

# Oregon State UNIVERSITY | Warm Springs Extension Office

## 2011 4-H Culture Camp

For years, 4-H has held a residential camp at Peter's Pasture for the youth of Warm Springs providing opportunities of growth in the following areas: Traditional & Cultural awareness, independence, confidence, knowledge, and to provide a safe camp experience within a natural wilderness setting.

This year, 4-H Culture Camp will start on Sunday, August 14th and end Saturday, August 20th. Eligible

students must have just completed grades 4th-7th. The camp fee is set at \$25 per camper. There is a 30 camper limit. Scholarships are available to those to qualify. How do I qualify? Simply write a 1-page essay on, "Why I would like to attend 4-H Culture Camp" and return to OSU Extension office, along with the camp application.

**Register Today! OSU Extension Warm Springs -->553.3238**



**Pictured Above:** OSU Extension Staff & Jason Smith, Range & Ag Director. Jason received an award on June 28th from OSU Outreach & Engagement honoring his support of OSU Extension at Warm Springs. Thank you Jason for the involvement from your department.

## Agriculture in the Classroom Program completes another year with Warm Springs Elementary

By Fara Brummer OSU Extension

The Agriculture in the Classroom Program has provided Warm Springs Elementary fourth graders with a hands on understanding of local agriculture for the past five years, thanks to the support of the Warm Springs Elementary School. In October of 2010, Kim Griffin from Crook County began coming to Warm Springs once a month to share projects with youth that focus on an understanding of "where our food comes from". Youth made their own ice cream in a bag, popcorn, and pumpkin pies while understanding agricultural production. Both history of agriculture including Native American influences and current methods of production were discussed. The Program also encourages skills in other school areas such as Spelling, Math, and English.

In April of 2011, John Brunoe was hired to work with the Elementary School youth through the Agriculture in the Classroom Program, using gardening as a teaching tool. John has put in long hours improving the youth garden and has made it both an appealing and functional place. Youth have planted this year's starts in the garden, and will continue to do so throughout the summer. They will then harvest their produce next year in time for 5<sup>th</sup> grade Cooking Class, led by OSU Extension in partnership

with Warm Springs Elementary.

John and Kim have both worked with Merle Kirk, of the Culture and Heritage Department in their classes. Merle provides Indian language for certain words as John and Kim teach. For example, Merle provided the cultural words for parts of a plant.

You can see the Extension Youth Garden that is part of our local Agriculture in the Classroom Program as you travel up and down Highway 26.

For more information on the Agriculture in the Classroom Program, you can contact us, or visit their website at: <http://aitc.oregonstate.edu/>

## 2011 Oregon Fair Dates

Baker County Fair	August 10-13	Lane County Fair	August 17-21
Benton County Fair	August 3-6	Lincoln County Fair	July 8-10
Clackamas County Fair	August 16-21	Linn County Fair	July 21-24
Clatsop County Fair	August 2-6	Malheur County Fair	August 2-6
Columbia County Fair	July 13-17	Marion County Fair	July 7-10
Coos County Fair	July 26-30	Morrow County Fair	August 17-20
Crook County Fair	August 10-13	Multnomah County Fair	May 28-30
Curry County Fair	July 28-31	Oregon State Fair	Aug 26-Sept 5
Deschutes County Fair	August 3-7	Polk County Fair	August 11-14
Douglas County Fair	August 9-13	Sherman County Fair	August 23-27
Gilliam County Fair	September 1-4	Tillamook County Fair	August 10-13
Grant County Fair	August 24-27	Umatilla County Fair	August 9-13
Harney County Fair	September 6-11	Union County Fair	August 3-6
Hood River County Fair	July 27-30	Wallowa County Fair	August 6-13
Jackson County Fair	July 19-24	Wasco County Fair	August 18-21
Jefferson County Fair	July 27-30	Washington County Fair	July 28-31
Josephine County Fair	August 16-20	Wheeler County Fair	August 9-14
Klamath County Fair	August 4-7	Yamhill County Fair	August 3-6
Lake County Fair	September 2-6		

## Lightning Storm Season is Here

By Lynette Black, OSU 4-H Youth Development Faculty

Summer is here - a time to enjoy the great outdoors. However, as the weather warms up lightning storms can occur. Did you know that lightning accounts for more average deaths per year than tornados. Therefore, let's review electrical storm protocols.

- The safest place to be during lightning activity is a large enclosed building.
- The second safest location is an enclosed metal vehicle.
- If caught outdoors and no shelter is nearby, stay away from tall trees (at least twice as far away from a tree as it is tall) and crouch in the open.
- Remember, lightning strikes and high winds associated with thunderstorms also increase the risk of wildfires.

Lightning safety tips for inside the home include:

- Avoid contact with corded phones.
- Avoid contact with electrical equipment or cords. If you plan to unplug any electronic equipment, do so before the storm arrives.
- Avoid contact with plumbing. Do not wash your hands; do not take a shower; do not wash dishes; do not do laundry.
- Stay away from windows and doors and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.

