



**MONTANA
STATE UNIVERSITY**

EXTENSION

Prairie County

January 2020

Domestic Engineer



Prairie County Homemakers,

Happy New Year! I trust you all enjoyed the holiday season, enjoying time with family and friends.

The Annual Extension Winter Series is scheduled for Thursday, January 23rd. Our featured presenter that Homemakers may be particularly interested in is Tara Andrews. A full schedule is included in this newsletter. I hope you will be able to come and enjoy the presentations and join us for a supper sponsored by the Prairie County Chamber of Commerce.

Wishing you a happy and prosperous 2020!!

Sincerely,

Sharla Sackman
Prairie County Extension Agent



SAVE THE DATE!

**MSU Extension
Winter Series
January 23, 2020
3:00 p.m. - 7:30 p.m.
American Legion &
Prairie Community Center**

**Bake Sale & Luncheon
February 7, 2020
American Legion**

Contact Us

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www.montana4h.org

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2020 Bake Sale and Luncheon

Proceeds: Children's Programs & Wrought Iron Fence for PCH

February 7, 2020 from 9:00 a.m. to 2:00 p.m. at the American Legion Hall in Terry
Rolls, Pie and Coffee will be served in the morning.

Menu: Roast beef, ham, baked beans, salads, pies, coffee, lemonade and water.

<u>AMA DE CASA</u>	<u>ASH CREEK</u>	<u>CABIN CREEK</u>	<u>FALLON</u>
\$30.00	\$30.00	\$30.00	\$30.00
1 fruit salad	1 fruit salads	1 fruit salad	1 fruit salad
1 vegetable salad	2 vegetable salads	1 large potato salad	2 vegetable salads
1 large pasta salad	1 large pasta salad	3 pies	1 pasta salad
Baked Beans (2 gal.)	4 pies		1 large potato salad
4 pies			4 pies

Please make your salads large ones. Also if you sign up to bring a salad PLEASE make sure that you follow through or make arrangements so we are not short on homemade salads! It would be more convenient if all pies are in foil pans. Mark your dishes and please pick them up after 2:00 p.m. Anything left in your bowl will be sent home with you. Be sure to mark your pies that will be used during the Luncheon. Thanks!

Bake Sale: Every member is asked to donate baked items for the bake sale table. Be sure these are in disposable pans or plates. **Please remember to mark your items.** There has been a request for more cakes and for cookies and cakes for diabetics. Also, a volunteer is needed to make the decorated cake for the cake raffle.

Workers will be needed from approximately 9:00 a.m. to 3:00 p.m. Each club is asked to have 2 members there for all three shifts, We would also like at least 2 members from each club to work at the bake sale table.

The chairpersons will not be working any of the shifts below.

9:00 a.m. - 11:30 a.m. - First Shift - Set Up 2 members from each club

1. Start making coffee and lemonade
2. Set up tables and chairs (tablecloth, salt, pepper, and butter)
3. Set up bake sale. Price List will be available. **2 members at the bake sale table.**
4. Set up: Cleaning table, Pie table, Cake raffle, **Treasurer and a helper for the raffle from another club.**
5. **Whole pies can be sold early . Please specify pies for the bake sale or lunch**

11:30 a.m. - 1:00 p.m. - Second Shift - Serving 2 members from each club

1. Set up food counter, Serve hot food, Replenish other dishes
2. Be sure to check plates and silverware in case you need to wash ahead
2. Pour coffee, water and lemonade
3. Wash dishes, dry, put away
4. Continue bake sale - **check with the ladies at the Pie for pies to be sold whole.**

1:00 p.m. - 2:00 p.m. - Third Shift - Clean Up At least 2 members from each club

1. Do dishes
2. Wash urns
3. Take down tables and put chairs away.
4. Empty trash
5. Return supplies to proper boxes to be returned to Extension Office

Your generous donations of food and workers have made the sale a success in the past years and we know we can count on your continued support for the 2019 Bake Sale and Luncheon.



MSU Extension Winter Series

Thursday - January 23, 2019

Terry, Montana

American Legion

3:00 – 4:00 p.m. **Combatting Herbicide Resistance**

Dr. Tim Seipel, MSU Extension Cropland Weed Specialist

Dr. Seipel will explain why herbicide resistance happens and discuss weed management strategies to help prevent resistance. Seipel will also talk about common cropland weeds in Southeastern Montana and their control.

4:15 – 5:15 p.m. **Ration Balancing**

Dr. Megan VanEmon, MSU Extension Beef Cattle Specialist

Is this hay any good? Dr. VanEmon will discuss how to determine hay quality, including how factors like rain, mold, and mycotoxins can affect hay quality. VanEmon will share ration balancing strategies to make use of lower quality hay, while also addressing commercial supplements, grains, and other forage options.

5:30 – 6:30 p.m. **Range Recovery after the Lodgepole Complex Fire**

Amanda Williams, MSU Graduate Student

Williams will discuss range research findings about the range recovery following the Lodgepole Complex fire that took place in Garfield County in 2017. Timing of defoliation and livestock grazing the first year following fire will be among the topics addressed.

