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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

By Sue Ryan

This edition of the 4-H Program has some news of countywide and state opportunities available to youth. If your child is in the 4th or 5th grade at school here something you can pass on to their teachers. The Incredible Egg curriculum has just put out their list of 1998-

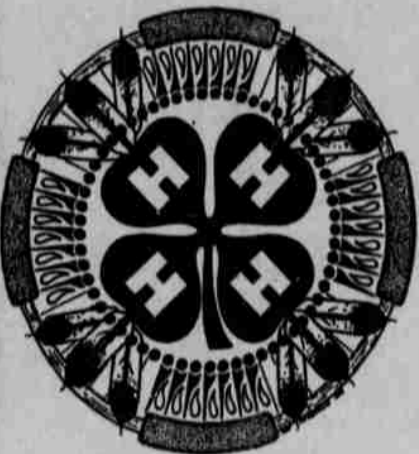
the Fall of 1998, teachers should turn in request forms by October 5th, but since the incubators are given out on a first-come, first-serve basis the sooner requests are in the better your chances of getting one. If this sounds like something your child might be interested in learning, contact the Extension office or your child's teacher for more information. This opportunity is also available to clubs or home-schooled kids. Two trainings on the County level may interest you. A brief report in the latest Jefferson County 4-H newsletter had the details. The Central Oregon Farm & Tractor Safety Training & Certification will be held in June at Madras High School. Oregon Wage and Hour Rules require minors under 18 years of age to be certified before they can operate farm machinery (some exceptions apply). The class is in the VoAg classroom at Madras High school on June 15th, 16th & 17th from 8 to 5 each day. The class will only take 20 students and is limited to youth who will be 14 to 17 years of age during the agricultural season this summer. Youth need to register & pay at the Jefferson County Extension Office by June 10th, 1998. To reserve a spot contact the Madras Extension office at 475-3808. Here's a news FLASH! Too late to make it into our camp flyer for the Summer of 1998 here are the facts on a Leadership Camp. An ADULT and YOUTH LEADERSHIP CAMP will be held June 19-21st at Crystal Springs. The camp will be for adults of any age and youth in 7th-12th grades. This 4-H camp will involve FCL classes and cover topics including: effective meetings, conflict management, decision making in groups, dealing with difficult people, public meetings and testimony, problems encountered by volunteer groups, working with committees, and effective presentations. The cost is \$50 per person. You need to register by June 5th at the Madras Extension office. And, while you're rushing in

to sign up for these great opportunities be aware that the Jefferson County Extension office has new hours starting June 1st. The Madras office will be open 8:30 to Noon & 1:00 to 5:00 p.m. This means they will now be closed during the lunch hour. The 4-H program will be holding a Project Learning Tree training for the Early Childhood Education afterschool teachers and camp staff. We should still have room for community members. If you are interested in learning about a fun way to teach kids about the outdoors, this training is for you. The PLT workshop will be held Wednesday, June 3rd at the 4-H Center from 8 to 4 p.m. You MUST pre-register by May 22nd. There is a materials fee of \$15. And, a final news FLASH to finish out this Cloverspeaks. Due to some late breaking charitable grant giving the 4-H Program has full-ride scholarships available for the 1998 Culture Camp at Peter's Pasture. Come on into the 4-H office to sign up & get a scholarship to attend camp this year. Funding comes via the Culture and Heritage department through a state PNPC grant. Also, from separate monies we have half-scholarships available for the Tri-County Camp activities. This includes the Crystal Springs Camp (there are two sessions one in June, one in August) and the Central Oregon Wilderness Skills Camps. Come on in and sign up!

