

**Warm Springs Extension Office**  
(541) 553-3238

**Agriculture and Natural Resources**  
Fara Brummer

## Eat dark green - St. Patrick's Day is this month!

It's a perfect reminder to eat dark green vegetables! Green colored fruits and vegetables are great sources of vitamins and minerals.

Try broccoli or spinach—fresh or frozen:

- Compare the prices of fresh and frozen to see which one is the best to buy right now. Choose how to fix these vegetables depending on whether

the recipe needs fresh or frozen vegetables. Some can use either form.

- Add either fresh broccoli or spinach to a salad
- Try broccoli with a low fat dip or ranch dressing
- Thaw and drain frozen spinach then add to a dip. Serve with whole wheat breads or crackers
- Add them to pasta

dishes like Macaroni and Cheese

- Treat your family to a taste surprise by serving our nutrition packed Popeye Power Smoothie. Kids love it even though it is green!

Oregon State University Extension has adapted with permission from Nutrition Matters, Inc.

**Family Community Health**



Danita Macy  
Arlene Boileau  
Sara Smith  
Rosanna Sanders  
Jeanette Henderson

### Popeye Power Smoothie

**Ingredients:**

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- Crushed ice

**Directions:**

1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2-3 hours.

### Warm Springs 4-H Facebook Page

Search: Warm Springs 4-H Oregon News, Articles, Events and More!

**4-H Program**  
Morning Rae Ferris

## It's time for spring cleaning in the garden

2-10-12  
By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu  
Source: Barb Fick, 541-766-6075, barb.fick@oregonstate.edu  
This story is online at: [http://bit.ly/OSU\\_Gardening1522](http://bit.ly/OSU_Gardening1522)

CORVALLIS, Ore. — Think of it as spring cleaning. A few chores this time of year that will get your garden ready to bloom.

Barb Fick, horticulturist for the Oregon State University Extension Service, recommends a few tips to help make your summer flowerbeds healthy and beautiful.

- Remove heavy winter mulch from perennial beds after night temperatures stay above freezing to allow sunshine to warm the soil. Leave a thin layer of mulch in place.

- Fertilize established perennials, bulbs and shrubs with compost, bone meal or a 5-10-5 or other balanced synthetic fertilizer. Apply fertilizer to the soil surface and then carefully scratch fertilizer into the soil between plants. Cover fertilized area with a thin layer of mulch.

- Rake leaves and debris knocked down by winter

storms. Add leaves to the compost pile and shred larger branches.

- Divide late-spring and summer perennials, including daylilies, lilies and early chrysanthemums, if they seem crowded or past their prime. Dig up root clumps and remove the old, woody part in the middle. Replant young, healthy sections in loose, fertile soil. Pot up any extras and give them away to friends.

- Check and repair arbors, trellises and garden fences.

- Make sure pruning shears and other cutting tools are sharp and clean.

- Consider replacing or moving plants that have not performed well in recent years.

Now reward yourself with a stroll through your local nursery. Every year, a parade of new perennial varieties can entice you to fill every conceivable spot in the garden. Make sure that any new plant you purchase will match the specific characteristics of the garden bed you have just prepared.

-30-  
About Garden News from OSU Extension Service: The Extension Service Gardening web page, <http://extension.oregonstate.edu/community/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."

## Youth Wild Horse Racers Shank Rope Making Class

**March 26th & 27th**  
9am-12pm  
Education Building-OSU Kitchen  
Taught by: Edison Yazzie

\*\*Limited Space, call to sign up on Monday, March 12th  
\*\*Materials will be provided

THANK YOU FOR YOUR SUPPORT:  
WARM SPRINGS COMPOSITE PRODUCTS & REI

Oregon State University  
Extension Warm Springs  
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541-553-3238

## Simnasho Community Garden Workshops Spring 2012

All sessions will be held at the Simnasho Church/Community Center (by the old school) from 6–8:30p.m., Will include a healthy snack

Thursday, March 22:  
Garden Irrigation

Thursday, March 28:  
Garden Fertilizers

**Its not too late! Please Join Us!**

OREGON STATE UNIVERSITY  
EXTENSION SERVICE AT WARM SPRINGS

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