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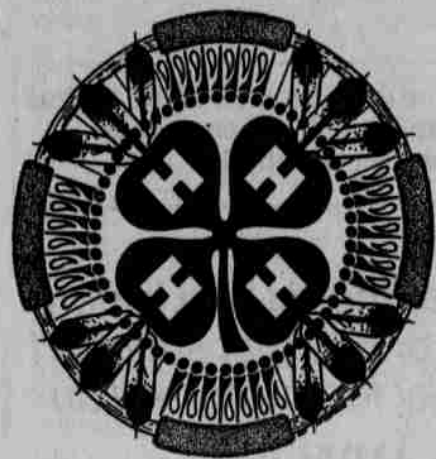
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

I just returned from the Oregon School Age Coalition conference in Lebanon. I was asked to teach "Cooking with Kids!" This is a project the 4-H office has put on here for kids. The fall can be a fun time in the kitchen. I am going to share what I taught to the



after-school care providers at LBCC. Keep in mind—4-H could use a cooking leader. If you are interested, call us today at 553-3238.

Cooking with Kids!
 Philosophy
 Cooking with kids can be fun. This is the number one reason why I do it. It can also be messy, time-consuming, boring and possibly dangerous if you don't plan correctly.

My presentation is not to be confused with nutrition, although there are resources available to teach about nutrition if you wish to research those.

Teaching kids to cook can help them learn math, reading, practical life-skills, choices, and responsibility.

However many classes you teach I would like to emphasize that it's important that children be involved in the setup and cleanup for each activity. That doesn't always mean they will do a thorough job but its vital to start off by involving children at each stage. This helps in teaching them responsibility. And, teaching cooking isn't fun if you end up doing all the work.

PARENT ALERT
 Always alert your parents that you are going to cover cooking. Kids love to practice new things they have learned. With cooking that means they will go HOME and attempt cooking. Parents or another responsible adult need to be present with beginning cooks. To help guide them, but also avert dangerous incidents. Practice also reinforces their skill level.

My Background
 I work as a program assistant with the O.S.U. Extension Service at Warm Springs.

My interest in teaching kids cooking came out of the desire to share my skills and knowledge. I favor recipes that involve making food from scratch but also talk about prepared foods and how to fix them. Before I worked for the Extension Service, I taught a cooking club for two years. Afterwards, I worked with our 4-H Agent to pilot test a local curriculum we use called Cooking with Kids! or Youth Cooking series. The difference is in the age. Children in kindergarten through 3rd grade were bracketed separately from youth in 4th through 8th grade.

Practice
 Putting a cooking class into action requires preparation. If you work with younger children, you will probably have to do more of the prep work. This covers planning the menu, shopping, testing recipes and getting ready.

For 4th through 8th grades it is good to let them "help" with planning the menu and going to the store to get supplies. Of course, many of these steps are broken into separate "classes" unless you have an opportunity to do a one day cooking workshop.

Teaching Techniques
 It is best to teach cooking in a "learn by doing" setting. This means a real kitchen. However, sometimes resources are limited and you may not have access to a full kitchen. Improvise. There are plenty of no-bake recipes. You can also do a lot with a toaster oven, a microwave, a single burner, or a blender. Borrow equipment. If you don't have personal access to many of the items listed above you can borrow them. If your parents don't have resources, try a church kitchen, service group (i.e. Kiwanis, Rotarians), fraternal/sorority organization, (Elks, Moose Lodge, Oddfellows and Rebekahs) or your local Extension Service office. Many of these settings have their own kitchen, and/or do classes or fundraisers involving cooking. Its easier than you think to get people to help. Often times you just have to ask. Then ask, ask, and ask again.

To teach cooking, I follow a simple guideline.

You do—they watch.
 They practice—you help.
 They do on their own without help.
 They complete.

The first step involves demonstration. You may have to repeat this over and over (briefly). **WARNING!** Be careful this step doesn't get hung up on "cooking for", "doing for" the child.

The second step involves actual practice. Simple recipes are best to start with. I've included some of my favorites with this handout and we will practice a few today.

The third step involves more observation on your part. It most likely comes into play

the third or fourth class. Here you are watching for their mastery of the skill of cooking.

The fourth step I couldn't think of a better word to use for it. By complete I mean you have some sort of goal in mind for the end. This can be certification (see operator's licenses in the handout) or a goal of a party or preparing a meal for parents. This tests the child's skill level but also helps them to show off what they have learned. I think it is a good reward for learning to be proud of your accomplishment.