4-H members named to statewide ambassador program May 8, 1998

By Tom Gentle, 541-737-0801 SOURCE: Duane Johnson, 541-737-1311
CORVALLIS-The Oregon 4-H Ambassador program has selected 115 outstanding Oregon 4-H members from across the state to participate in its activities during the coming year. "This group represents the largest number of 4-H members ever chosen for the prestigious program, and is a reflection of an increase in 4-H membership in recent years," said Duane Johnson, Oregon State University Extension 4-H youth development specialist. Last year, more than 50,000 youth took part in 4-H programs, an increase of 8,500 participants. "Participation in the ambassador program is one of the highest honors a 4-H member can earn," Johnson said. To become an ambassador, 4-H members must undergo a rigorous review of their accomplishments in 4-H and in community and school activities. Ambassadors must be at least in the 10th grade. The ambassadors fulfill an important function for the OSU Extension 4-H Youth Program. They promote the 4-H Program throughout the state and participate in a variety of state, county and local activities. Included among those activities are giving talks about 4-H to community groups, setting up 4-H displays in stores and shopping centers, promoting 4-H activities on radio and television talk shows, and recruiting new 4-H members. In addition, the ambassadors train 4-H leaders and members, and provide leadership for 4-H educational programs at the county and state level. The new ambassadors will learn more about their responsibilities to help represent and promote the 4-H program at the 4-H Ambassador Weekend, June 19-21 at Linfield College in

McMinnville. The weekend, sponsored by the Oregon Farm Credit System, will also include classes on life skill development, workforce preparation and citizenship, Johnson said. The focus of this year's training includes effective communications, teamwork, resume development, and youth leadership in community and state issues. Some of the ambassadors will be invited to participate in the 1998 National 4-H Youth Congress in Memphis later this year. Selected as 1998 Oregon 4-H Ambassadors are: ALBANY: Mandi McDowell, Evie Moe, Erica Ward ASTORIA: Katie Weidman AZALEA: Hope Gard BANKS: Brandee Williams BEAVER: Katie Peam BLODGETT: Annika Kessi BONANZA: Kendra Smith BORING: Angela Buckwalter BURNS: Shelly Simpson CANYON: Elizabeth Perkin, Shirine Salem CANYON CITY: Erick Keerins CENTRAL POINT: Kinsy Biskeborn, Layton DeZell, Christine Petersen CHILOQUIN: Cassy Dimick-Gallagher CLATSKANIE: Jenny Jauron CLOVERDALE: Tami Buell, Amy Hopkes CONDON: Sam Bates COOS BAY: Penny Gillson CORBETT: Heather Marsh CORVALLIS: Leslie Charles, Dara Easley, Denise Giles, Sarah Greer, Ashley Packard COTTAGE GROVE: Chris Cochran COVE: Jessie Barreto, Brandon Ritter DEXTER: Jennifer Newcomer EDDYVILLE: Shane Grant ENTERPRISE: Shawna Rahn EUGENE: Danna Magnuson, Ryan Magnuson FOREST GROVE: Kendra Brenner GRANTS PASS: Anya Hunt GRESHAM: Kelly Nemmett HILLSBORO: Myra Coe IONE: Jessica Krebs JUNCTION CITY: Andrea Adams, Rachel Mourek KEIZER: Sarah Boatner KLAMATH FALLS: Rachel Cook LA GRANDE: Tove Ryman LEBANON: Kar: Ainsworth, Jed Smith, Karen Thomson LINCON CITY: Jennifer Fitzpatrick LOSTINE: Ramirose Atebury, Lacey Vernam MCMINNVILLE: Rebecca Kirk MEDFORD: Jessica Cartwright, Brooke Huard MILTON-FREEWATER: Tiffanie Forthman, Kevin Walker MOLALLA: Kara Goggin MONROE: Erin Holman NEHALEM: Abigail Collett, Joel Collett, Jennifer Gallusser, Megan Gallusser NEWBERG: Kara Holveck, Kelly Mills, Sharon Reilly, Laura Stewart OREGON CITY: Sabrina Balgawalla, Karen Jeffrey OTIS: Ken Gibson PHILOMATH: Sara Gourley PLEASANT HILL: Daniel Olson, Jennifer Olson PORTLAND: Andrew Bernhard (Zip Code: 97232), Megan Marconi (97215), Peter Mattson (97229), Katie Mengershausen (97214), Vanessa Stewart (97201) PRINEVILLE: James Kessel RAINIER: Ryan Blaylock, Jessica Villhauer, Jared Villhauer REDMOND: Jessica Haavisto ROGUE RIVER: Arienne Cease, Jason Krebs ROSEBURG: Vicki Fry SALEM: Cheri Andersen, Tiffany Andersen, Erin Jensen, Bryan Gonzalez, Noelle Reeves ST. HELENS: Lucy Ogan, Kirsten Syrstad SCIO: Ben Gerding, Jr., Berky Pape, Brian Pape SEAL ROCK: Kyla Ryan SHERIDAN: Luke Monroe SHERWOOD: Kristi Price SILVERTON: Amarie Jensen SUMMERVILLE: Melissa Forester, Julie Smith SUTHERLIN: Darci Book TILLAMOOK: Janell Alberto, Decky Hogan, Tiffany White TOLEDO: Casey Hettman TROUTDALE: Tara Dunlop UNION: Axel Clark, Audrey Stockhoff, Mia Swanson, Christy Upshaw VERNONIA: Dawn Pendell WILSONVILLE: Brian McGregor.



