



Latah County Extension

May/June 2012

4-H Happenings

Events and Opportunities

KELLI LOFTUS, ASSOC. 4-H EXTENSION EDUCATOR

Youth enrolled in horse projects participated in the Latah County 4-H Horse Judging Contest on May 6th. The event was held at Equine Athletics in Potlatch. In the contest, a total of 300 points were possible. Kristina Davenport was the high scorer with 288 points. Kimberly Davenport came in second with 287 points. Kassidy Woody placed third with 269 points. Ben and Reanna Benson tied for total points earning 255 each.

Congratulations to all the participants! Latah County will be well represented at the state level, the 2012 Idaho Youth Horse Contests, held on July 9th and 10th in Sandpoint.

AWARDS

Interested youth should submit applications **no later than May 25th** to the Extension Office for the Wells Fargo Foundation Wristwatch Award. It is given in recognition of members for their 4-H leadership achievements. Latah County may select one boy or girl to receive a wristwatch from Wells Fargo Bank Foundation. The 4-H member must be at least 14 years old and have

been in 4-H for three years. To apply, 4-H members must complete an application recording projects, activities, and leadership over the last two years, and write a brief statement of his/her greatest leadership achievement in 4-H..

The application for this award and more may be downloaded from the state 4-H website under the "Awards & Contests" page, or request an application from the Extension Office.

EVENTS

Swine Weigh-in is June 8th, from 3-7:00 p.m. at the Latah County Fairgrounds.

Idaho 4-H Teen Conference will be **June 11-15** at the University of Idaho.

Be watching: Summer 4-H Camp packets are going out soon! The applications will be due back to Extension by **June 18**. **CL2N Camp is July 13-16** this year, so your family can plan accordingly.

Latah County Horse Camp will be **June 21-24th** at the Pony Club Grounds in Deary.

Call Kelli in Extension with questions.

Master Gardeners

Tour and Trainings

RACHEL RAUSCH, OFFICE/PROGRAM COORDINATOR

~ The final scheduled event for the 2012 Master Gardener training is the University of Idaho Arboretum Tour with Dr. Richard Naskali. The event is open to all, and will take place on Thursday, May 17th from 9:00 a.m. till noon.

Please meet at the south end of the Arboretum in the "Red Barn" parking lot, at 1200 W. Palouse River Drive. Wear comfortable walking shoes, and if desired, bring a sack lunch to picnic, following the tour.

~ Exciting news to promote! Dr. Troy Peters, WSU Extension Irrigation Specialist, is hosting a webinar for **home gardeners** to learn about irrigation scheduling from an app on a smart phone or any web browser.

"Scheduling Lawn and Garden Watering on your Smartphone or Web Browser"

When do I turn the water on? How long do I leave it on? These are simple questions with difficult answers. This webinar will describe how to use a new irrigation scheduling tool that runs equally well on a Smartphone or any web browser to greatly simplify making these decisions in a way that will result in green lawns and healthy gardens, save you work, and most importantly save on your water bill!

Tuesday May 29th at 7:00 PM go to breeze.wsu.edu/rain and log in as a guest through the process and answer questions.



Small Farms

Noxious Weed: White Bryony

CINDA WILLIAMS, EXTENSION EDUCATOR

An attractive plant to look at, this poisonous weed, *Bryonia alba*, also commonly known as Wild Hops and Devil's Turnip is fast-spreading, and can cause illness and death to man and livestock.

A member of the Cucurbitaceae (cucumber) family, this perennial vine can grow up to six inches a day to a length of 150 feet, resembling kudzu in its growth habit. A single tendril is associated with each shiny dark green leaf. Greenish to yellowish white 5-petaled flowers yield small green berries that turn dark purple in late summer. The fleshy root resembles a large white turnip as long as 18 inches.

For safety, wear protective gear when handling; all parts are poisonous, but especially the root.

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The most effective method of control is damage to the root, as the plant grows back from the root. Byrony typically grows close to the base of supporting plants so tillage can harm the desirable plant roots, while broad leaf herbicides can do the same. Severing vines is ineffective as the plant grows back from the root.

