

# OSU Extension-100 year celebration

By Fara Brummer  
OSU Extension

This year, Governor Kitzhaber proclaimed April 21<sup>st</sup> as Oregon State University Extension Day. This day marked one hundred years of Extension presence in Oregon. Here at Warm Springs, OSU Extension has been part of tribal history for 52 years. We would like to take some time to honor the Warm Springs contributions to Extension history with the mention of two very special individuals:

Caroline Tohet is part of the OSU Extension 4-H Hall of Fame which says of her "Caroline Tohet was a leader at Warm Springs from the early 1960s until her death in 1998. Each year she would teach 8 to 10 4-H members to do beadwork. Beadwork to Caroline was learning the skill but far more important was teaching responsibility, commitment and native culture. Once the club started their beading, Caroline would tell stories that shared



Top: George Schneider-One of the first Extension agents in Warm Springs. Right: Caroline Tohet-A member of the 4-H Hall of Fame.



OSU Extension has been part of tribal history for 52 years...

history and culture, which is a form of teaching that goes back generations. A number of individuals currently use their beadwork to supplement their family income". - Thank you Caroline for enriching the lives of youth and connecting them with their culture.

George Schneider - one of the very first Extension agents here in Warm Springs, George left an unmatched legacy with his genuine involvement in the lives of livestock families and within the community at Warm Springs. George is honored through the OSU College of Agriculture Diamond Pioneer Registry which is described as follows: "With the Registry, the College recognizes the

significant contributions of many of our friends and colleagues who have served agriculture and related areas throughout a portion of their careers". - Thank you George for your dedication and caring in the lives of people at Warm Springs. And Thank You to all of you that continue to grow and keep OSU Extension alive and well here at Warm Springs!



OSU Extension Warm Springs Faculty & Staff. Front Left: Blaine Begay, Sara Smith, and Morning Rae Ferris. Back Left: Fara Brummer, Merle Kirk, Danita Macy, Jeanette Henderson, Arlene Boileau, and John Brunoe. Programs vary from Natural Resources, Agriculture, Nutrition, 4-H activities and more.

## May is National Egg Month!

By Sara Smith  
OSU Extension, Snap-Ed

### Nutritional Value:

Eggs are very nutritional! They are good sources of vitamins A (helps with night vision and healthy skin), B (necessary for the forming of red blood cells and brain health), and D (cuts cancer risk and helps bones stay healthy); riboflavin, biotin, phosphorous and some iron.

Eggs are LOW in calories (there are only about 80 calories in a large egg) and they are HIGH in protein. Egg protein contains all of the essential amino acids needed to build and improve body tissues.

### Economical:

Eggs are a good choice when you are on a budget because you get a lot of bang for your buck. Eggs are often on sale for about \$1.00 per dozen. Because of their high protein content, eggs fall into the "meat" food

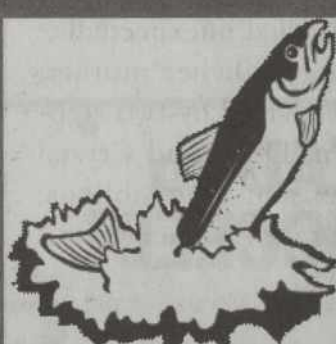
group. Two eggs equal one serving of meat.

### Versatile:

Eggs can be easily prepared in many different ways. They can be hardboiled, scrambled, fried, baked, etc. They are a convenient meal or snack any time of the day. Be certain that eggs are fully cooked before eating them. Never eat cookie dough or batter that contains raw eggs. There can be salmonella bacteria (a bacteria that causes food poisoning) present in eggs and on their shells, (see below for salmonella sickness symptoms) so always wash your hands after cracking eggs and throw the egg shells into the garbage, don't put them back into the container.

### Symptoms of Salmonella Sickness:

- Nausea
- Vomiting
- Diarrhea
- Abdominal Cramps
- Headache
- Fever



## Salmon Canning Class

Thursday, June 2

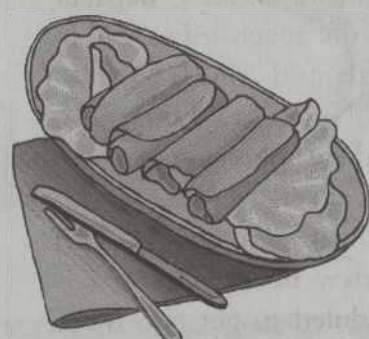
Two sessions will be offered.

