

OSU Extension

Warm Springs Planting Day—a good thing growing

by Yvonne Babb
OSU Garden Coordinator

The beaming sun and warm winds have already warmed the soil deeply enough that the Warm Springs Community Garden started growing without anyone's help.

Old corn seeds and cobs had sprouted stems and leaves 6 inches tall. The left-over potatoes had sprouted leaves and all the children soon discovered as they prepared the soil by pulling weeds that purple radishes were already one inch-around and nearly ready to eat!

The Oregon State University Extension Gardening and Nutrition staff joined forces with Edmund Francis, the Warm Springs Community Garden Coordinator with the Community Wellness Program to celebrate the first day of planting at the Community Garden.

Yvonne Babb began coordinating the preparation of the bed and marking of the rows. Then she did a planting demonstration so partici-



Gardeners at the Warm Springs Community Garden.

Courtesy photo.

pants could learn proper spacing and depth of the seeds, often referenced on the back of each seed packet so no need to memorize it.

Then we grouped the plants by plant families to make managing the soils and environmental conditions

easier to manage. On the west side we planted two rows of corn to block the wind and the extreme afternoon sunlight. On that border we planted members of the squash family in large butte-like mounds: cantaloupe, cucumbers, and yellow squash

to spread out beneath the rows to shade the soil and conserve moisture (see the map in our OSU garden packets)

After two rows of corn we left a path and then planted members of the nightshade family: Solanaceae, pro-

nounced (sew-lan-ai-see-ae). This included a row of tomatoes, then a row of peppers.

This is another place to plant eggplant which we rarely grow in Bend. Each of these plants form a bush so are spaced 18 – 24" apart, but unlike squash they are not planted in mounds.

Four girls stopped by to help plant potatoes, another member of the Solanaceae Family. Upon looking in the bag, it was more like planting spiders and octopus, with 2 inch roots forming imaginary legs ready to climb out of the bag into that dark, moist sweet smelling "Mother Earth!"

Gardening with friends and food was just as much fun as it was work. You missed the hands-on demonstration held Saturday, May 31—see photos, but there is still time to grow a healthy garden in just a few easy steps.

Don't Wait, the time is now!

Simple Steps to Growing at the Community Garden:

1. Contact Edmund Francis to register for a plot in the Community Garden.

Contact OSU Extension in the Education Building for planting guidance and information.

2. Study the garden plot map and information and decide on your plot size.

3. Buy the recommended supply list after checking your own supplies.

Contact Edmund Francis if you have questions about registration 541-553-2460, ext. 4142 and the OSU Extension Office at 541-553-3238 to find out about the planting information.

Save money by growing your own food and exercising in the garden; it's fun, healthy and rewarding to the family! This land is some of the best in the region, with long growing seasons and fine soils.

Learning to feed the family will help sustain them into the future.

(You can reach OSU Garden Coordinator Yvonne Babb at 541-480-6997.)

Summer reading idea from Culture and Heritage

Dear Families,

Did you know that when your children read at least 10 books over the summer, they can avoid what's known as the "summer slide?" That's one slide that's no fun, and it can put them way behind when they return to school after summer break.

Reading during the summer helps kids grow as readers and as learners. It can also be fun, even magical, when they are reading *myON*

books on computers, tablets and other devices.

Here are the amazing facts:

- Children can choose from over 4,000 enhanced digital books in a variety of formats and on many engaging topics.

- Children can read on computers, tablets, and other devices, and download books for offline reading using free mobile apps.

- Children can turn on or

off the flexible reading supports—professionally recorded audio, word and sentence highlighting, and an embedded dictionary—to help them read independently.

- All digital books are available 24x7, with no limit to the number of times you can read them, and no limit to the number of children and families who are reading the same book at the same time.

There's no trick to it! Just follow these simple steps:

- Go online to: www.myON.com
- Click the Log In Now button and enter the following information
School Name: jcsd, Jefferson County School District 509j
User name: read
Password: read
- Select a book and start reading!

Extension 4-H Outreach Program Coordinator

Oregon State University Extension Service is recruiting for a full-time, fixed-term, Extension 4-H Native American Outreach Program Coordinator serving the Warm Springs community.

Salary is commensurate with education and experience. To review posting and apply, please visit <http://oregonstate.edu/jobs>. Apply to posting #0012487. Closing date: 06/18/14. OSU is an AA/EOE/Vets/Disabled.

Serve Up Fruit and Fun

Make healthy snacking easy:

Keep canned and fresh fruit on hand and in sight for snacks and meals.

Wash fresh fruit and cut into bite sized pieces when ready to serve.

For pre-cut canned fruit, drain the liquid and put fruit pieces into a container for on-the-go mess-free snacking.

Store cut fruit in covered containers in the refrigerator or freezer to use later.

Kids Can...

Wash fresh fruit to eat.

Make a picture on their plate with fruit. Help make Creamy Fruit Salad.

Give kids a clean plate to make faces out of cut-up fruit. When they are finished they can eat their artwork!

Dip fruit slices in your favorite yogurt or serve fruit over cottage cheese. Mix up Creamy Fruit

Salad.

Have kids help wash fruit.

Make a fun snack using fruit.



Jam Making Class

• Thursday June 19th

• Education Building (1110 Wasco Street) Basement Kitchen

• 5:30-7:00 pm

Come join a hands on FREE jam making class taught by Oregon State University Warm Springs Extension's Master Food Preserver. Learn how to make freezer AND canned jam with the season's fresh fruits. Each participant will go home with a sample jar of jam. Classes fill up quickly so call the office to register and reserve your spot!

(541) 553-3238

Creamy Fruit Salad

Ingredients

- 1 cup pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3D 4 cup low-fat piña colada yogurt

Directions

- Put pineapple chunks in a medium mixing bowl.
- Prepare apples, banana, and orange as directed and add to bowl.
- Add yogurt to bowl and mix gently with a spoon until fruit is well coated.



4. Serve and enjoy!

For a different taste, try adding different fruits like grapes, blueberries, huckleberries, or peach slices.