Kitchen Basics and Safety
 The Safety portion may be common sense to us adults but for children the kitchen represents a new world.

The attached Kitchen Fire Safety pamphlet covers alot of the basics of safety in the kitchen. The important ones I emphasize include Stop-Drop and Roll. This can be a fun demonstration but if you are squeamish about rolling on the floor you might ask for a volunteer. Turning pan and pot handles inwards, cooking with adults in the room, knife use, and handling hot pots are the others I emphasize.

Basics involves teaching measuring, tools & terms, reading recipes, and basic cleanliness. Kids must know how to measure if they are going to cook. Tools and terms are vital for kids to know what piece of equipment you are going to refer to. Reading recipes can be for children like learning a new language. Take a look at the recipes you have. They are written in shorthand! and often don't make sense at first glance. Cleanliness is important for health and food safety. Washing hands before, during and after cooking is a must. This includes if kids stop to "snack" or "taste" while cooking.

Recipes
 I absolutely go by recipes when cooking with kids. Cooking is a new skill for children, one that can become an art form. Recipes provide a hard guideline to give kids structure during the cooking process. It is tempting and easier for experienced adults when cooking to "throw in a pinch" of this or "dash of that". I have found in my experience that such references tend to frustrate and confuse children. Stay away from them.

Resources
 I have included as many recipes as I could in this booklet. Libraries are a great resource, as well as your own kitchen and that of friends. Fire Departments have always been willing with my classes to come in and talk with kids about Kitchen Safety. Ask your local department. Since cooking is a hands-on intensive activity it helps to have parents or other volunteers. Practice. Start small. If you have a small group of kids do a few activities to start with. For a large group, do one. Do more if it works. Learn by doing.

Natural Resource notables

Gardeners Fight Hunger with home-grown bounty

Generous Oregon gardeners donated heaps of garden-fresh produce to emergency food banks this summer during the first statewide year of the "Grow an Extra Row" program in Oregon.

Oregon State University's Extension Service united this year with the Oregon Master Gardeners Association and Oregon food banks and pantries to help gardeners find a place where their bumper crops of tomatoes and squash were gratefully accepted.

"We call it 'Gardening without Guilt,'" said Margaret Grant, executive director of the Marion-Polk Food Share in Salem. "People were able to grow as much as they wanted to and not worry about what to do with it all."

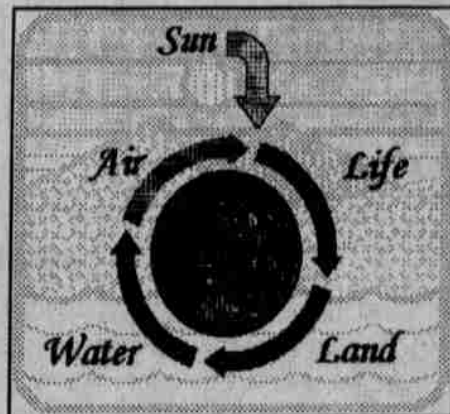
Amy Stork, spokeswoman for the Oregon Food Bank in Portland, said that many people rely on emergency food packages to see them past a financial crisis. Last year, 401,000 Oregonians needed emergency food. Shelters and kitchens served 2.7 million meals.

Ann Marie VanDerZanden, the state leader for the OSU Extension Service's Master Gardener Program, said the trick was linking up gardeners with the food banks. While some gardeners dropped by their nearest food bank during business hours, others simply left boxes and bags of produce on the doorstep.

Fresh produce is at a premium in emergency food baskets, since it is difficult to coordinate many small donations of produce, Stork said. But with the help of the Extension Service and Master Gardeners, the gardeners brought the produce to the right place so it could be given to the right people and included in emergency food baskets.

Usually, those baskets contain mostly packaged, processed and canned items. But this summer and fall, they included such prime garden bounty as exotic melons and

vine-ripened tomatoes. Oregon's "Grow an Extra Row" program is an offshoot of the national "Plant a Row" program begun by the Garden Writers of



America. The program had existed in Jackson and Josephine counties for several years, but this was the first summer that a statewide effort was in place. While this year's cooperation between Extension, the food bank and the gardeners was considered a rousing success, that impression comes mostly from anecdotal information, VanDerZanden said.

Plans for next year include a better accounting of how much additional fresh produce is brought in through the program, and providing additional advice to gardeners who want to share their garden produce with their local food bank.

