calories per serving: 350.

Meringue Cookies

2 eggs (room temperature)
1/4 teaspoon Cream of Tartar
1/8 teaspoon salt
1/2 cup sugar
1/2 teaspoon vanilla extract
Preheat recipe to 225 degrees and coat a baking sheet with non-stick cooking spray. Beat the egg whites with an electric mixer set at high until foamy. Add the cream of tartar, salt and continue beating. Gradually add the sugar and beat until stiff peaks form. Add the vanilla and beat at medium speed just until blended.

Spoon the batter by rounded teaspoons onto the baking sheet, make either 12 large meringues or 24 small ones. Bake for 50-60 minutes or until the meringues are firm. They will not brown. Cool on wire rack.

Protein: 1 gram; Carbohydrate: 17 grams; Fat: 0 grams; Calories per serving: 18

Self-esteem is self-confidence, self-worth & self-respect

"Self-esteem is a state of mind. It is a way you feel and think about yourself and others, and is measured by the way you act. Self-esteem can also be defined as your internal belief system and how you experience life externally. High self-esteem is the most positive phrase in the English language. It relates to having a positive sense of your inherent worth as a person. Self-esteem is made up of learned feelings and positive thoughts that reflect a positive attitude of "I CAN DO IT", versus a pessimistic attitude of "I CAN'T DO IT".

"Self-esteem is self-confidence, self-worth, and self-respect. It involves respecting others, but also feeling a sense of harmony and peace within yourself.

"The key to elevated self-esteem is the willing to take responsibility for your feelings, desires, thoughts, abilities and interests and to accept your overall strengths and act accordingly.

"Your self-esteem affects everything you do. It reflects "you" to everyone with whom you can come in contact. Each of us is born with the capacity for positive feelings, but it is possible to learn not to like yourself through practice and/or life experience. This book will teach you to appreciate your self-worth and importance.

"Self-esteem is not a fixed or rigid state. It changes depending on what you experience or how you are feeling.

"Most low-esteem is caused by negative emotional reactions. It is not easy to reach adulthood with a sense of high self-worth today because of many factors that come into play in this complex world. Unfortunate childhood experiences; criticism by parents, teachers, peers; your environment; media; cultural backgrounds; or society in general can cause feelings of inferiority and low self-esteem. If these feelings are reinforced by negative belief patterns, they can become habit forming, and low self-esteem can become the norm for an individual.

"As you become an adult, you depend on others for a sense of importance. Negative feelings and thinking patterns can become powerful illusions of truth. Physical, emotional and psychological consequences will influence your thinking and your mind can form value judgments.

"Self-esteem is both conscious and unconscious. It is an ongoing evaluation of yourself. A belief of what you can and cannot do. Self-esteem can be learned! But it does not happen overnight or by chance." pages 1-2.

FEELING GOOD ABOUT YOURSELF IS NOT A LUXURY; IT IS AN ABSOLUTE NECESSITY.

* by Connie Palladino, *Developing Self-Esteem* published in 1989 by

Crisp Publications, Los Altos, California, p.1. ISBN 0-931961-66-1

WHAT OTHERS HAVE DONE TO INCREASE

THEIR FEELINGS OF SELF-ESTEEM

!

The following comments have been offered by participants from self-esteem workshops about specific things that have helped them develop better self-esteem.

My self-esteem improved because:

*I asked my trusted friends and family members for feedback.

*I practiced positive thinking and visualization success.

*I read a lot of positive literature.

*I asked the counseling service to help me through difficult times.

*I identified my values and then made

them priorities.

*I regularly attended support groups.

*I improved my ability to meet new challenges and risk changes.

*I discovered my parents and friends believed in me.

*I wrote down my accomplishments on a daily basis.

*I learned to be honest in expressing my strengths, talents and skill.

*I found a new job and experienced success on the job.

*I made myself do things without waiting for others to suggest action.

*I took action on ideas I believed in.

*I made a definite effort to improve my personal appearance.

*I enrolled in a "Human Effectiveness" class to overcome my fear of the public.

*I completed my GED and went back to school.

*I took a battery of tests to identify my strengths.

*I practiced meditation, and exercised daily.

* adapted from *Developing Self-Esteem*

by Connie Palladino, printed in 1989 by Crisp Publications, Los Altos, California,

p.21. ISBN 0-931961-66-1

OSU news tips on washers, energy and sewer costs

As water, energy and sewer costs rise, a new generation of clothes washers is hitting the market. They use half the water than typical top loader and combination washers/dryers use — and less energy and detergent too.

Some of the new clothes washers are an updated version of the old-fashioned "front loaders" from the 1930s and 1960s. Front loading washers save space because the clothes dryer can be stacked on top. Other combine convenience of top loading the benefits of a horizontal axis drum.

If you're like a lot of Oregon households, you wash some 380 loads of laundry a year — about seven loads a week, according to the Oregon State University Extension Energy Agent Dave Brook. Each year, says Brook, a horizontal axis washer would save your household 4,000 gallons of water. That adds up to about \$13 in water and sewer costs, \$15 to \$20 on electricity or natural gas for water heating and 40 pounds of detergent.

Prices for the new washes range from \$750 to more than \$1,000. "They cost more than standard models," says Brook, "but energy, water and detergent savings easily pay back the extra cost in about five years. (The average life of a washer is nearly 15 years.)" Another benefit is the washer's reduce impact on the environment from lower water and energy consumption to fewer chemicals in the waste stream.

