

Who's Who at Warm Springs OSU Extension?

By Arlene Boileau.

- Dana Martin- Admin. Located in the Deschutes County OSU Extension Office.
 - Fara A Bummer-Agriculture/County Leader.
 - Ashley Aguilar-Office Coordinator
 - Arlene Boileau-SNAP- EPA.
 - Danita Macy-SANP COOR.
 - Morning F Ferris-4-H Youth
 - Rosanna Sanders-SNAP-ED-EPA-Agriculture
 - Sara Rodgers-SNAP-ED-EPA
- We are located on the first floor of the Education Building.
- Fara B. is the Agriculture Agent, & Natural Resources, and the County Leader of the Warm Spring OSU Extension Office.
 - Ashley A. Office Coordinator
 - Arlene B. Assist's with teaching of nutrition & exercise classes.
 - Danita M. Develops and plans all the cooking classes and conducts
 - All the canning classes in the OSU kitchen. And much more.
 - Morning F. Is the new 4-H Youth Agent, so all you talent tribal volunteers
 - Ready to teach the youth of Warm Springs the skills you have, please contact Morning.
 - Rosanna S. Is the newest member of the OSU Extension Nutrition Team. Is planning the nutrition & Exercise classes at the Warm Sp Elementary School and ECE also conducts the "Ag in the Classroom" with Kim Griffin from Prineville, to the 4th grade students at Warm Sp Elem school.
 - Sara Rodgers. Assists with the overall planning and development of all the cooking & canning classes and much more.

What do we do in OSU Extension here in Warm Springs?

We bring you accurate information in the areas of your life starting with food, how to plant and care for a garden, what to do with the food, cook, preserve, dry, cook, 4-H for the youth of Warm Sp, need volunteers for 4-H Clubs. So hurry on in and talk with Morning F and get started.

Precise information on all your animals what to feed and how to care for them and bringing you information in the form of workshops and classes even one to one if need be...

What do about the weeds in your yard? What grasses grow best here in Warm Spring?

Why do we do all of this?

Providing educational skills to adults and youth in the areas of health, wellbeing & Happiness to benefit your lives in all areas.

Family Community Health



Danita Macy
Arlene Boileau
Sara Smith
Rosanna Sanders

Missing!

A 4-H Tee-Pee is lost from Camp Naimuma, if you have any information as to its where-a-bouts please contact OSU Extension at 541-553 3238
Thank you

Fruit Loop Tour – A Day in the Hood River Valley

Fara Ann Brummer

On September 19, seventeen people from the Warm Springs Community loaded up into a bus to head out to Parkdale for the Fruit Loop Tour.

The goal of the tour was to visit our neighbors just outside the reservation, and to learn about fruit production. Of course, we had to purchase all the fruit we could too!

We started out by learning about the history of fruit production in the Hood River Valley.

The first orchard in Hood River was put in the very same year the Treaty was signed – 1855! And it was done by a 66 year old man who hand cleared the land. Pretty impressive.

Today, fruit is a 70 million dollar local industry in Hood River county, and for directly marketed fruit such as fruitstands and you-pick places, profits can double.

We also learned that the Bing cherry was developed in the Hood River Valley, and that strawberries were sown in between orchard rows back in the late 1800's.

Today, strawberries are still grown in the valley, but the major crops are: pears, apples, and cherries.

Newer on the scene are blueberries and wine grapes that are not as common, but do exist.

Fruit production in the valley starts at Hood River and goes south all the way to Parkdale. Fruit is harvested first along Hood River, and then gradually all the way to



Fruit Loop Tour Participants at the Apple Valley Country Store



In the berry bushes! Myra Johnson Orange picks blueberries.

Parkdale as the elevation and ripening time increases with elevation. Temperatures are moderate and irrigation water is glacially fed from Mt. Hood and plentiful.

We visited three orchard operations. One in Odell, and two in Parkdale. Our group was able to pick blueberries free of charge at a U-Pick thanks to the grower's generosity.

