

Oregon State University **OSU**

Warm Springs Extension Office



4-H Program
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Family Community Health



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Staff is available to answer your food safety/preservation questions

Contact Danita or Jeanette at 541-553-3238

OSU Warm Springs Elementary Garden Project

Hello my name is John Brunoe and I was hired in March 2011 by Oregon State University as an Education Program Assistant to help build a garden area for the students of Warm Springs Elementary to teach the children about growing different foods while increasing physical activity. The OSU Warm Springs Elementary Garden Project works with the fourth grade students from Warm Springs Elementary School which is part of the Jefferson County 509-J School District. The garden is part of the Agriculture in the Classroom Program that has been ongoing at Warm Springs, and is also supported and used by the Snap-Ed Program. Our focus is to provide positive hands-on learning experiences for the students by creating activities in the classroom and garden that allow the students to become active participants. The goal of the OSU Warm Springs Elementary Garden Project is to help children grow in their knowledge of agriculture, the environment, natural resources, nutrition, and fitness. Along with an emphasis on

understanding sustainability and the interconnectedness of all living things. Our first spring and summer involved the planting of four types of Blueberry plants including A Evergreen Huckleberry plant. We also planted were Raspberries (3 types including goldens!), a Boysenberry plant and four varieties of Grapes as well as approximately 20 strawberry plants. These are all perennial bearing plants which meaning they will produce fruit year after year. Also planted were several types of annual vegetable plants meaning they will produce for one year. The vegetable varieties include carrots, beans, cucumbers, tomatoes, squash, corn and pumpkin. Due to a cold and longstanding spring planting season the results were somewhat minimal (good excuse anyway!) with the beans, carrots and cherry tomatoes producing the most abundance. The first year of the garden required the majority of time in completing the construction of the initial garden area. Next year there will be more focus on overall vegetable production. The fruit plants are all doing well and

produced some fruit during their first year. These fruits and vegetables were nurtured and harvested by children over the summer who participated in the Garden Nutrition Club. Next year as the roots get stronger I'm sure we will see more berries in bloom. This school year the Warm Springs Children's Garden will have a class each month that will in some way be connected to the Garden. For October it's all about Pumpkins with activities that

Springs Elementary to utilize a separate garden area located by the teacher housing area. The plan is to develop this area and teach the students about composting which is the combining of certain decomposing materials to create nutrient rich soil. After this expanded garden area is composted and development is finished, the students will plant a spring crop which has not yet been determined. The overall goals of the Garden program is to provide the students of Warm Springs Elementary with a basic understanding of where foods come from and how to grow and process them in a manner that is sustainable and friendly to our environment. Also, gardening is considered a weight bearing activity and therefore is in line with engaging the students with increased physical activity. As the program develops my goal is to see increased student activity through different activities and events. The garden is also open to community



Warm Springs Elementary Student working on the Garden Project

Facts About 4-H - Understanding the Basics

Who Can Participate? Members

4-H membership is open to all youth enrolled in kindergarten through 12th grade without regard to race, color, religion, national origin, gender, disability, sexual orientation, or marital/parental status. 4-H eligibility ends on December 31 of the year in which a young person turns 19. Certain 4-H

experiences, such as handling large animals and participating in competitive events, are limited to youth of specific ages. A young person must knowingly participate in at least 6 hours of positive youth development experiences annually to be considered a 4-H member. These experiences must be planned, organized, and conducted by faculty, staff, or volunteers of the OSU Extension Service. The Extension office serving the county in which the young person is enrolled maintains documentation of enrollment.

Volunteers

In addition to the paid faculty and staff who provide leadership to 4-H, more than 5,000 adult and teen volunteers offer their time and talents to Oregon 4-H. These volunteers often have considerable project-based knowledge, and many also have extensive experience working with young people. However, such

knowledge and experience are not required. New volunteers receive a comprehensive orientation and training specific to their role with 4-H. Volunteering is not a one-size-fits-all experience. There are hundreds of different volunteer roles available in 4-H. Some volunteers assist with a single event or activity annually, and others commit to ongoing service as mentors, coaches, or club leaders. Some volunteers coordinate other volunteers or serve on advisory councils and planning committees.

