

OSU Extension

County Agent receives the 2013 Achievement Award from the National Association of County Agricultural Agents

Fara Brummer received the Achievement Award from the National Association of County Agriculture Agents during the 2013 Annual Meeting and Professional Improvement Conference held in Pittsburgh, PA.

Brummer was one of several honorees who represent the top one percent of the membership selected by their peers and the Director of Extension.

"My work with livestock production on the Warm Springs Reservation is very rewarding"
-Brummer

The following represents the awardee's recognition citation:

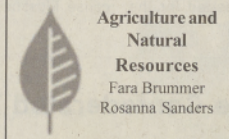
Brummer's work focuses on range management issues, including beef cattle production, horse management, invasive plants, system health and economic viability and are delivered



through Extension programming at Oregon State University. She has also published applied research on weed control, targeted grazing, and livestock health care.

She is housed on the Warm Springs Indian Reservation, where she has introduced the "Agriculture in the Classroom

Program" for youth, and has grown the Master Gardener program.



Attention high school youth: opportunity to attend agricultural conference in Las Vegas in December

The Intertribal Agriculture Council (IAC) is sponsoring a Youth Essay Contest for Native American Youth enrolled in a Federally Recognized Tribe and entering grades 9-12 during the 2013-2014 school year. This is a great opportunity for youth to showcase their writing talents. The theme for the contest is "Perseverance + Sustainability = Food Security: Feeding Ourselves in a Rapidly Changing World". We are excited to hear what these terms mean to youth and their personal history from a food and agriculture perspective. **The deadline for submissions is 4pm (MST) on November 1, 2013.**

IAC will provide an all-expense paid trip to 3 finalists including one adult chaperone per student. Finalists will present their written work at the 2013 IAC Membership Meeting at the Flamingo Las Vegas, December 9-13, 2013. Finalists will be notified by November 15, 2013. For more information, contact Verna Billadeaux at (406)338-2650 / (406)450-8107 or Janie Simms-Hipp at (479)409-9125.



Fruit Loop Tour

By: Arlene Boileau



On Sept 27th The OSU staff conducted the Annual OSU Extension Fruit Loop Tour.

The Tour is to the Hood River County Farm Stands, where you can taste, smell, and see all kinds of fruit and yes, you can buy all kinds of fruit in season for canning, drying, and enjoy eating.

From: apples, pears, peaches, grapes and seeing all the different kinds of squash Pumpkins' and much more.

We ate lunch at a park in Parkdale, OR, the lunch was great, Rosanna Sanders put together a satisfying lunch.

Thanks for your generosity Rosanna you are the best.

On a short note there is a train that comes from Hood River to Park Dale and we got to witness all the folks getting off and on the train and of course the train noise was the best, this was a very enjoyable lunch, even though it was a bit chilly.

We would like to thank J. P. Patt & Orthelia Patt for arriving on a cold and rainy day. A big Thanks to the following folks and departments for their help: Isabel White for volunteering to drive the van (her first time driving a big vehicle you did great) & Workforce Development for donating the van for the Tour. W.I.C & Edmund, F for the fuel. And we would like to thank Mason for keeping all of us on track and real.



Enjoy Winter Squash

Try these easy ways to serve squash!

Mash the insides of a cooked squash. Top with a little butter, dried fruit and nuts.

Fill the inside of cooked acorn or butternut squash with canned cranberry sauce, cooked brown rice or cooked ground beef mixture.

Make "spaghetti" with spaghetti squash! Use a fork to separate the fleshy inside of a cooked spaghetti squash into "spaghetti" strands. Serve topped with tomato sauce and some grated cheese.

Common Types of Winter Squash



Easy ways to cook winter squash

Bake:

1. Preheat oven from 350°F to 400°F.
2. Wash squash.
3. Cut in half or smaller sized pieces. Too hard to cut? Pierce the squash and microwave whole for 2 to 4 minutes for easier cutting.
4. Scrape out seeds.
5. Place halves cut-side down and smaller pieces cut-side up in baking dish.
6. Bake for 30-60 minutes or until tender. Smaller pieces take less time.

Microwave:

1. Follow steps 2-4 above.
2. Place pieces cut-side up in microwave-safe dish and cover with lid or paper towel.
3. Microwave for 5-12 minutes or until tender. Stop microwave and check for doneness often. Smaller pieces take less time.



Kids Can...

- Choose a winter squash at the market
- Help wash squash for Butternut Squash and Chile Pan-Fry (recipe on back).

Monthly Hero Checklist

- Let kids choose a winter squash at the market.
- Cook a winter squash

A big thanks to Rosanna Green-Thumb Sanders



Warm Spring OSU Extension is very proud of the demonstration garden and all it produced this year thanks to Rosanna Sanders.

With Sanders hard work and her passion for gardening this was a success, producing carrots, jalapenos, tomatoes, peas, beans, raspberries, strawberries, grapes and squash!

During the School year, the demonstration garden works with the

Agriculture in the Classroom Program to start and transplant beginner plants and during the summer it is used as a teaching tool for the SNAP Education program.