Already, the home-garden project to benefit food banks is spreading: Organizations such as 4-H clubs in the Marion-Polk area are growing gardens to supplement food boxes.

For more information about how to become involved in the "Grow an Extra Row" program next year, contact VanDerZanden, Melinda Bernert of the Oregon Master Gardener's Association, or your local extension office.

4-H Kids Holiday Cooking Class

Teacher: Arlene Boileau
 Starting Date: Wednesday November 18, 1998
 Last Day of Class: Wednesday December 16, 1998
 Meet every: Wednesday after school 4-6 PM
 Location: 4-H Kitchen in the Education Building

Letter to the People of Warm Springs

Hello, Warm Springers,
 I know there are a lot of you out there who wants to work with the youth of Warm Springs in the Warm Springs 4-H Program. I really need your input and your ideas how can the 4-H program work and what can we do that has not been done before? I am reaching out to each one of you asking for your honest input and your ideas.
 Please feel free to call me or write your ideas out and send them to me or drop them off at the OSU Extension Office in the Education Building or stop by the office and share them with me.

From Arlene Boileau 4-H Agent

HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent

Good Food Handling Practices Prevent Foodborne Illness

Bacteria are often unwelcome guests at holiday gatherings. Be a savvy eater to avoid foodborne illness. Holding foods at unsafe temperatures is a major cause of foodborne illness. Hot foods must be kept hot and cold foods must be kept cold to keep bacteria from growing. Perishable food that has been sitting at room temperature longer than 2 to 3 hours could be a bacterial haven. The foodborne illness that results could be either mild or severe depending on factors such as the type of bacteria, the amount of food eaten, and the susceptibility of the person.

People with weak immune systems can be more susceptible to foodborne illness. In addition, the illness may be more severe. Therefore, it's especially important for pregnant women, young children, the elderly and persons with illnesses such as cancer and HIV to eat food that is safe.

Keep the dangerous temperature zone (40 to 140 Degrees F) in mind as you fill your plate at potluck meals, advises Carolyn Raab, OSU Extension Foods and Nutrition special-

ist. If you don't know how the food was handled, beware. Moist, protein-rich foods like cooked meat and poultry, casserelles, chili, pasta salads and cream pies are especially a concern.

If they've been transported a long distance, have they been kept at a safe temperature and held in the oven or refrigerator before serving? Have they been sitting on the serving table a long time without a warming tray or ice to help maintain the temperature? "If you aren't sure about their safety, don't eat them", says Raab.

Appetizers are another concern. They often sit at room temperature for a long time. Also, there's a higher chance that bacteria might be there if guests cluster around the foods to serve themselves. Have serving utensils been provided to prevent contact with unwashed hands? Is perishable food served in small quantities and replaced frequently with fresh food that has been kept in the refrigerator or the oven?

Consider selecting less perishable appetizers, including breads, crackers, chips and

other snack foods, cheddar cheese, pickled foods, nuts, nut bread, fruit-cake and cookies. These foods can be held safely at room temperature for a longer time.

Sometimes guests are faced with holiday leftovers during their stay. If the holiday turkey sat at room temperature for a long time before being refrigerated, eating turkey sandwiches may not be such a good idea. "If you're looking forward to leftovers, help the host or hostess remove the stuffing and cut the meat off the carcass and refrigerate in small containers right away."

If you'll be eating leftovers, don't assume that reheating will make them safe to eat. One type of bacteria that produces symptoms like the 24-hour flu isn't destroyed during reheating. That means that there is no substitute for safe food handling from the very beginning.

Eating food that is provided at holiday gatherings can be both tempting and the polite thing to do. However, it's in the best interest of your health to evaluate your options discreetly. You can diplomatically say, "I don't care for that". It is better to be safe than sorry.

STOCKMAN'S ROUNDUP: Winter care for cows



by Bob Pawelek OSU Livestock Agent

Several management practices can be used by cattlemen to help their herds get through winter. One technique is to sort cattle by age. Nutritional requirements are different for young heifers than for mature cows. Feed and supplement costs can be lowered if cows can be separated and fed according to their needs. For example, bred heifers and thin older cows will benefit if kept apart from dominant mature cows. If separation is impossible for your outfit, try feeding in as

many places as is reasonable, allowing heifers every opportunity to continue growing.