1999 School Dates for when this kit can be requested from the state 4-H office. With this experience, children get a chance to nurture eggs in the classroom until the chicks hatch. Extension Specialist Dr. Bradford Jeffreys sent us details on how teachers can get the curriculum in a letter. "The Incredible Egg curriculum is available to Elementary School Teachers who instruct at the 4th and 5th grade levels at no cost. The Guide is a product of a grant funded by the Meyer Memorial Trust. The guides are provided free of charge to teachers as long as funds are available. There are a limited number of incubators to support this educational program throughout the state." For

Have a safe & happy Memorial Day-Drive safe & watch out for the other driver!!

Herb gardening: get ready... get set... Grow oregano!

Everyone can grow herbs, whether in the garden, or in a container. The sweet smell of herbs in summer is one of the nicest things about growing them. Their flavors add that something special to a variety of dishes. Herbs can also be substituted for salt. They add much needed seasoning and flavor to low-salt diets, which may seem bland at first. Most herbs prefer well-drained soil, and a sunny spot. Sunlight develops their natural oils which produce the herb's characteristic scent and flavor. One of the easiest herbs to grow is oregano. The hardiest oregano (origanum vulgare) is the

common name for wild marjoram that is native to the Mediterranean, and yet grows in vastly different climates from the Himalayas to the British Isles, to Mexico, and Oregon. Oregano was practically unknown in the United States until after World War II, when pizza became popular. Oregano vulgare is a low growing, perennial herb that grows well in the climates in Central Oregon. Perennial plants grow year after year. It has an upright growth of 8 inches to 2 1/2 feet, spreading underground by stems. The plant has medium sized oval leaves, with purplish pink blooms. It grows in the sun, and is not fussy about soil type. It is low growing and needs space to spread. It often resembles a groundcover. Fresh oregano can be harvested as needed for cooking. Like many other herbs, oregano also dries well, and can be used as a ground herb. Follow these easy steps for drying herbs: 1. Beat the sun! Harvest herbs in the early morning. Oregano, like most herbs should be harvested in the early morning to retain the plants & oils before the hot sun comes up. Gathering the herb early after the dew has evaporated also minimizes wilting. Oregano should be harvested before the blossoms flower. 2. Bathe. Rinse the harvested herbs in cool water. Gently shake the herbs to remove excess water. Separate out all bruised, soiled, or imperfect leaves and stems. 3. Bunch 'em. Tie the stems together in small bunches and hang them upside down. Herbs should be dried in a warm, dry shaded area. Do not hang them against a wall. Air needs to circulate freely around the drying herbs to remove moisture without destroying the oils. 4. Bag it! One effective way to protect herbs from dust is to place each bunch inside a paper bag. Gather and tie the bag firmly around the stem ends so that the herb leaves hang freely inside the bag. Cut out the bottom of the bag and cut out small air holes in the sides of the bag to provide air circulation for drying. 5. Crispy yet? Drying takes about 2-3 weeks, depending on the weather. Drying is completed when the leaves and stems are crispy, and crumble easily in the fingers. Dried leaves may be left whole or crumbled