Finding the root during the growing season may be difficult. In autumn, locate the root after the leaves have died. Sever the root 3-4 inches below the surface with a #2 shovel. This removes the crown and prevents re-sprouting. Be sure you walk through your shrub and tree stands each year, scouting for any escapees from the previous year, and for new byrony plants. Cut and remove new growth immediately and repeatedly through the growing season, and return in autumn to locate and sever the roots of new plants.

Crop Tours

~ **Annual UI Plant Soils & Entomological Services(PSES) Weed Science Tour Thursday, June 21.** Registration (no charge) begins at 7:30 am at the west entrance of the University Inn Convention Center. Bus and hosted lunch provided for the half day tour. For more information, contact Donn Thill, 208-885-6214.

~ **Prairie Area Crop & Conservation Tour** begins at 7:00 a.m. **Tuesday, June 26** with breakfast at the Legion Hall in Nezperce and will conclude about 12:30. Pesticide certification and CCA credits will be available. Contact Ken Hart, Lewis County Extension, at 208-937-2311 for more information.

~ **Tammany Crop Tour** is scheduled for 8:00 a.m., **Wednesday, June 27.** Meet at the Henricksen Farm, 2810 Powers Avenue, Lewiston Orchards. Stops include Hill-plot Production/Spring Wheat Plots, UI Canola and Mustard Variety Trials, Cereal Variety Trial Performance, Fungicides and Stripe Rust Management, and New Enterprise Budgets. Call Lydia Clayton, Nez Perce County Extension, at 208-799-3096 with questions.

Tours at UI Parker Plant Science Farm

~ **Winter Wheat Breeding / Variety Tour on July 9** co-hosted by the College of Agricultural and Life Science, the Idaho Agricultural Experiment Station and Limagrain Cereal Seeds will be at Parker Plant Science Farm, located three miles east of Moscow just off Highway 8. Registration (no charge) begins at 3 pm and a hosted BBQ dinner will be provided. For more information, contact Donn Thill, 208-885-6214.

~ **Bi-Annual Canola, Rapeseed and Mustard Field Day** also at UI Plant Science Farm on the Troy Highway, just before the Elks Golf course, on **July 10th**, starting with a hosted breakfast at 7:15, tours start at 8:00 am and finish at noon with a hosted BBQ lunch. The field day is open to everyone who is interested to learn about canola, rapeseed, mustard, organic pesticides, and biofuels. To learn more, call Jack Brown, Professor, Plant Breeding and Genetics ~ Canola, Rapeseed & Mustard Breeding at 208-885-7078.



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Nutrition News

Backyard Harvest Springs into Action

MACKENZIE FEMREITE, NUTRITION ADVISOR

Backyard Harvest invites the public to the *Spring into Summer Open House* from 4 - 6 p.m., Thursday, May 24 at the Martin Wellness Center, 510 W. Palouse River Drive, Moscow. The open house is in celebration of the organization's new office at the Martin Wellness Center, to welcome Daquarii Rock as the organization's new executive director, and to provide information about Backyard Harvest's plans for the 2012 growing season.

Ms. Rock, a 13 year resident of the Palouse, has worked extensively with Project Access, a collaborative effort that increases access to resources for families across Latah and Whitman Counties. "We are thrilled to have Daquarii as part of Backyard Harvest. She brings a passion for alleviating poverty, great fundraising expertise, and a fearless nature to this work," said Backyard Harvest's Board Chair, Peggy Jenkins.

Backyard Harvest increases access to fresh, healthy, local produce for low income community members across the Palouse. Backyard Harvest gathers extra produce from gardens and farms to distribute to food banks and senior meal sites. The organization also gleans unwanted fruit from the community's many fruit trees, and provides the "Shop the Market" program, which allows Supplemental Nutrition Assistance Program (SNAP) benefits (formerly known as food stamps) to be used at the Moscow Farmers Market and Tuesday Growers Market. This year, Backyard Harvest is also partnering with three local farms to provide low-cost CSA (Community Supported Agriculture) shares for families and seniors in need.

"The work that Backyard Harvest does just makes sense," said Rock. "Everyone deserves to eat well and be healthy. We are able to connect people who have more than enough with those who don't have enough. That builds a stronger community for all of us."

