

Oregon State University Extension Warm Springs



The OSU Extension Warm Springs Office is located in the Education Building. Office hours are Monday-Friday, 8 a.m.-5 p.m.

The Agriculture and Natural Resource Program

The Agriculture and Natural Resource Program at Warm Springs focuses on outreach education and learning with a focus in range management, livestock, farm production, weed management, gardening, and other natural resource related issues. Here is a snapshot of some of our ongoing and upcoming programs:

The Agriculture in the Classroom Program

In collaboration with Family and Community Health. This program involves the 4th Grade Elementary school children in hands on projects, such as making ice cream and butter and growing a garden. School youth learn about basic agricultural principles and develop skills in math and spelling while having fun! This year, John Brunoe (Educational Program Assistant), will be leading the youth in growing their own garden which is situated just off Highway 26.

Workshop – Range Restoration (*Managing Invasive Species*)

On May 18th, we will be hosting a workshop focused on restoring the range by managing weedy grasses such as medusahead and

cheatgrass. Topics will focus on utilizing weedy species to manage as well as move range conditions closer to a desired state.

Ongoing Weed Plot Research

In collaboration with our Central Oregon Agricultural Research Station, weed plot research is occurring at Warm Springs. Herbicide and seeding trials are focused on learning how to manage range weeds in a cost effective way.

Livestock Clinics

Our second annual Brucellosis vaccination clinic occurred on February 17th, 2011. We offered at cost vaccination service for tribally owned heifers. Our annual Horse Vaccination clinic was held on April 6th, it offered at cost vaccinations and Coggins testing for tribal member horses. Both of these clinics were in collaboration with the Range and Ag. Department. We are now planning more clinics focused on livestock health care at Warm Springs.

Come by and visit us at the Extension building! We welcome new ideas and suggestions for outreaching this program to the community.

– Fara Brummer;
Blaine Begay

Programs offered by OSU Extension Warm Springs

Oregon State University Extension offices are in every county in Oregon. In Warm Springs, we are fortunate to have all facets represented: Family & Community Health (FCH), Oregon Food Nutrition Program (OFNP), 4-H, Natural Resources, and Agriculture. The Oregon Food Nutrition Program focuses on health and nutrition starting at an early age. We deliver classes within many programs here in Warm Springs. Throughout the year we offer adult Food Preservation, Food Safety, Budgeting, Baking, and many other fun and unique seasonal classes. Our staff includes: Jeanette Henderson, Sara Smith, Morning Rae Ferris, John Brunoe, Arlene Boileau, and Danita Macy. Please feel free to call us with your food questions as our Master Food Preservation line in

operating. We can be reached at 541-553-3238. Please ask for Danita Macy or Jeanette Henderson. The month of April is filled with important dates "Week of the Child" and "Child Abuse Prevention Month." This month in particular we are focusing on the health, wellness, and future of our children. Parents and family members play an important role in the future of our children, as children mirror habits (good and bad) of adults. Childhood obesity rises each year, along with diabetes. Begging the question what can one do to change this unhealthy future for our children? Parents have busy schedules and are doing the best they can for their families. Yet, making small and simple changes can affect greater change over time.

- High sugar soda pop has a lot of

calories and no nutrition for growing brains: try water (it's free) or 100% fruit juice that contains essential vitamins, such as vitamin C.

- Rather than sending your child off to school with a whole bag of chips, send a smaller snack size bag of chips or make a trail mix with whole grains and dried fruit. (**See recipe**)
- Get children involved in outdoor sports and other activities. There are many beautiful places to walk in our community and it doesn't cost a thing to walk.
- Start a family game night or a family book reading night.
- Eat dinner together as a family.

In 2005, The Center on Addiction and Substance Abuse (CASA) published a study showing the importance of eating together as a family. The CASA study revealed that among those families who eat together three or less times a week, 45% report the TV being on during meals. The ramifications of TV dinners go beyond nutrition. Kids in the families eating with adults less than three times per week reported higher levels of family tension, less conversation, and lower self-esteem than families who eat together more often, **without** television. Our children are our greatest treasure by providing them a healthy start they have a greater chance to at a healthy future.

--Danita Macy

Healthy Recipes

Crunchy Snack Mix

Makes 8, 1/2 cup servings

Ingredients:

1 cup dried apple slices or other dried fruit
1 cup air popped popcorn
1 cup raisins
1 cup cereal (any variety)
1 cup nuts

Add all ingredients to a medium bowl; mix well. Divide into equal portions and put in plastic bags to store.

Veggie Stew

6 servings, 1 1/4 cup each

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

1 tablespoon vegetable oil
1/2 cup peeled and diced onion

2 stalks chopped celery
2 carrots, sliced in 2" sticks
1 medium potato, diced
1 can (about 15 ounces) diced tomatoes, with juice
1 zucchini, sliced, 1/4 inch thick
2 sprigs parsley, minced
1 cup water
1 teaspoon chicken broth granules (or 1 bouillon cube)
1/2 teaspoon salt
1/4 teaspoon pepper

Directions:

1. In a deep pot add 1 tablespoon of vegetable oil.
2. Add onions and celery and sauté until they are soft.
3. Add the rest of the vegetables, 1 cup water and chicken broth granules
4. Season with salt and pepper
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.

Bright Ideas:

If the stew gets too dry, add more water.
Source: Glenda Hyde, Deschutes County, Oregon

State University Extension Service. For more recipes and other resources on eating well for less, see our web site at www.healthyrecipes.oregonstate.edu

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4-H Culture Enrichment Summer Camp

The planning process for the 2011 Warm Springs Cultural Enrichment Camp is underway! This year we are redesigning the 4-H Camp to focus on reconnecting the Warm Springs youth with our natural resources. Our goal is to provide a safe place for youth to bond not only with the natural resources, but also with the cultures and traditions of the Confederated Tribes of Warm Springs.

This years 4-H camp will begin on Sunday, August 14 and will run until Saturday, August 20, 2011. The location of the 4-H Culture Camp will remain at Peter's Pasture (25 miles west of Warm Springs). We are welcoming both male & female campers, who have just completed grades 4-7.

For more information, please contact Arlene Boileau at 541-553-3238.

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4-H/Culture & Heritage May Activities

- May 4: Carol's Room (Mothers Day Cards)
- May 11: After-School Activity (Paper Planes)
- May 18: Carol's Room (Flowers)
- May 25: After-School Activity (Flowers)

**Every Monday in May:

Language, Crafts, & History. Johnson O'Malley Program at the JCMS, 3:30-5:30 p.m.

**Every Thursday in May:

Social Dancing at the Senior Center, 5:00-7:00 p.m.

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