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Want to find something to do this summer? Look on our Facebook page...find summer opportunities, contests and 4-H events and information. Search Facebook: Warm Springs 4-H Oregon

Ecologically Based Invasive Plant Management

By: Fara Brummer

EBIPM stands for Ecologically Based Invasive Plant Management, and it is a program that focuses on restoring rangelands to a healthy condition by understanding the way plants grow, the seasons they prefer, and their specific requirements. EBIPM was started here in Oregon at our own OSU Agricultural Research Services (ARS) station in Riley, Oregon, just outside of the Hines/Burns area.

The EBIPM program has several projects looking at weed control. According to the director, "weeds are a symptom of an unbalanced system". EBIPM looks to manage the entire range system, and bring it into a healthier system. Weed control as well as grazing management is a part of their program, with a strong emphasis on the timing of grazing.

Their website opens with "One of our problems as land managers has been the failure to

recognize that when we see invasive species begin to establish, the weeds themselves are not the actual cause of the problem. The weeds are merely a symptom of the problem. The real problem is, more often than not, an ecological process in disrepair. These ecological processes in disrepair are what drive a plant community to change".

EBIPM has several locations for project demonstration areas and the results. For example, there is information on

restoring weed infested areas, as well as information on treating cheatgrass, a common rangeland weed, with bio-control.

For more information, visit their website at: <http://www.ebipm.org/>, or give us a call here at the Extension Office in Warm Springs.



**Agriculture and
 Natural
 Resources**
 Fara Brummer

Summer Vegetable and Pasta Salad

Ingredients:

- 3 cups whole wheat pasta, dry
- 1 cup broccoli, chopped
- 1 cup diced cucumber, peeled
- 1 cup summer squash, sliced
- ¾ cup Italian dressing

Directions:

1. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
2. Add remaining ingredients and mix well
3. Refrigerate leftovers.

Notes: Use any colorful vegetables you have on hand: carrots, cherry tomatoes, green onions or frozen peas.

Recipe source: foodhero.org

Kids Summer Cooking Class

Every Tuesday
 in July

17th & 24th
 10am-1pm

31st 12-1pm for
 graduation



Safe Picnicking

July is National Picnic Month and with the warmer weather many people enjoy packing a picnic and heading outside. It is important to handle foods safely so that no one gets sick from eating spoiled food. You can't always tell if food is spoiled by the way it looks, tastes or smells. Here are some tips for safe picnicking:

- Keep foods cold by using ice or ice packs in a cooler or insulated bag.

You can make your own ice pack by freezing water in leak proof containers.

- Don't leave food setting out. Once you have eaten put food back into your cooler. Your cooler should not be warmer than 40 degrees.
- Throw food away that has been sitting out for too long. Food should be refrigerated within 2 hours of being prepared. When the temperature is above 90 de-

grees it should be refrigerated within 1 hour

- Thoroughly cook all meats before eating. Safe temperatures: Beef steaks and pork should be cooked to an internal temperature of 145 degrees, hamburger to 160 degrees and chicken and turkey to 165 degrees. You can purchase an inexpensive food thermometer at most grocery stores.
- Make sure you drink plenty of

water to stay hydrated and keep your body from overheating.

Family Community Health



Danita Macy
 Arlene Boileau
 Sara Smith
 Rosanna Sanders

4-H My First Rope program thanks sponsors

• Thanks to Edison Yazzie, Amanda Squiemphen-Yazzie and Teri Jo Squiemphen-Yazzie for donating ropes

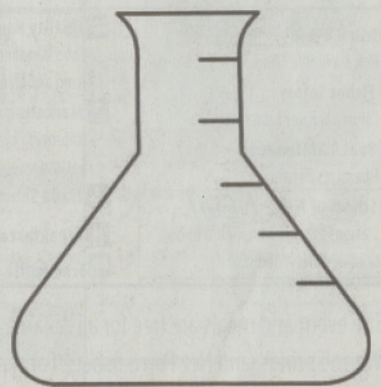
• Thanks to Central Oregon Ranch Supply for donating 10 kids ropes

• Thanks to Fair, Feed & Supply for donating 3 adult ropes



Warm Springs youth participate in the "My 1st Rope" Program instructed by 4-H leader Edison Yazzie. Pictured left front: Kaiwin Clements, Perry Isadore, Cole White, Isabell Smith, Shirleen KillsFirst, Jackie Zamora-Heath, Joshua Olney, Jeremy KillsFirst, Mary Olney, Dylan Heath. Pictured left back: Justin Tom (volunteer), Benjamin Billey, Josue Garcia, Lee Tom (volunteer), Ashleen Smith, Shayna Sauls, Tashina Eastman, Edison Yazzie (4-H Leader), Sara Rogers (volunteer). Not pictured: Brinley Holyan, Natalya Camara, Adam Camara, Monika Camara, Avan Garcia and Anthony Culpis, Jr. If you are interested in becoming involved please contact OSU Extension Warm Springs @ 553.3238.

Youth Kitchen Science Class



Thursday July 12
 12-2 pm

Glow in the dark jello, lave cake & more fun experiments!

Space is limited please call and reserve

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

Master Food Preserves Available

Please feel free to call our office with any canning or food related issues and we will be happy to answer.

Jefferson County Fair

July 25-28, 2012

Enter your arts and crafts into the Jefferson County Fair this year!!

Need help?? Contact OSU Extension



4-H Program
 Morning Rae Ferris