

OSU Extension

New SNAP-Ed Coordinator/County Leader

Beth Ann Beamer has joined the Warm Springs OSU Extension team as Outreach Coordinator and County Lead. Her role will include 4-H, the Nutrition Education Program, and Family and Community Health.

Beamer has been part of the Jefferson County community since 1984. Educated as a nurse, her career has included Labor and Delivery services at Mountain View Hospital, public health work at the Jefferson County Public Health Department including service delivery on the Reservation, and community health development through the CHIP (Community Health Improvement Partnership) through St. Charles Madras hospital.

Im passionate about creating the conditions that make the healthy choice the easy choice for all, and reducing health disparities. She will join the team full time the first week of June.

Beamer has had ties with Jefferson County for years, also working closely with the Confederated Tribes of Warm Springs in passed projects.



Of the many other opportunities Beamer chose Warm Springs as her place of employment because of her passion for the community. "Oregon State University has amazing resources to assist in outreach and education," says Beamer.

A portion of her position consists of 4-H and Beamer looks forward to supporting a growing interest in livestock ac-

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tivities for youth.

Her personal interest in horse related activities and other animals will add a component of 4-H that has been absent from the Extension Office in Warm Springs for some years.

Beamer is excited about the new 4-H position that will be coming soon, which will support the communities' interest in beading, sewing, and Culture & Heritages' Camp Naimuma (previously known as 4-H Culture Camp).

**OSU-
Extension
Warm Springs
541-553-3238**

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Warm Springs Extension FCH



Spring planting in Simnasho

Yvonne Babb
OSU Extension Garden Coordinator

Pulaski's rammed the earth, ropes flew through the air, hammers pounded and many hands mightily worked the soil before gently placing their fragile starts and seeds in the ground. Gardening in Simnasho on May 3rd, was a lesson in growing plants and growing community. The pictures say it all...

The gray skies and west winds were sweeping through high desert community when I arrived with my husband Geoff. We found the garden just west of the community church. The garden tunnel erected



last year had collapsed from the heavy snow and strong winds this past winter. Sure enough, the tunnel's clear plastic side walls were flapping wildly. The western door frame was broken and the tunnel had lifted off the rebar like a sailboat ready to leave the dock. The entire west side was leaning inward.

It didn't stop Alyssa Macy, a tribal resident and gardening enthusiast who helped me coordinate a day to work in the garden. Alyssa had already unloaded a car full of tools, weeded the exterior beds and plugged in her crock pots of chicken wings by the time I arrived on this typically dynamic spring Saturday. We unloaded my gardening supplies and headed to her house for 6 inch wooden poles to prop up the end doors and create a more secure string system to control the side walls. Alyssa shared, "At one time, we

were able to feed our own people, which in and of itself is an act of sovereignty. However, as we have moved away from food systems, our communities have been less able to do this. All across the world, there is a movement, the food sovereignty movement, which aims to bring back our Indigenous food systems and to empower and build communities. Food will bring us together."

The sun broke through the clouds and Cecelia Collins and her daughters arrived to share in the gardening adventure. We began preparing the soil and repairing the end when Mike, Cecelia's husband, showed up to help. We began to reposition the rebar and realign the door between my short gardening lessons on soil pH, grouping plants and planning a crop rotation. Then Mike took over repairing the doorways and restringing the tunnel so I could help plant. Meanwhile Geoff untied all the old string and took photos. Matt Vaeth, the neighbor soon came over and asked enough questions to earn himself a tool and enough veggie starts to plant. Matt said his mother, Vio Vaeth was instrumental in starting the garden project years earlier; she had attended our garden planning session earlier in the week. Matt is now committed to help water the garden and see it prosper.

Cecelia and her youngest daughters learned how far to space the tomatoes and then transplanted them and peppers into their designated growing bed that was housing all the members of the Nightshade family, Solanaceae, which is pronounced



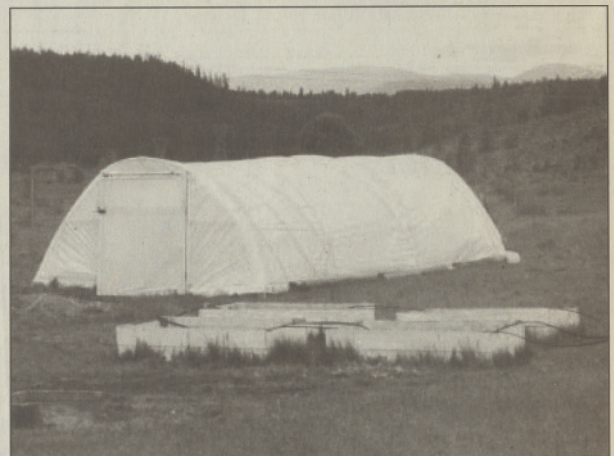
So-lan-a-see-ae. Tomatoes and peppers are "heavy feeders" that require more nutrients. The following year, lighter feeders like onions and carrots will follow without adding additional soil nutrients. Their roots penetrate more deeply into the soil and pick up the nutrients that had leached downward. In three years, this same bed will be sown with the plant that can fix nitrogen from the atmosphere and convert it to a form usable by plants. These soil builders are beans, peas or cover crops like clover or vetch. You can see their wart-like nodules on their roots where the nitrogen is fixed.

Last week in my OSU class on Garden Planning, I taught all the above concepts: plant selection, grouping by families and rotations that began with heavy feeders, followed with medium-light feeders and ended with soil builders prior to repeating the process.

There is nothing more rewarding to me than working with plants and the soil



on a cool spring day—. On second thought: if you add food and good folks to that gardening activity than you are growing community too!



Join Yvonne Babb, OSU Garden Coordinator and Edmond Francis for a planting day at the Warm Springs Community Garden on Saturday, May 31 from 9:30 - 3:30pm; it's by the Administration Building on Veteran's Lane. Everyone is welcome! This is an opportunity to register for a garden plot as well as to help plant the garden. Many hands will make light work, fun memories and food for the community. I will demonstrate how to group your plants, transplant your starts and plant your seeds.

Call OSU-Extension to register 541-553-3238