The berries were large and ripe and we all got carried away picking to our heart's content.

We also visited a U-Pick orchard with a stand that grows and sells 80 different varieties of apples!

This is where we learned that there are over 7000 varieties of apples grown throughout the world.

On the way back, our Nutrition ladies spoke about safe canning principles for fruit. They explained proper temperatures and processing times required for accurate preservation.

This trip was hosted by the Agriculture Program, but was definitely a joint adventure with the Nutrition Team at OSU Extension.

Thank you to Danita, Sara, Rosanna and Ashley for helping and making it a wonderful day! Thank you also to Evans Spino and Gayleen Adams for helping us with transportation needs. Thank you to Steve Castagnoli, Extension Fruit Specialist, who could not be with us, but shared information on fruit production in the Hood River valley.

Huckleberry Cobbler

Ingredients:

- 1 cup flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ stick (¼ cup) butter or margarine
- ½ cup sugar
- ½ cup milk
- 2 cups huckleberries
- ½ cup sugar
- ½ teaspoon ground cinnamon
- 1 ¼ cup hot water
- ½ teaspoon almond extract

Instructions:

- Sift together flour, baking powder, and salt.

- Cream butter and ½ cup sugar. Combine with mixed dry ingredients and milk.
- Pour into a greased and floured 9X9 inch baking dish.
- Arrange huckleberries on top and sprinkle with the other ½ cup of sugar and cinnamon. Mix almond into hot water and pour over huckleberries. Bake at 375 degrees until dumpling float to the top and turn light brown, about 45-60 minutes. Serve with whipped cream.

Makes 6 serving. From Huckleberry Haus Cookbook. By Rev. Stan Simonik

Winterizing your garden

As freezing temperatures start to descend upon us now is the time to start getting your garden ready for winter. Here are some tips that will help your garden survive and thrive. For starters, we are in a El Nino, cycle, which means milder temperatures and less moisture this winter. So the first thing to do is to deep-water trees, shrubs and perennials. Second, remove dead plants to prevent overwintering of pests and diseases. If you have compost, now is the time to put 3-or 4-inches of compost on trees, shrubs and your garden. Winter rains will leach nutrients into the soil to give your plants a head start in the spring, and when you prepare the soil, the topping will be easy to work into the soil at planting time. Fall is a good time to divide perennials and fertil-

ize your lawn or cover with 1 inch of compost. Fall is also the time to plant spring bulbs including garlic. Remove plants that are dying or not longer producing from your vegetable garden. Some hardy vegetables, like kale and collards will overwinter and start producing new leaves in the spring, so leave them in the garden and mulch. After the first frost trim back perennials and **Mulch, mulch, mulch.** A heavy, 4-6 organic mulch (straw, not hay) applied after the first hard frost will protect your plants from freezing winds by moderating soil temperatures and conserving moisture. You can also wrap them loosely in burlap to add more protection. Last but not least clean your tools, sharpen and oil them for the next gardening season.

Welcome Holly Hutton – Our Master Gardener on site at Warm Springs



Holly is available on Tuesdays from 11 a.m. – 1p.m. in person at the OSU Extension Office, Education Building, Warm Springs. If you have any gardening questions, call or drop us an e-mail and we will get them to Holly. Or, stop by and visit with her in person. Holly is a Master Gardener and a trained herbalist and working on her accreditation to the American Herbal Guild. She also teaches herbal education classes through COCC's community education. She has worked with community gardens throughout the tri-county as the Garden Manger for Central Oregon Intergovernmental Council.

Youth Photography Workshop

Grades: 4th-12th

Monday, Nov 12th

10am-4pm

Ed Building, Training Rm

Learn how to use the digital camera.

Cameras and materials provided.

Only 20 spots available

Sign Up, OSU Ext. @ 553.3238



October 5, 12, 19, 26

5:30-6:30pm

WSE Track

**bring shoes, water, and dress weather appropriate
**for more information call morning rae @ OSU Ext. 553.3238