Engagement Strategies

4-H engages young people through a variety of activities including clubs, camps, school enrichment, and short-term experiences.

Clubs are organized in communities and schools. They may meet during or outside of the school day and can focus on a single project or multiple projects. Clubs should strive to enroll at least five youth from at least three different families and plan to meet at least six times per year. Members typically elect officers to help lead the club. Clubs must be chartered, nondiscriminatory, and led by an approved volunteer; they also must abide by the guidelines for use of the

4-H name and emblem. Young people may participate in organized 4-H clubs beginning in fourth grade.

4-H camps promote positive youth development by engaging young people in a group living experience outdoors. Overnight camps involve at least one overnight stay away from home. Day camps are multiple-day experiences during which youth return home each evening.

School enrichment programs are designed to support or enhance an approved school curriculum and generally are conducted during the school day. Extension faculty, staff, and trained volunteers, including teachers, can serve as instructors.

Special interest and short-term programs engage young people in focused learning experiences led by Extension faculty, staff, or trained volunteers. These short-term experiences do not meet the criteria to be considered 4-H clubs or school enrichment programs.

Cloverbud programs are the mechanism by which young people in kindergarten through third grade participate in 4-H.

These programs introduce youth to cooperative learning and opportunities available in 4-H. Cloverbud members do not participate in competitive events and are not allowed to have contact with large animals as part of their 4-H experience. Cloverbud groups do not elect officers.

4-H Activities

4-H members not only belong to clubs but also may participate in fairs, contests, camps, conferences, workshops, tours, and trips. These activities are designed to supplement club and project experiences. They offer opportunities to learn and practice skills beyond the local club level and also allow communities, counties, states, and countries.

Revised by Roger Rennekamp, Extension 4-H program leader, and Marilyn Lesmeister, Extension 4-H faculty. Originally prepared by Leonard J. Calvert, associate professor emeritus, Extension and Experiment Station Communications; and Barbara Sawyer, professor emerita, 4-H Youth Development. Previously revised by Lillian Larwood, professor emerita, 4-H Youth Development. All authors are of Oregon State University.

4-H YARD SALE

Friday, November 4th, 9am-6pm
Education Building, Training Room (1st Floor)

Gently used items, Crafts & Baked Goods!

VENDORS WANTED: Register for the yard sale. Limited Spaces available. Fee: \$20 (includes table). Cash Only. Due before set up. Contact Morning Rae Ferris @ 553-3238.

**All Proceeds will go directly to Warm Springs 4-H program.

**For information on becoming a 4-H member or volunteer call 553-3238.

>>DONATIONS WELCOME!<<

Body condition scoring in cattle - A tool for planning your feed program

Fara Brummer

As we near the colder months of the season, it is very important to evaluate our beef herds in terms of their body condition score. Depending on our calving season, we want our cows to maintain good flesh through the last three months of their pregnancy and into calving.

Body condition scoring is a way to take account of the energy storage in your cow herd. This can also be thought of as the bodily reserves of your cattle; in other words, how much stored energy does a particular animal have? Body Condition Scoring can be done with cattle and horses, but for this article, we will only discuss cattle.

Why is stored energy important? It is vital for all major processes in a cow, but especially during the last trimester, and during calving and breeding season when the cow is not only

producing milk and nursing that calf, but also being bred back. The body has to be in good condition for all this to occur. If the cow is in poor shape; a Body Condition Score (BCS) of 4 or lower, research shows that one or more of these things are likely to be compromised. Difficulties in birthing calves, weak calves, lack of milk, lightweight calves at weaning (due to later calving dates), and delayed estrus for breed back.

Body Condition Score works on a scale of 1 - 9. 1 = severely emaciated, and 9 = obese. Either end of the spectrum is undesirable. **A BCS of 5 - 6 is the desirable BCS for breeding beef cows.**

Research has shown that successful estrus increases with higher body condition scores, as well as successful conception and pregnancy. A BCS of 5 at calving and breeding

season is the standard for insuring reproductive success. For first calf heifers, a BCS of 6 is suggested.