and stored. Rubbing the herb between the palms of the hands is one way of making a ground spice, that can be easily stored and used. 6. Hide 'em! Place herbs in airtight containers and store in a cool, dry, dark area to protect color and fragrance. 7. Use 'em! Oregano like most herbs (especially fresh ones) should be added at near the end of the cooking process, even when you cook at a gentle simmer. This allows the herbs oils to release and fragrance and taste to penetrate the dish. In warm climates, the herb has a definite smell and a slightly peppery flavor. Oregano is the herb that provides the smell and flavor of pizza. Oregano goes well with tomatoes and is a natural seasoning for tomato dishes. It also goes particularly well with beans, meat, and onion. Oregano also adds flavor to fish, chicken, pork, and lamb. Following are some guidelines for using oregano in your cooking: Ground oregano: 1/4 - 3/4 teaspoon in 1 pound of ground beef; 1/4 teaspoon to 1/2 teaspoon for 1 pound of pork; Leaves: 1/4 teaspoon to 3/4 teaspoon to 4 eggs for egg salad; 1/4 teaspoon to 1/2 teaspoon in 1/2 cup of butter for baked potatoes, bread or basting fish; 1/4 teaspoon to 1/2 teaspoon in 2 cups of spinach, green beans; 1/2 teaspoon to 1 teaspoon in 3 cups of tomatoes; 1 teaspoon to 3 cups of flour in making yeast breads; 1/8 teaspoon to 1/4 teaspoon in 2 cups tomato, spaghetti or barbecue sauce.

The OSU Extension office has 75 free oregano plants for Warm Springs residents, to start herb gardens. See Diane Bohle or Lynne Breeze in the Home Economics office for your free oregano plant, and for recipes using oregano. Please return plastic pots to Diane after you have planted your oregano in your garden.

OSU Master Gardener Volunteer: Home Gardening Advice Available
Do you have questions about plants, vegetables, trees, bugs, fertilizing, plant diseases, pruning or soil? Diane Bohle, a Master Gardener volunteer will be available to find answers to home gardening questions. Home owners often ask what kind of plant do I have? What kind of plants or trees would do well in my yard? Does my shrub have a disease? What kind of insect did I find in my home or yard? What kind of damage can it do? What should I do to get rid of that insect? These kinds of questions can be answered by a Master Gardener volunteer. Master Gardener training involves classes and volunteer time at the extension offices to pay back their training. Master gardeners will try to find answers to your questions. If an answer cannot be found, the insect or plant will be sent to OSU for identification by a specialist. Diane will be available to answer your gardening questions in

problem. Reusing Packaging Materials in the Microwave May Pose Food Safety Risks

It is not uncommon for many people to heat leftovers in plastic margarine tubs and other "single serve" containers in the microwave. Although re-using the packaging this way makes environmental sense, it may not be in the best interest of your health. Most packaging materials are designed for just one use. When manufacturers design packaging, they consider factors such as the ingredients in the food and the amount of heat used during processing. With the exception of glass jars, manufacturers assume that consumers will discard or recycle the container after the food is eaten. The Food and Drug Administration is responsible for ensuring the safety of packaging for its intended use. However, re-using the packaging in a different way could create a food safety concern. For example, additives that keep plastic flexible can migrate into food under some conditions. This is most likely to happen when the container is heated and when food contains fat, acid, or alcohol. Carolyn Raab, Oregon State University Extension Foods and Nutrition Specialist suggests taking the following precautions: 1. Don't use packages from non-food products, such as plastic laundry buckets as food containers. 2. Don't heat food packaging, such as plastic margarine containers, unless the original package gives heating instructions. Many food products are filled into containers at low temperatures and are not designed to withstand higher heat. 3. Don't reuse packaging that contains "heat susceptors" for browning or crisping. The adhesives that hold the susceptor to the original package may be damaged in the original use and the material is more likely to migrate into your food. 4. Unless packaging is marked "microwave safe," don't use it in a microwave oven. Soft plastics are likely to blister, flake, deform, and melt which allows plastic additives to penetrate the food. 5. If you bring restaurant leftovers home in a plastic foam tray, transfer the food to a microwave safe container before heating it. 6. Don't reuse porous packaging materials such as Styrofoam cups and foam meat trays. They have air spaces that can harbor food particles and bacteria. 7. If you are storing food in a flexible film bag like a bread wrapper, use it with the printed side out. Printing inks may contain materials that are not meant for human consumption. 8. Don't re-use egg cartons for storage of hard cooked eggs or for crafts. They could be a source of bacteria. 8. If you use plastic film to cover a container in the microwave, don't let it come into direct contact with the food.

Washing Clothes After Gardening
As spring approaches, more of us will be in our gardens, digging, planting, pruning, and often spraying pesticides. Typically, the home gardener, just like farmers and ranchers need to take steps to wash items that have been worn when handling, mixing, or applying pesticides. It is important to take proper steps in washing clothing that may be contaminated by pesticides.

