

OSU Extension

OSU Extension Service 4-H International/ Multicultural Summer Camp 2013

Several Tribal youth attended the 2013 International Camp in Salem last week.

The goal of this camp was to prepare youth for college and for a globalized world.

Youth attended educational classes related to Environmental Science, Engineering, Technology, Natural Resources, Health, College, Career Options, Literature and Sports.

Professional speakers were invited to talk about career opportunities, preparing and applying for college and financial aid, the college experience and exchanging cultural backgrounds while meeting new friends.

Over seven different ethnic groups were represented at the camp.

If you have a student (6th-high school) interested in attending next year's camp please contact OSU Extension at 553.3238 for more information.



New Archery Program for Warm Springs 4-H

The Oregon 4-H Foundation in Corvallis and the Roundhouse Foundation in Sisters, Oregon have granted the Warm Springs 4-H program \$2,000 to begin a youth archery program.

This grant will purchase archery equipment and deliver after-school and summer programming for youth 4th-12th grade. Ken Kippley and Frank Smith, (4-H Volunteers and certified 4-H Shooting Sports Archery Instructors) will lead the archery programming throughout the year.

The first session of after-school archery will begin late September/Early October. Sign ups will begin Monday, September 23rd, 2013.

Please be aware that this class will have a limit due to the availability of archery equipment and safety reasons. For more info: OSU Extension Warm Springs 4-H Program, 541.553.3238.



Venessa Culps and Jake Frank



Chris and Helen Howtopat



Blanche and Helen Howtopat



Jake Frank

Food Hero

Celebrate Our Summer Harvest

Watermelon & zucchini are in season!

In the late summer months they taste great and often cost less

Cool off with watermelon!

• Make Watermelon Salsa for a tasty dip for veggies or as a topping for grilled meat. Or just serve as a salad! Recipe on back.

• Make a watermelon smoothie with bananas, kiwis or strawberries and a little milk, yogurt or apple juice. Or make a Watermelon Cooler!

• Freeze watermelon chunks to add to water!

So many ways to enjoy zucchini!

• Try the FoodHero.org Zucchini Tomato Bake recipe.

• Cut up and serve with your

favorite dressing or dip.

• Add to a salad, pizza, enchiladas or chili.

• Broil or grill for a crunchy side dish.

Kids Can...

• Help wash zucchini.

• Help choose a watermelon.

• Measure ingredients for a smoothie.

Watermelon Tips

Look. Choose firm fruit with an even shape that has no bruises, cuts or dents.

Lift. The watermelon should be heavy for its size.

Turn. Look for a creamy yellow spot where the watermelon was sitting on the ground growing in the sun. This shows that the melon was ripening on the vine longer, and getting sweeter.

Store. Whole watermelons- 7 to 10 days in a cool dark place;

cut watermelon should be refrigerated for up to 4 days.

Source: the National Watermelon Promotion Board

Watermelon Salsa

- Ingredients**
- 2 cups small cubes of watermelon
 - 1/4 cup washed, chopped green onions
 - 1/4 cup red onion, fi nely chopped
 - 1 tablespoon rice vinegar
 - 1 tablespoon chopped cilantro
 - 1/4 teaspoon ground cumin

- Directions**
1. In a medium bowl, mix all of the ingredients.
 2. Refrigerate leftovers within 2 hours.

- Notes**
1. Serve salsa with burritos, tacos, fish or grilled meat.
 2. Try adding corn, chile peppers, or chopped avocado.
 3. If you do not have vinegar, try lemon or lime juice.

Get your organics in shape.

ORGANIC TRAINING

FOR AGRICULTURAL PROFESSIONALS

January 7-8	Salem
January 23-24	Medford
January 27-28	Pendleton
January 30-31	Redmond

For questions or registration information, contact Don Small, Organic Cooperative Specialist, Donnie.Jones@per.oregon.gov, 503-230-4747

Register by September 27th, 2013

These trainings are a collaborative effort between USDA, NRCS, Oregon TBE, Northwest Center for Alternatives to Pesticides, NCSU, OREU, and Oregon State University with funding provided by the Western Sustainable Agriculture Research and Education Program (WSARE).

USDA is an equal opportunity provider and employer.

Monthly Hero Checklist

- Make Watermelon Salsa.
- Have kids help wash zucchini
- Add zucchini to a meal.