Table 1 shows how to visually determine BCS for a cow or a herd. A full rumen or hay belly can be deceiving as the animal can appear to be in better condition than she really is. The indicators on the other parts of the body are important in assigning the right BCS for an animal.

There is an average of 80 pounds between each BCS. For example, a cow with a BCS of 3 will need to gain approximately 160 lbs. to bring her up to a BCS of 5. Of course, this takes time. Excessive overfeeding is not economically sound. A well rounded diet based on the desired weight gain should be put together and delivered. Oftentimes, if the entire herd is at a

low BCS at calving and breeding time, culling or thinning the herd may be in order, especially if range or pasture conditions for the year appear compromised.

A breakdown of costs associated with thin cows (BCS = 3), compared with heavier cows (BCS = 5) shows that the income per heavier cow is double that of the thin cow at wean-

ing time. The phrase "it doesn't pay to starve the profits out of your herd" is true once the math is done.

Worksheet 7.1 is helpful in personally applying BCS to your herd. For help with the worksheet or to discuss BCS any further, feel free to contact us here at Extension at 553-3238.

Take caution with unfamiliar berry plants

By Judy Scott, 541-737-1386
Source: Barbara Fick, 541-766-6750 or 541-967-3871

Bittersweet nightshade fruit turn bright red when ripe and are egg-shaped."

Although ripe fruits of some varieties may be edible when fully cooked, toxicity varies and unless it is known that the berries are from an edible strain, they should be left alone. Contact poison control at 1-800-222-1222 with questions.

Birds and animals often eat berries and plants that are poisonous to humans, Fick warned. "Observing wildlife eating plants is no guarantee that people can safely eat the plant," she said.

If you do not know what a plant is, bring it to the master gardeners at your local OSU Extension office for positive identification.

CORVALLIS - Oregon State University Extension has received calls and inquiries through its "Ask an Expert" program this past week about people possibly eating toxic berry plants.

"Many weeds have flowered and the 'fruit' can look tasty but should not be eaten," said Barbara Fick, OSU Extension horticulturist for Linn and Benton counties.

One such plant identified recently was the poisonous Black Nightshade.

"Children are attracted to the berries of these plants," Fick said. "Black nightshade fruit hang in clusters and are green when unripe, black and shiny when ripe. Also in the nightshade family,

Worksheet 7.1 - Application of Body Condition Scoring

1. What would you estimate your cows' BCS to be at calving?	1	2	3	4	5	6	7	8	9
2. What would you estimate your cows' BCS to be at weaning?	1	2	3	4	5	6	7	8	9
3. Approximately how many pounds on average (if needed) would each cow need to gain to reach "ideal" condition? (1 BCS = 75 to 95 pounds)									
4. When would be the best time to improve the BCS of underconditioned cows in your herd?									
5. Assume the difference in postpartum interval between BCS 4 and BCS 5 cattle is about 10 days and your herd averages BCS 4. How many pounds might you add at weaning by having calves born 10 days earlier? Calves usually gain from 1.6 to 2.2 pounds per day. Estimated gain (in pounds per day) _____ x 10 days = _____ pounds per head x _____ number of calves sold at weaning = _____ pounds of lost opportunity at weaning. It is important to remember that weaning weight is only one area of lost performance for thin cows.									

Source: OSU Beef Cattle Nutrition Workbook, 2004

Reference	1	2	3	4	5	6	7	8	9
Physically weak	Yes	No	No	No	No	No	No	No	No
**Muscle Atrophy	Yes	Yes	Slight	No	No	No	No	No	No
Out line of spine visible	Yes	Yes	Yes	Slight	No	No	No	No	No
Out line of ribs visible	All	All	All	3to5	1to2	0	0	0	0
Fat in brisket and flanks	No	No	No	No	No	Some	Full	Full	Extreme
Out line of hip and pin bones visible	Yes	Yes	Yes	Yes	Yes	Yes	Slight	No	No
Fat udder and patchy fat around tailhead	No	No	No	No	No	No	No	Slight	Yes
Backfat estimate, inches	0	0	0.05	0.11	0.19	0.29	0.41	0.54	0.68

**Muscle atrophy means that the loin, rump and hindquarter muscles are concave, indicating loss of muscle. Source: Cow-Calf Management Guide, 2006