6:30 – 7:30 p.m. **Supper**

sponsored by the **PRAIRIE COUNTY CHAMBER OF COMMERCE**



MSU Extension Winter Series

Thursday - January 23, 2019
Terry, Montana

Prairie Community Center

4:00 – 5:00 p.m. **Kitchen Tools**

Tara Andrews, Custer County Extension Agent

With all the choices in kitchen equipment out there, how do you know what is the right choice for you? Andrews will visit about the pros and cons of different types of cookware and other kitchen tools. She will also share some helpful kitchen hacks to make your time in the kitchen easier!

5:15 – 6:15 p.m. **Living Life Well: Arthritis Exercises**

Tara Andrews, Custer County Extension Agent

If you struggle with joint stiffness and lack of mobility, there are simple exercises that can help you. Andrews will share gentle activities to help increase joint flexibility and range of motion.

6:30 – 7:30 p.m. **Supper**

Sponsored by the PRAIRIE COUNTY CHAMBER OF COMMERCE



Thanks to our sponsors, the Prairie County Chamber of Commerce and Stockman Bank.



Solid Finances Webinar Series

Solid Finances is a series of free financial education webinars beginning this fall and continuing through the winter and spring. The webinars are designed to empower you to take control of your finances by improving your knowledge of personal finance topics. This year's topics will range from Money Management, Student Loans, Retirement to Investor Protection. A full list of this year's sessions is available at <http://www.msuetension.org/solidfinances/schedule.html>. The sessions will be taught by faculty from the University of Idaho, South Dakota State University and Montana State University.

Although the series is free, registration is required. More information can be found on the Solid Finances website at: <http://www.msuetension.org/solidfinances/>.

January 15, 2020 - Paying for College: How to Plan Before College

Presenter: Carrie Johnson, North Dakota State University College is an expensive part of life. This session will discuss payment/savings options for those who have not entered college yet.

January 22, 2020 - What to Know About Federal Financial Aid and Student Loans

Presenter: Carrie Johnson, North Dakota State University

This session will discuss the basics of federal financial aid and student loans for those in college or have children in college. This session will walk you through how federal financial aid is determined and teach you commonly used terms. Find ways to minimize the amount of student loans needed and find alternative ways to finance an education.

January 29, 2020 - Student Loan Repayment, Consolidation, & Refinance

Presenter: Carrie Johnson, North Dakota State University

The student loan repayment process can seem overwhelming and confusing because of the variety of options. But, by being an informed borrower and learning about your loans and options for repayment, you can stay on top of your loan repayment. This session will discuss the different repayment options, the differences between consolidation and refinancing, as well as discuss some common misconceptions of student loan repayment.

February 5, 2020 - Finances & Stress: Causes, Biological Impacts and Prevention Tools

Presenters: Joel Schumacher, Montana State University Extension and Michelle Grocke, Montana State University Extension

Finances are often the cause of stress in our lives. This session will explore the financial causes of stress. The session will also examine the biological responses to both short and long term stress. Finally, the session will provide practical tools you can use to prevent and/or manage your stress.

The Importance of Vitamins

By Brianna Routh, PhD

Winters in northern states have less daylight and may cause seasonal depression, but that might not be the only thing affecting how you feel. Depleted vitamins can affect the body and how it functions.

Vitamins are key building blocks for maintaining good health across a lifespan. Here are some essential things to know:

- *Food is the best source for most vitamins.*
- *Supplements may provide more of a vitamin than the body needs, which can lead to health problems*
- *Vitamin deficiency is relatively uncommon in the United States*
- *Some individuals are at higher risk for vitamin deficiency and may benefit from supplements or fortified foods*

The best way to meet vitamin needs is to eat a variety of foods using the **USDA MyPlate** (<https://www.choosemyplate.gov/>) guidelines. These foods provide a variety of complementary nutrients and fiber to benefit your body's health and digestion. The recommendations from MyPlate (USDA) are:

- *At least half of the plate is a variety of fruits and vegetables*
- *At least half of the grains are whole grains*
- *Lean proteins (nuts, beans, low-fat dairy, poultry, low-fat meats, and eggs)*

Vitamin B12 is found almost exclusively in animal products and is important to nerve and blood cell function. Although most Americans get plenty of vitamin B12 in their diets, individuals may not consume or absorb enough B12 if they are eating vegan or vegetarian diets with extremely limited/no animal products.

Folate is important at all stages of life, but it is particularly important for women who are or could become pregnant. In addition to fortified foods and/or supplements, folate should also come from a variety of food sources (leafy greens, legumes) to meet nutrient needs and promote healthy development.

Vitamin C comes from a variety of fruits and vegetables (citrus fruits, broccoli, greens) and is important to our connective tissue, metabolism and immune system. Although vitamin C is often taken in large doses to prevent or treat the common cold, there is limited research to support the effectiveness of this; at most it may shorten a cold by one day. Since vitamin C is water-soluble, the excess consumed is sent back out instead of stored. Too much at one time can cause diarrhea, nausea, or stomach cramps (Harvard Health).