Session 1: 8:30-11:30am  
Session 2: 1-4pm

Please call OSU Extension Warm Springs to reserve your spot!  
541-553-3238

### Tips

- Try your favorite salsa in place of the tomato.
- Use other vegetables that you have in the refrigerator, such as green or red bell peppers, or cooked corn.
- Serve with guacamole or light sour cream.



## Healthy Recipes

OSU Snap Ed

### BREAKFAST BURRITOS

This recipe is a good source of calcium, which keeps bones and teeth strong.

### Ingredients

- 4 eggs
- 1/4 cup 1% milk
- 1 teaspoon vegetable oil
- 1 cup fat-free refried beans
- 4 flour 10" tortillas
- 1/2 cup (4 oz.) grated cheddar cheese
- 1 tomato, chopped
- Salt and pepper, chili powder to taste

### Directions

1. Mix eggs, milk, and

seasonings in a bowl.

2. Heat oil in pan over medium-high heat (350 degrees in an electric skillet).
3. Stir in the eggs and cook until firm.
4. Warm the refried beans in a separate pan.
5. Warm the tortillas on a griddle or wrap in foil and heat in the oven.
6. On each tortilla layer 1/4 refried beans, eggs, cheese, and tomato.
7. Roll the burrito, cut in half and enjoy!
8. Refrigerate leftovers within 2-3 hours.

# Mineral Feeders for the Range

By Fara Brummer/Blaine Begay  
OSU Extension, Ag & Natural Resources

About three years ago OSU Extension began a pilot project for livestock mineral supplementation on the reservation. Randy Scott was contracted to put together two open mineral feeders that can be towed and placed in different areas on the reservation. On April 22<sup>nd</sup> 2011, Extension partnered with Tribal Range and Agriculture to haul both feeders out to the locations designated for this project. Four fifty pound bags of mineral salt were also taken out and the loose salt was placed in the feeder at the Schoolie Flat/Simmasho range area.

Minerals make up a small portion of an animal's diet however; they play an important role in health, growth and reproduction. Mineral supplementation is a very important factor within a livestock's herd health program. Deficiencies, or the lack of any one mineral, can negatively affect production. For example, selenium deficiency common in many parts

of Oregon, can cause white muscle disease that can lead to death in young calves and wildlife species such as deer. It can also affect the proper reproductive cycle of cattle and wildlife.

The mineral salt that is being placed in the feeders was purchased through a grant by Tribal Range and Agriculture Department. The salt contains the following minerals: calcium, phosphorus, magnesium, sodium (salt and chloride), cobalt, copper, iodine, manganese, selenium, and zinc. Loose salt is a better supplement than block salt.

Once a week during the summer, OSU Extension will be checking the feeders and supplying additional mineral salt if needed, as well as documenting a log of activities in and around the feeder, and keeping record of how much salt is being used at each location. We hope to learn what use these feeders are getting, how much mineral is being consumed, and see what animals are showing up to access the feeders.

## Harness the sun to kill weeds, plant diseases and pests

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu  
Source: Dan McGrath, 541-967-3871, daniel.mcgrath@oregonstate.edu

Here's a simple, non-chemical way you can combat plant diseases, pests and weeds when the weather warms. It's called soil solarization.

That's a fancy term for a simple process: Put transparent plastic sheeting over moist tilled soil during the warmest and sunniest months of the year. As the clear plastic traps the heat of the sun, it changes the soil in physical, chemical and biological ways, explained Oregon State University crop scientist Dan McGrath.

Under plastic sheeting, the top few inches of soil can be as much as 20 degrees warmer than uncovered soil. In this extra-warm environment, disease-causing organisms tend to flounder while more heat-tolerant "beneficial" microbe species increase in numbers. Also, the heat eliminates some kinds of pests, weed seeds and seedlings. OSU researchers have measured temperatures as hot as 127 degrees in the top four inches of soil under plastic sheeting.

