

Warm Springs

OSU Extension Office (541) 553-3238

April is National Garlic Month

Garlic has many health benefits. It has been shown to lower blood pressure and helps fight infections.

Make a simple and healthy garlic bread by toasting bread and then rubbing a peeled garlic clove on it.

- Vitamin C (good for immune system and healing cuts)
Iron (good for blood health)
Calcium (good for strong bones and teeth)



Egg Safety

This month many people have leftover hard boiled eggs. Here are a few reminders about food safety:

- Refrigerate cooked foods within two hours after preparation
Hardboiled eggs that have been refrigerated within 2 hours of being cooked can be eaten for up to a week
When in doubt, throw it out!
Cook eggs until white is firm and yolk is thick
Do NOT eat raw eggs



Family Community Health



Danita Macy
Arlene Boileau
Sara Smith
Rosanna Sanders
Jeanette Henderson

Youth wild horse racers shank making class a success

During Spring Break 20 youth joined Edison Yazzie (4-H Volunteer) to learn how to braid a Wild Horse Racers shank rope.

Although the shank rope braid was very complicated, many parents stayed the entire length of the class to help their student.

The purpose of this class was to provide an activity that could be learned and handed down to the youth.

A big Thank you goes out to:

- Edison Yazzie,
The youth who participated
Parents of the youth
WS Composite Products
Jason Smith
DMJ's
REI
OSU Extension FCH Program



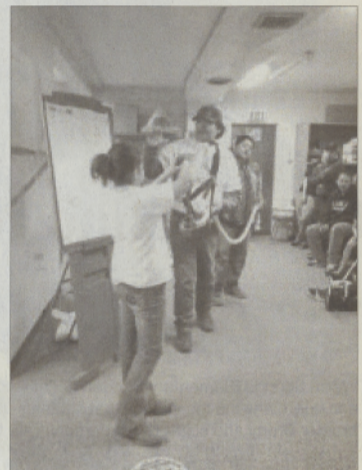
Brady, Ellise & Harley David hold up their hand-made Wild Horse Race Shank Rope



Jyden Beck & Sharita Johns were two of the 20 youth who participated in the class.



Inez Jones, Wyatt Rodin & Raylene Jones pulled together to make their own shank rope.



Teacher, Edison Yazzie tells how to use and hold the Shank Rope

Simnasho garden workshops were well attended

A series of four garden workshops were held at the Simnasho Church building and were well attended with participants from the community eager to learn about gardening.

Kipley and Paul Veath. JP and Anna Patt are planning a sustainable garden, and Minnie Yahtin and Charlayne Garcia are eager to begin growing vegetables this year.

One of the main topics that kept surfacing was the need to amend the soil up in Simnasho. Soils in the central Oregon area are not very deep and need to be built up through adding organic matter such as compost.

A community garden is being planned under the leadership of Police Officer Ken

Central Oregon Agricultural Research Center Right Plant, Right Place

for a Successful Garden and Home Landscape



Cost: \$29

SAT April 14 9am-12pm

Class Location: Central Oregon Agricultural Research Center 850 NW Dogwood Ln Madras, OR 97741

Up, down, all around! Whether your site is big or small, sunny or shady, learn different types of plant material that will fit your specific site requirements.

For more information call 541-550-4130 Register at: oregonopencampus.org/jefferson

THE ANNUAL VACCINATION CLINIC FOR HORSES

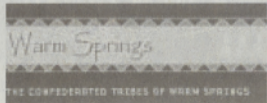
WHEN: THURSDAY APRIL 12TH.
WHERE: WARM SPRINGS RODEO GROUNDS
TIME: 9:30 A.M. - 12:30 P.M.
USDA APHIS VETERINARIAN WILL BE PRESENT ON SITE

AVAILABLE:

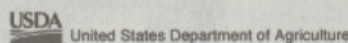
5-WAY: Eastern & Western Encephalomyelitis, Influenza, & Tetanus, West Nile \$29 (this may seem like a high price, but this is a combined vaccination INCLUDING West Nile, so it is actually cheaper than separate 4Way/West Nile vaccinations, and only one shot for your horse instead of two!)

PASTE WORMER \$3
COGGINS TESTING \$15

First time horse (never been vaccinated): Suggest two doses three to six weeks apart
Horses that have been previously vaccinated: Suggest one dose annually



PLEASE CALL AHEAD AND LET US KNOW HOW MANY HORSES YOU ARE BRINGING AND WHAT YOU NEED / HORSE



For More Information Contact Warm Springs Extension



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Fara Brummer
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Oregon State UNIVERSITY

Extension Service