Other Backyard Harvest staff include Dan Schaaf, an AmeriCorps member and masters student at University of Idaho, who will be managing volunteers and coordinating Backyard Harvest's collection of produce from community gardeners, and Topsanna Littlestar, a student at Washington State University who will grow vegetables and herbs for distribution on a plot of land donated for Backyard Harvest's use by the Palouse Clearwater Environmental Institute (PCEI).

Backyard Harvest's new office was made available through a donation from the Gritman Foundation, which has also made space available to the Martin Wellness Center to other groups that serve the health and wellness needs of the Community. The Open House on May 24th will be an opportunity for community members to see the organization's new office, meet the staff and Board and learn of Backyard Harvest's plans for the 2012 growing season. There will also be vegetable and flower starts available by donation, with proceeds benefiting Backyard Harvests operations and programs.

For more information about Backyard Harvest, visit its website at www.backyardharvest.org. To learn more about helping others "grow a row," donating produce, receiving fresh produce, or volunteering for BYH, contact the organization at info@backyardharvest.org or 208-669-2259.

Mackenzie Femreite serves as a member of the Backyard Harvest Board of Directors.

Family Finance

Gas Prices in the Pacific Northwest

KAREN RICHEL, FCS EXTENSION EDUCATOR

With summer travel plans right around the corner, gas prices seem to be dropping everywhere else but here in the Pacific Northwest. They seem to be increasing steadily... just edging up to the \$4.00 mark in Moscow (higher in some locales). I would like to say that I know when this will end. I would like to say that I know the answer to our gas dilemma BUT with all things economic, our only option is to learn to adapt and make our money go as far as we can. So here are some ideas to help you stretch your transportation buck:

Alternate Modes of Transportation

- Take a bus or public transportation to get to work, carpool with neighbors – start a carpooling club. Need some help? Google “Moscow VanPool” or see Craigslist rideshare - <http://pullman.craigslist.org/rid/> or Zimride - <http://zimride.uidaho.edu/>.
- Walk – get some exercise while saving some gas. Walking is free; or ride a bike – reduce your “footprint” on the environment.
- Work from home – Telecommuting has many advantages. Meetings in your jammies, anyone?
- Think about a hybrid, motorcycle or diesel vehicle. Fuel efficient vehicles can save up to 50% of your fuel costs.

Maintenance

- Maintain your car – properly-inflated tires, clean oil, clean air filters, straight alignment, and general maintenance can save up to 13% of fuel loss. Use the right grade of gas for your car. Check the owners’ manual. Many times we are giving our cars premium when they would be happy with regular.

-Shop for your gas... sometimes gas is little cheaper when you drive a little farther for your tank full.

Go to www.gasbuddy.com or check out all of the cool aps available on your Smartphone.

Change Daily Habits/Behaviors

- Make your trips count – don’t run to the store for one thing. Have a plan for your trips and do multiple errands. This will save gas... and time.

- Drive less aggressively; do the speed limit. (This will save not only on gas but those pesky traffic tickets.) Speeds above 55 mph actually reduce gas efficiency. Driving 55 mph will save 25% of your gas.

- Utilize “natural air conditioning”. Turn your air conditioner off in the car and roll down windows. This can improve your gas mileage 13-21%... and provide that nice “artfully disarranged” look you have been asking your hair stylist for.

- Lighten your load – if you have things in your car that don’t need to be lugged around everywhere, consider leaving them at home. Heavier loads mean more work for your car.

- Avoid idling for long periods of time – if you are going to be sitting in one place or warming up your vehicle, you are getting NO miles per gallon. Consider turning off your engine when you are parked. Cars don’t need to be warmed up like they used to. Most newer model cars are happy just to take off and go.

- Apply for a gas credit card with gas rebates. Watch for annual fees that might eat up the savings though.

- Consider using a pre-paid gas card if you are spending more than your budget can allow. This, combined with carefully planned trips, will help you stretch your gas dollar farther.

- Utilize store credit like Safeway’s \$.10 off with every \$100 purchased – add this to shopping for the cheapest gas and you have just saved twice.



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