In the home garden, McGrath suggests trying solarization on one

garden bed a year in a "summer fallow" rotation process, just as farmers do. Success will depend on the intensity of sunlight, soil moisture, weather and length of time the plastic is left on the soil.

May, June and July are the best months to start a solarizing project because the heating power of the sun is at its peak. If June is cloudy, wait until clear weather prevails. In the Pacific Northwest keep the plastic on about two months to ensure that enough heat works for an adequate time. In areas farther south, four to six weeks of summer solarization may be enough.

You will need a roll of plastic sheeting large enough to cover the bed plus about a foot and a half extra around all sides. Thin plastic works better than thick and you don't need UV-resistant plastic.

Remove or mow down the weeds in the area you want to cover with plastic. Rake the loose plant debris after mowing. This is the best time to add amendments such as lime, compost or fertilizer. The more you stir up the soil, the more weed seeds come up that aren't solarized.

Rototill the soil and amendments. Break up large clods and work in any loose plant debris. Then, rake the surface of the bed as smoothly as possible to ensure close contact of the plastic against the soil. Dig a trench outside and all

around the edge of the bed about six to eight inches deep. Put the clods of soil outside the raised bed.

When the garden surface is smooth, place a soaker hose or sprinkler up and down the bed and soak the soil for three or four hours until wet to a depth of at least a foot. Moist soil responds well because water conducts heat. The moisture tends to "wake up" soil pathogens as well, making them more active and susceptible to the heat.

Finally, cut a piece of plastic the size of the bed, plus an extra foot and a half all around. Put the plastic over the bed and pull it tight and then anchor it snugly by weighing the edges down in the surrounding trench with dirt clods, rocks or bricks.

After eight to 10 weeks, remove the plastic and plant a green manure, overwintering crop or leave the plastic on until spring. Or plant crops and use the plastic sheeting as mulch. Just cut small Xs in the plastic and plant your starts. Take care not to mix up the soil from lower layers, as the effects of the process reach down only about a foot below the surface of the plastic.

Find more about gardening at OSU Extension's "Gardening Encyclopedia" web page, <http://>

## Range Restoration : Managing Invasive Species Workshop

In this workshop, we will explore a more holistic way to plan for restoration of weedy areas that involves utilizing resources while restoring land in a cost effective manner. We will discuss a range of assessment tools, a ranch case study, and information on how weedy species can be grazed seasonally, with the goal of restoring the range to a healthier condition.

Instructors: **Dr. Jeremy James**, Ag. Research Services, Burns, Oregon  
**Brenda Smith**, Ag. Research Services, Burns, Oregon  
**Fara Brummer**, OSU Ext., Ag./Nat. Resources, WSO

May 18th @ 9am-12pm

High Lookee Lodge

Lunch will be served @ 12pm  
More Info Call OSU Ext. 553-3238

## Ichishkin Word Find

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N D K I U K I U L A S D
A H M I O W S C B Q O H
X N I T W A P A S Q S A
W P M S X L E D F W Q H
A K A P N A Y R K D I S
A Z K L T L X U M X O I
S W M A A K L A A S Q A
H I A H N W Z I U D J M
A W N S I A P V L S P T
S N L M W L A F A M H X
H U X T R A K ' U N S H
A B D H Z L U X U S U N
    
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### Words to Find:

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xnitwapas      kapn          nuxux         winat
lukwsh         piaxi         xaush         wiuus
tmsh           k'unsh       waashasha    kiukiulas
kwalkwaki     tmaisha
    
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## 2011 Warm Springs Cultural Enrichment Camp

Sat, August 14 - Sun, August 20  
Camp Fee: \$25.00  
Scholarships are available! To qualify for a scholarship, campers are required to write a One-page essay on why they would like to attend camp. Need Help?? Writing sessions will be held July 7-8 @ 1:30-4pm, Ed. Building-OSU Basement.  
**\*\*ALL Camp Essays must be received by OSU Ext. Office by: July 29, 2011**



Warm Springs Extension Office  
1110 Wasco Street | P.O. Box 430  
Warm Springs, OR 97761  
(p) 541-553-3238 | (f) 541-553-3368