Steps to Washing Contaminated Clothing: 1. Pre-rinse items by hosing off, soaking in a bucket or using the pre-rinse cycle. 2. Set washing machine on: Hot Water Temperature 2. Full Water Level 3. Normal Wash Cycle 3. Wash Only a Few Garments at a time. 4. Use a heavy duty liquid detergent. 5. Do not wash contaminated clothes with other clothing items. 6. Rinse in warm water. Rinse twice if possible. 8. Line dry to avoid contaminating drier. 9. Run empty water through a complete hot water cycle with detergent.

Edited from Home Economics Newsletter, March 1998, Hood River.
If you are tired of being "pre-approved" for new credit cards, an amendment to the Fair Credit Reporting Act that became effective September 30, 1997 offers a solution. Under the terms of the amendment, you can ask the major credit bureaus to remove your name and address from their list for unsolicited credit and insurance offers for two years. If you want to be off these lists permanently, call the credit bureau and ask for an "opt-out" form. A phone call to any one of the three nationwide credit bureaus will get you off the lists. Call either: Equifax Options 800-556-4711; Trans Union 800-680-7293; Experian Credit Marketing "OPT OUT" 800-353-0809.

STOCKMAN'S ROUNDUP: Researchers working on tenderness



by Bob Pawelek
OSU Livestock Agent

It has been well-documented that Brahman-type cattle, are more variable in tenderness than English and Continental breeds such as Hereford, Angus and Charolais. However, new research out of Texas A&M and Texas Tech suggests that the earlier documentation may have unjustly made a scapegoat for the beef industry's tenderness problems. With all the hullabaloo about the toughness of cross cattle, the Texas researchers pooled resources to see if they could make the

long-eared critters more consistently tender via electrical stimulation (ES) and aging. ES and aging did make beef more tender. While not a shocking find, it holds broad implications for the beef industry, especially in light of the National Cattlemen's Beef Association plan to reduce the percentage of tough beef in the U.S. supply 50% by 1999. The study revealed cattle were acceptably tender to start with. In fact, one group of cattle was actually more tender than the group of Bos taurus cattle evaluated. "That's a little jolting. What prompted the study," says Tech meat scientist Mark Miller, "was the success of a beef packing plant in marketing beef from cattle." Though the plant slaughters cattle with a very high percentage of breeding, they've received no reports of tenderness problems from customers. The packer attributes that success to its use of a moderately high-voltage ES. The two Texas universities set out to see for themselves whether ES was responsible. Their study evaluated three groups of cattle (360 head total) processed at three packing plants. The table details the differences in how each group was fed. Though the cattle were not fed exactly the same, they were true-life examples of cattle going into the food supply. Two groups contained high percentages of blood; the third group, taurus. Half of the carcasses at each plant were treated with ES. Strip loins were tested for tenderness using the Warner-Bratzler shear-force test after aging 7, 14, 21, and 28 days. A trained sensory panel evaluated steaks aged for 14 days broiled to an internal temperature of 158 degrees Fahrenheit. "The result contained some

surprises," says Miller. Based on the National Consumer Retail Beef Study, if meat measures 8.5 lbs of shear force or less, most consumers will consider it tender. Using that as the threshold of acceptability, 92% of the cattle processed at Packer 3 were acceptable prior to ES. Only 66% of the cattle met that standard. "We need to do a better job of characterizing cattle of all breed types for tenderness," says Miller. To make genetic improvements, he says producers will have to evaluate tenderness by bloodline rather than breed. That will take time.

Adult help needed

Remember how much fun you had playing and learning about the forest and all the animals? You learned how to respect the animals and the land you were living on. Now you can pass this knowledge on to the young children of Warm Springs.
Adults are needed for a variety of position at camp; Camp Counselors, head work teacher; Basket teacher, sweat house teachers, girls & boys & teachers of all kinds. The camp area is Peters Pasture about 30 miles west of Warm Springs, around Mt Jefferson area. And is very primitive, you will eat outdoors sleep in a tent or teepee, watch children learn and most of all enjoy yourself.
Please call or stop by the OSU Extension office and talk with Arlene Boileau or Wilson Wewa in the education Building. 553-3238.
Camp Counselor Training will be provided July 14, 15, 16, 1998 at HeHe Longhouse.