

OSU Extension

Hoop House Demonstration Workshop at Simnasho

We're online!
find us at:
<http://extension.oregonstate.edu/warmsprings/>



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Warm Springs 4-H Oregon
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On Tuesday May 14th, Randy Emm and Victor Williams joined us from the University of Nevada FRTEP (Federally Recognized Tribal Extension Program) to show and tell on constructing a hoop house.

The site of construction was out at the Simnasho Community Garden.

A hoop house is a low cost greenhouse. It does not use electricity such as fans or heaters like a greenhouse would. Instead, it can be constructed from wood which can be bought new or recycled, and a special type of high grade plastic covering that blocks the UV rays out. The floor of the hoop house is tilled or has good soil for planting in. A water source should be available near by, and a drip system is preferable for watering inside the hoop house. The plastic covering allows the sunlight in and warms the ground inside so that heat loving plants can thrive inside and plants can be started earlier than planting outside.

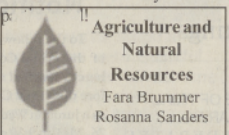
Randy and Victor explained that hoop house kits on metal frames can be purchased, but they

are about three times as expensive as making your own. The design they shared with us utilizes a 24 ft. X 50 ft. roll of greenhouse plastic. The length of the hoop house can be 33 ft., 84 ft. or longer. The door frames are constructed of wood and the house frame is made of PVC pipe that is bent to create the hoop shape.

A hoop house is a low cost greenhouse

The hoop house at Simnasho took about seven hours to build from scratch. The Community Action Team provided most of the materials for the construction. A crew from Fire Management stopped by to prepare the ground for site construction.

Thanks to everyone who



Valerie Switzler and Edmund Frances build the end door frame at Simnasho



A finished hoop house

Jefferson County Fair & Rodeo

July 24-27



Lunch & Learn

Noon-1pm

June 18 -

Freezer

Huckleberry

Jam

June 25 -

Healthy

Hummus

Lunch

Provided:

18th Salmon

Chowder/Bread

25th Sandwich

Wraps

Get your calcium rich foods

Got Your Dairy Today?

Here's a few easy ways to enjoy milk or milk products at every meal or snack!

- Breakfast: Add milk to hot or cold cereal or top scrambled eggs with reduced fat or low-fat cheese.

- Snacks: try string cheese or dip veggies in yogurt based dips
- Lunch & Dinner: Use milk instead of water in soups for a creamier flavor.

- Beverages: Drink a glass of milk or calcium-fortified soy milk or add milk or yogurt to a smoothie.

Make the switch to low-fat (1%) or fat-free milk!

In 1cup of fat-free or 1% milk you get lots of calcium and

vitamin D without extra calories.

For adults and kids over 9 drink 3 cups a day.

Kids Can...

- Pour the milk for meals

- Cut cheese in fun shapes with cookie cutters for a snack

- Make a parfait with fruit, yogurt and crushed cereal or granola

- Pick out colorful veggies for the

dip

Monthly Hero Checklist

Try yogurt or milk in a smoothie.

Serve milk with dinner.

Ranch Dip

Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 to 1 cup plain yogurt, depending on thickness desired
- 1/2 teaspoon season salt
- 1/4 teaspoon pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 sprigs of parsley, chopped
- or 1 teaspoon dried parsley flakes

Directions:

1. For a chunky dip, mix cottage cheese, yogurt and seasonings of your choice in a bowl.

For a smoother dip, mash cottage cheese with a fork before adding yogurt and seasonings.

For a smooth dip, blend all ingredients in a blender or food processor.

2. Serve with fresh veggies or as a topping for cooked vegetables.

3. Refrigerate leftovers within 2 hours.



Special Thanks for Natural Resource/Fun Day!!

Ed Davis
Ms. Weiser
Dawn Smith
Ms. Suppah
Sara Kollen
Mrs. Noonan
Mrs. Kathy
Jerry Brunoe

Trevor Suppah
Diane Ringering
Carol Sahme
Mike Holyan
Sara Rogers
Rosanna Sanders
Larry Hyder
Tony Holliday & Crew

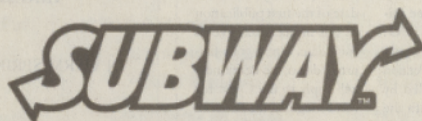
Wildland Ops Crew
Bronte
Arlene Boileau
Fara Brummer
Ashley Aguilar
Kiana Jai Ferris
Frank Smith
Jon Gandy

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Search: Warm Springs Archery

Interested in helping bring youth archery to Warm Springs?! This volunteer run program will be discussing

ans to start an after-school d summer program. Youth chery will be available for ades 4th-12th.



Special Thanks to SUBWAY-Madras for being a major supporter of the Warm Springs 4-H Program (OSU Extension)