

## Targeted grazing workshop provides information on restoring weedy areas

A Targeted Grazing workshop held at KahNeeTa on the 13<sup>th</sup> of November provided a day's worth of information on restoring weed infested areas through the use of animal impact. The main instructors were Craig Madsen of Healing Hooves and Claudia Ingham of Ecological and Agricultural Consulting. Craig Madsen founded Healing Hooves LLC in 2002, after 14 years of experience with NRCS working on range and pasture management issues. He is a Targeted Grazier; ie: one who uses his animals to selectively graze areas depending on management goals. Claudia Ingham is also an Instructor at Oregon State University Department of Animal Sciences. Fara Brummer of OSU Extension, Warm Springs was the host and facilitator for the workshop, and a co-instructor.

Targeted grazing is a management tool for systems where herbivores, plant eating animals, are used to specifically graze an area to remove one type of plant while preserving or encouraging another type. Targeted grazing is most often used to improve or restore weed infested areas. It involves understanding the plant

community you are dealing with as well as the animal you are choosing to get the job done.

Craig shared information from his business operation which consists of using a goat herd to

how animals forage or graze, how to target graze to reduce fire risk, and what to consider in a contract using a targeted grazer. Fara taught about the nutritional needs of livestock and how they have to

tem to restore an annual grass weedy system into a thriving dry-land pasture, and increased cattle production.

The workshop was well attended by range planners and technical and agricultural specialists, most of whom currently work or have worked with the Tribes. The workshop earned them six recertification credits as a Certified Professional in Range Manage-

ment through the Society of Range Management.

This workshop was funded by a western Sustainable Agricultural Research and Education (SARE) grant.



target graze problem areas for landowners, as well as city and county projects. He also talked about Integrated Pest Management (IPM), toxic plants and how to avoid them, and how to choose the right animal to target graze. Claudia talked about the use of targeted grazing, how a plant grows and responds to animal impact,

be considered when target grazing. She discussed Body Condition Scoring (BCS) and information on specific nutritional needs based on livestock age and stage.

At lunch, a case study video on rangeland targeted grazing was shown. The video discussed how a local cattle operation has used a very precise managed grazing sys-



**Agriculture and Natural Resources**  
Fara Brummer  
Rosanna Sanders  
Holly Hutton

### Prep Class for Private Pesticide Applicator Exam/Core Credits

OSU Open Campus will conduct a training to prepare for the Private Pesticide Applicator License from 8:30 to 12:00 pm December 7, 2012 at the Madras COCC Campus. If you need a new license or your license expires at the end of the year, this is a good opportunity to prepare for and take the exam. If you need "Core" or "Other" continuing education credit before the end of the calendar year, the class will provide 4 hours. Registration is \$49; Oregon Pesticide Safety education manuals are available at the Central Oregon Agricultural Research Center (541-475-7107) for \$22.50. For those wishing to take exams, Kelly Smith with COCC will be proctoring tests starting at 12:30. There is a \$25 fee per exam and photo ID is required. It is strongly recommended that you be familiar with the Oregon Pesticide Safety education manuals. The work shop will be a good review of the manual, but personal study time is also recommended. The manual and a self-administered practice exam are available at the Central Oregon Agricultural Research Center.

**Contact Information: Jennifer Oppenlander (541-550-4133)**

### Planning & planting with Holly: What do i do to prepare my plants for winter?



#### Winter Mulching Tips

Mulching means applying a layer of organic material (straw or dry leaves) to the soil surrounding plants and shrubs.

Perennial plants, those that come back year after year, can benefit from mulching during Central Oregon's harsh winters, particularly if this is their first winter. Strawberries, grapes and raspberries can also benefit from winter mulching.

The purpose of winter mulching is to protect plants against dryness, wind and cold temperatures. Straw, not hay which has seeds, is preferable to use for winter mulching. Some people use grass chippings or wood chips, but these can leach too much nitrogen into the soil and hurt plants.

To start, allow moisture and frost to penetrate the soil before applying mulch. Pile up mulch to a height that is a little greater than your plant's roots are deep. For shrubs like rhododendrons you can use chicken wire to make a circle that is a little larger than the shrub, then fill it loosely with straw or leaves. The rule of thumb is to remove winter mulch in the spring, when all danger of a hard frost is past, in order for the soil to warm up and plants start their spring growth.