A horizontal axis machine needs only half as much water because the clothes are completely immersed during each rotation of the drum. A top-loader needs to fill the drum completely to immerse clothes. Because less water is used, less detergent is used too — about two-thirds less, according to manufacturers.

Horizontal axis washers spin clothes at much higher speeds than conventional machines — about 800 revolutions per minute (rpm) compared to 425 rpm — so clothes require about 10 percent less time in the dryer or on the line. And because the washer drum spins in only one direction, fabric is not stressed as much as in agitator-style top loaders. Clothes don't wear out as fast. Unbalanced loads also are much less a problem in horizontal axis washers than in conventional top-loaders.

There are a few downsides, Brook points out. Horizontal axis take longer to wash a load of clothes. Sand some models have a slightly smaller capacity than typical American washers. It also is more time consuming

to stop the machine in mid-cycle to add or remove clothes.

Two American companies are among manufacturers now making the next generation washers: White-Westinghouse and Gibson. Imports are available from Staber, AEG, Asko and Miele. Maytag and Whirlpool plan to unveil their new models next year.

You can get more information on horizontal axis clothes washers and a complete list of manufacturers and model numbers from Oregon Energy Line, the OSU Extension Energy Programs's publications request line. Call toll-free in Oregon: 1-800-457-9394.

Septic tank booklets available at OSU

by Norma L. Simpson

In June, Oregon State University brought on board a Water Quality Educator, Gail Glick, who is concerned about all kinds of conditions related to water we drink and the water we use. You may have met her at State and County Fairs in booths talking about the "Home A*Syst" program and doing "Household Well Nitrate Screening" of water quality in Oregon. The last week of August I received some information about the programs and I called her for other information available to you.

Among her concerns is the Septic Tanks in rural areas and proper maintenance of them.

Another concern is well water especially as related to septic tank and barn yard drainage.

Three publications on septic tanks are free of charge by writing to her:

Gail Glick, Water Quality Educator, Gilmore Hall Room 116, Oregon State University

Corvallis, Oregon 97331-3906. Her telephone is (503) 737-2041.

Write for: # EC1340 "Why Do Septic Systems Fail" no charge; # EC1341 "Septic Tank-Soil Absorption Systems" no charge; and # EC1343 "Septic Tank Maintenance" (no charge).

Gail Glick says that she will be visiting Warm Springs soon to see what water quality problems we have and how to tackle them. I suggested she visit the museum to see the meaning of water to the tribes of Warm Springs.

Stockman's Roundup: Help to control cheatgrass



by Bob Pawelek
OSU Extension Livestock Agent

Some help may be on the way to control cheatgrass.

New cheatgrass (downy brome) control research initiatives underway may provide control of future crops resulting from the seed produced by the abundance of cheatgrass this year.

One of the particularly interesting efforts is under way at the Pendleton experiment station by USDA-ARS researchers Dale Wilkins and John Williams. The concept under evaluation combines the use of a moldboard plow and a field chopper to achieve satisfactory levels of residue on the surface while at the same time burying the cheatgrass seed.

Another of the cheatgrass control projects

is a long-term (six-year) trial on at least two Umatilla County farms which is evaluating the impact on cheatgrass and the profitability of about a half-dozen different crop rotations and combinations of tillage and herbicides. It is being conducted cooperatively by Oregon State University agricultural scientists Dan Ball and Don Wysocki and Extension agent Mike Stoltz. Several new selective cheatgrass herbicides are also under evaluation in several trials around the Inland Northwest.

Varietal differences in competitiveness of winter wheats against cheatgrass and jointed goatgrass are being studied in research at the Palouse Conservation Research Station near Pullman by USDA-ARS weed scientists Alex Ogg, Frank Young and Steve Seefeldt, all of Pullman, and University of Idaho agricultural scientist Gary Lee. Some differences were noted during the 1993-94 growing season, which had 52% less precipitation than the 30-year average.

Communication for Ag
Communicating for Agriculture (CA), a national non-profit association made up of farmers, ranchers and rural small business members in 48 states, has joined in the call for a federal investigation of concentration in the meat packing industry, increased corporate control of livestock supplies and the impact on consumer prices.

It has called for an objective investigative study that researches technical issues related to competitive pricing, corporate-controlled captive livestock supplies, lack of competition and potential monopolistic practices in the meat packing and meat industries.

CA also called for an examination of the threat of losing access to fair, competitive markets for independent livestock produc-

ers, and specifically asked that the study examine the impact of three possible actions to alleviate the situation, including:

-Enforcement of laws changed under recent deregulation or establishment of new regulations, that restrict monopolistic and uncompetitive practices in the industry.

-Possible steps to break up the largest, most dominant meat packing companies.

-Ways to assist the establishment of new, producer-owned cooperative meat plants to ensure market access for independent beef and hog producers.

Credit means debt

by Norma L. Simpson

The ads say "instant credit," "easy credit," "convenient credit." From the advertiser's point of view, that's probably true. But as the consumer who is the target of the ad, you might look at it differently. When you are extended credit, you incur debt. In other words, instant debt, easy debt, convenient debt. So ask yourself, is it worth it to you to get more debt?

Avoid going into debt for things you do not need or do not really want. Easy credit encourages consumers to buy more expensive things that later they regret.

One common gimmick is to say, buy now and you don't have to pay until six months later. What they don't tell you is that you owe money starting from the day you pick up the product. You pay interest even though you don't have to start paying until later. That means that what you bought costs a lot more.

Be smart...Set aside money for the things you want then pay cash...and save a bundle.