Keeping an eye on the weather is essential to manage nutritional needs of cattle. Severe cold is always a dilemma for the producer who wants his herd to outlast winter's grip. For cows, the critical winter temperature is around 30 degrees Fahrenheit. When temperatures dip below that, there is an increase in the energy requirement for cows. For each onedegree drop in Fahrenheit, there is approximately a 1% increase in the TDN or energy required.

For example, at just above 30 degrees, no increase in TDN (no extra hay or grain) is necessary.

At 20 degrees, a 10% increase in TDN (about 4 lbs. extra hay and 2 lbs. extra grain per cow) is required. At 10 degrees below zero, 40% more TDN is required, or 8 lbs. of hay and 4 or 5 lbs. more grain per cow are needed to retain the same amount of energy at 30 degrees. In other words, the colder it gets, the more feed you should put out.

When winter turns into a wet, damp spring, producers should continue to monitor cow condition. Thinner cows are more prone to the effects of this kind of weather. Especially when a thin cow's hair coat gets wet. The critical temperature then increases to around 50 degrees Fahrenheit. Weight losses right

before calving season are bad news.

Evaluation of hay to determine nutrient availability is a tool every producer should use to cut costs and produce higher beef yields. Quality of hays vary with each variety, cutting, and even bale. The time to use the poorer quality, weather damaged hay is during the early winter months. As cows approach calving, and after calving, the higher quality hays should be used. The cow's protein needs increase as she gets closer to calving.

Don't winter open cows. Probably the most costly aspects of any cow outfit's wintering program is feeding cows who will not produce. Culling unproductive cows is sensible management. Why feed a cow who will not earn her keep?

Other strategies that achieve good results are feeding supplements on alternate days to cheapen labor and feed costs, changing feeding grounds often to avoid health problems in the herd, and keeping an eye on the flesh or condition of the cows to help them cycle and calve on schedule.

It's difficult to cut the cost of winter feeding. Sensible use of available resources, matching feeds to nutrient needs, and watching the weather will trim the waste and boost profits, while keeping the cow herd producing at their highest potential.

NOVEMBER

Garden hints from your OSU Extension Agent

- **Western Oregon:** Apply lime to lawns.
- Check potatoes in storage and remove any going bad.
- **Western Oregon:** Plant garlic for harvest next summer.
- **Western Oregon:** Bait garden, flower beds for slugs during rainy periods.
- To prevent possible spread of leaf diseases, rake and destroy leaves from fruit trees that were diseased this year.
- Place mulch around berries for winter protection.
- Tie red raspberry canes to wires; prune to 1 foot above the top wire or wrap the canes around the top wire. Check for holes made by crown borers at base of plant, treat with registered insecticides if seen.
- **Western Oregon:** Good time to transplant landscape trees and shrubs.
- Prune roses to "knee-high" to prevent winter wind damage.
- Still time to plant spring-flowering bulbs, but don't delay.
- Renew mulch around perennial flower beds after removing weeds.
- **Western Oregon:** Take cuttings of rhododendrons and camellias for propagation; propagate begonias from leaf cuttings.
- Place mulch of manure over dormant vegetable garden area. A 3- to 4-inch layer of leaves spread over the garden plot prevents soil compaction by rain.
- Cover rhubarb and asparagus beds with strawy manure.
- Plan erosion control; use mulches, fir boughs, etc., to prevent compaction from rain and from soil washing.
- Moss appearing in lawn means too much shade, poor drainage, low fertility, soil compaction, or thin stand of grass.
- Watch for wet soil and drainage problems in yard during heavy rains. Tiling, ditching are possible solutions.
- Rake and compost leaves that are free of diseases or insects.
- Provide winter protection to built-in sprinkler systems; drain the system, insulate the valve mechanisms.
- Reduce fertilizer applications to houseplants.
- Prepare lawnmower, other garden equipment for winter storage. Drain and store hoses carefully to avoid damage from freezing.
- Tie limbs of upright evergreens to prevent breakage by snow or ice.
- Plant window garden of lettuce, chives, parsley.
- Plant shrubs and trees that supply food and shelter to birds, such as sumac, barberry, and holly.
- Clean and oil tools and equipment before storing for the winter.
- Give winter shelter to tender evergreens; protect from wind and from desiccation.
- Place a portable coldframe over rows of winter vegetables.
- Trim chrysanthemums down to 4-6 inches after the finish blooming.
- Register with the local office of the OSU Extension Service to become a Master Gardener volunteer.



OREGON STATE UNIVERSITY EXTENSION SERVICE