If you have any question for Holly about your garden or plants you can contact her at the OSU Extension office on Tuesdays

### Hand washing in the cold and flu season

Cold and flu season is here again. Proper hand washing is one of the best ways to prevent the spread of illness. Center for Disease and Prevention states "Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others." CDC 2012

#### When to Wash Your Hands:

- ◆ BEFORE you prepare or eat food
- ◆ BEFORE caring for someone who is sick or treating a wound

- ◆ AFTER using the bathroom or changing a diaper
- ◆ AFTER blowing your nose
- ◆ AFTER playing with your pets
- ◆ AFTER sneezing or coughing into your hands
- ◆ AFTER coming into contact with someone who is sick
- ◆ AFTER handling garbage or touching something dirty

#### How to Wash Your Hands:

It is usually best to wash your hands with soap and warm running water. Thoroughly rub your hands together (make sure to get in between your fingers,

under your finger nails and your wrists and both the tops and bottoms of your hands) for at least **20 seconds**. You can teach children to sing the ABC song one time while washing their hands, since this takes about **20 seconds**. Dry your hands with a clean towel. If soap and water are not available use a hand sanitizer.

#### Some Other Ways to Stay Healthy:

- ◆ Cut down on sugary and fatty foods
- ◆ Eat more vegetables and fruits

- ◆ Eat whole grains
- ◆ Choose low-fat milk
- ◆ Be physically active every day

#### Family Community Health



Danita Macy  
Arlene Boileau  
Sara Smith  
Rosanna Sanders

### December 25 is National Pumpkin Pie Day

Pumpkins are an amazing food with great health benefits. They are very low in fat and salt, but **high in fiber and vitamin A**. Vitamin A is a powerful natural anti-oxidant and is required by the body for maintaining the integrity of skin and mucus membranes. It is also an essential vitamin for good visual sight.

Research studies suggest that natural foods rich in vitamin A help a body protects against lung and oral cavity cancers. Getting enough fiber in our diets is important for a healthy digestive system.

Celebrate National Pumpkin Pie Day with a "Crustless Pumpkin Pie" recipe from FoodHero.org

#### Crustless Pumpkin Pie Ingredients:

- ◆ ¾ cup sugar
- ◆ 2 eggs
- ◆ ½ cup baking mix( like Bisquick™)
- ◆ 1 can (15 ounce) pumpkin
- ◆ 1 can (12 ounce) non-fat evaporated milk
- ◆ 3 ½ teaspoons pumpkin pie spice
- ◆ 2 teaspoons vanilla

#### Directions:

- ◆ Preheat oven to 350 degrees. Lightly oil or spray a 9 X 10 inch pie plate.
- ◆ Combine all ingredients in a medium bowl or blender.
- ◆ Beat 2 minutes with mixer until smooth, or blend one minute on high.
- ◆ Pour into pie plate.
- ◆ Bake 55-65 minutes, or until knife inserted into center comes out clean.
- ◆ Cool slightly and refrigerate. Serve cold.
- ◆ Refrigerate within 2 hours.

#### Notes:

\*If you don't have baking mix on hand, substitute ½ cup flour, ¾ teaspoon baking powder, ¼ teaspoon salt and 1 ½ teaspoons oil.

\*If you don't have pumpkin pie spice, use 2 teaspoons cinnamon, 1 teaspoon ground ginger and ½ teaspoon nutmeg.

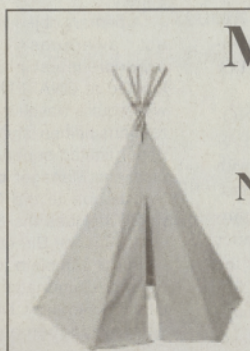
\*Serve with whipped topping or low fat vanilla yogurt

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**Gifts from a Jar**  
Dec 19th 1:30-2:30  
Learn how to make gifts in a Jar

Like us and Facebook and see current activities for OSU Extension 4-H!



**MISSING!!!**  
4-H is missing a teepee from camp Naimuma. Call OSU Ext 541-553-3235 if you have any information

OSU Extension & Native Aspirations

# Wellness Fall Run/Walk

Age:  
6-8 yrs  
9-10 yrs  
11-12 yrs  
13-18 yrs

Dec. 12th, 2012  
2pm @  
Warm Springs Elementary  
Participant T-Shirts  
Pizza Meal  
Raffle Prizes

## Sobriety By Tradition

For information contact OSU Extension @ 553-3238 or WS Prevention 553-0467

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