For more information on lightning safety, visit: [www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov). For wildfire preparedness tips, sample preparedness plans and emergency checklists, visit <http://firewise.org/> or [www.fema.gov](http://www.fema.gov)



## Help Sponsor a Child for 4-H Culture Camp

This year's 4-H Culture Camp will be held Sat, August 14 - Sun, August 20. Each child is required to pay a fee of \$25.00. If you would like to help sponsor a child or more than one child. Please call OSU Extension @ 553-3238.

\*\*\*Applications are available at the OSU Extension office on the 1st floor of the Education Building

## July is for Blueberries!

By Sara Smith OSU Extension

Blueberries are in season! Traditionally, July is National Blueberry Month. Blueberries are a delicious way to enjoy a nutritious snack. One cup of blueberries contains only about 80 calories, but they are rich in vitamin C and high in fiber. They are also loaded with antioxidants. Antioxidants may help reduce the risk of heart disease, some cancers and diabetes.

Try blueberries in cereal or mix some into yogurt for an easy snack any time of day. They are also delicious in pancakes and muffins. Frozen blueberries make a



refreshing summer snack. Just remember to wash fresh blueberries before eating them. Enjoy some blueberries today!

**Clear Jel Available @ OSU Extension Warm Springs. Clear Jel is used in making jam. \$3.00 for a pound**

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at <http://www.healthyrecipes.oregonstate.edu>.

This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. SNAP puts healthy food within reach - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2009 Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer.

## How to keep your hanging baskets blooming into the fall

By Judy Scott, 541-737-1386 or [judy.scott@oregonstate.edu](mailto:judy.scott@oregonstate.edu)  
Source: Ross Penhallegon, 541-344-1709 or [ross.penhallegon@oregonstate.edu](mailto:ross.penhallegon@oregonstate.edu)

CORVALLIS, Ore. — Summer is the time to enjoy hanging baskets of flowers. Fuchsias, geraniums, petunias, impatiens and tuberous begonias grow beautifully in hanging baskets and graciously spill their color over the sides.

With a little care, they'll bloom for you all through the summer and into the fall, according to Ross Penhallegon, horticulturist with the Oregon State University Extension Service.

"Remember that plants in hanging baskets depend totally on you to give them what they need to grow and to stay healthy," Penhallegon said.

First, hang them in the right place. Fuchsias and tuberous begonias like shade, or partial shade. Petunias and geraniums flourish in full sun, and impatiens prefer a cool, partially sunlit location.

"Then make sure they are out of the wind and that the baskets are on a watering schedule so they will not dry out," Penhallegon recommends.

"Remember to feed and water the baskets regularly." It is best to water at least once a day during most of the growing season, and perhaps twice during the hottest days.

Check moisture in the hanging basket simply by poking your finger deep into the middle of the pot. If the soil feels dry, add enough water to dampen all the soil and drip out of the bottom of the basket.

Add any well-balanced soluble fertilizer, such as 5-10-5, or a good organic fertilizer, such as compost tea, at least once a week to the water to keep new flowers and foliage coming.

To increase the life and blooming time of your hanging plants, remove blooms after they begin to fade. If you prune the vine, the cut will create a new vine or branch to grow and produce flowers. With care and good pruning, baskets will produce flowers until frost.

About Garden News from OSU Extension Service: The Extension Service Gardening web page, <http://extension.oregonstate.edu/gardening/>, links to a broad spectrum of information on Oregon gardening, such as tips, monthly calendars, how-to publications, audio programs, the Master Gardener program and "Northwest Gardeners e-News."

## Healthy Recipes

OSU Snap Ed

### BLUEBERRY MUFFINS

(Panecillos Tipo "Muffin" de Arándanos Azules)  
This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.

#### Ingredients

- 1-1/2 cups flour
- 1/2 cup old-fashioned whole oatmeal (raw)
- 1/3 cup sugar
- 1/2 tspn baking powder
- 1/4 tspn bakingsoda

- 1/2 tspn salt
- 1 cup milk
- 1/2 cup dry milk
- 1/4 cup oil
- 1 egg
- 2/3 cup frozen blueberries

#### Directions

- Preheat oven to 350°F
- Prepare a muffin tin with grease or spray with cooking oil.
- Mix the dry ingredients (flour, oatmeal, sugar, baking powder, baking soda, and salt) in a bowl.
- Mix the other ingredients (milk, dry milk,

oil, and egg) in another bowl.

- Pour wet ingredients in with the dry, and then partially mix.
- Add blueberries.
- Gently stir. Batter should still be lumpy.
- Scoop into muffin tins.
- Bake for 20 minutes or until muffins are brown on edges.
- Serve warm or cool on a rack and store in an airtight container in the refrigerator.

**Tip:** These muffins freeze well.

## UPCOMING EVENTS

**OSU Day Camp:** Thursdays in July (7, 14, 21, 28) 10am-3pm. Ages: K-8th grade. Parental consent required! Children will learn to cook, explore the healthy meal they cooked, learn the basics about gardening, and create awesome art! Food is provided.

**Lunch and Learn:** Tuesday's in July (5, 12, 19, 26) Noon-1pm for Adults. Limited space avail.; please call OSU to RSVP.



**Warm Springs Extension Office**

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