Vitamin D is often known as the sunshine vitamin because the skin is able to produce this vitamin when it is exposed to sunlight. This means that unlike some of the other vitamins, our body can produce its own vitamin D. When sunlight is limited from shorter days or less skin exposure like during Montana winters, it is important to help the body get some of that vitamin D from food sources. There are only a few foods that naturally have vitamin D (egg yolks, liver, some fish). You may also benefit from fortified foods (fortified milk, margarine, and some cereals) or supplements as a good source of vitamin D and its partner calcium.

PHOTO CREDIT: CLIPART.COM

Vitamin	Source	Major Function	Deficiency Symptom
Vitamin B12	Animal products, some fortified cereal	Helps body use folate and dietary fats, protects nerve and blood cell functioning	Anemia, poor nerve function
Folate (folic acid, folacin)	Leafy greens, organ meat, beans, orange juice	Helps body make DNA and use protein	Anemia, inflammation of tongue, diarrhea, poor growth, nervous system birth defects
Vitamin C (ascorbic acid, ascorbate)	Citrus fruit, broccoli, strawberries, greens	Helps body make protein and hormones, maintain nerve health, acts as an antioxidant	Scurvy, poor wound healing, bleeding gums
Vitamin D	Egg yolk, liver, fish oils, tuna, salmon, fortified margarine and milk, sunlight	Helps body use calcium and phosphorus, maintenance of bone strength	Bone loss, muscle weakness/pain, lower immunity, tiredness

When to Take Supplements

Some individuals who might benefit from regularly checking their vitamin levels include:

- Older adults
- Pregnant women
- People with food insecurity
- People with restrictive diets
- People with high alcohol or drug consumption
- People with chronic digestive diseases preventing absorption such as Celiac or Crohn's disease

Before making a dietary or supplement change, it is important to talk to a medical provider.

A medical professional can help determine if these changes might have any unintended consequences on your diet, medications, or other health conditions. Everyone's body is unique, but we all need vitamins to help our body systems function at their best! Your local Extension agent can help find resources to eat using the MyPlate guidelines and your medical team and local Registered Dietitian Nutritionist can help with individualized plans to meet vitamin and nutrient needs.

Brianna Routh, PhD, is a Registered Dietitian Nutritionist and an MSU Extension Food and Nutrition Specialist

For more nutritional information, visit USDA MyPlate at choosemyplate.gov



PHOTO CREDIT: UNSPLASH.COM

Q What is the best way to clean garden tools for winter storage?

A Ideally, we gardeners have been cleaning and sharpening our garden tools all throughout the season and can simply rinse off the last of the dirt and be set for next spring. While not many of us have time for that in between weeding, watering and harvesting, hopefully the garden tools can be restored with a few simple steps:

- *Hose or scrub off any remaining dirt or debris and allow tools to dry.*
- *Clean pruners, saws, shears and hand tools with isopropyl alcohol to sanitize and remove any plant sap. Bleach is not recommended as it can pit the metal on tools, inviting in bacteria.*
- *Use steel wool, sandpaper or a wire brush to remove any rust. If rust is extremely bad, the tool may need a soak in white vinegar for several hours.*
- *Once rust is removed, sharpen tools with a file or sharpening stone.*
- *If necessary, sand smooth any rough wooden handles and coat with linseed oil.*
- *Lastly, wipe down the metal with a coat of oil or spray with a water displacing product to prevent future rust problems.*

Q As a new gardener, I love looking at all the offerings in the seed catalogs, but it's a bit overwhelming. Can you help guide me through the terminology?

A Full of possibilities and the anticipation of warmer weather, browsing through seed catalogs is a great way for a gardener to spend a cold winter evening. It's important to know how to decipher the garden jargon and disease codes within seed catalogs so you can get the best product for your needs. The following are some of the common terms you will see:

Naturalizes or Vigorous - usually the plant will run wild, be prepared to continually manage the spread.

Tall - the plant will probably need a stake or support to keep it upright, especially in windy areas.

Treated seed - often painted a bright color for distinction, these seeds have been treated with a fungicide or insecticide to protect them from insects and pathogens once in the soil.

Heavy feeder - the plant requires more nutrients than most, be ready to fertilize!

Fruit persists - for fruiting plants, the fruit stays on the plant throughout most of the season. This is important for reducing the maintenance of fruit litter in the garden.

Determinate and indeterminate - typically concerning tomatoes, determinant plants will grow to a certain size and stop with all the fruit ripening at once. Indeterminate plants grow indefinitely and can get quite large, often requiring staking. They will produce fruit until killed by a hard frost.

Hybrid (F, F1, F2) - hybrid seeds are a cross between two or more varieties. Saving hybrid seeds is not recommended as they will not produce plants true to type.

Open-pollinated (OP) - these are pollinated by natural means as opposed to being cloned, and will produce true-to-type plants from seeds saved year to year (often relating to heirloom varieties).

Days to harvest or Days to maturity - refers to the number of days after planting that one can expect the first harvest.

TMV, TSWV - these are disease codes for Tobacco Mosaic Virus and Tomato Spotted Wilt Virus respectively, and when listed, the seed/plant is resistant to the disease.

V, F, N, A, LB - disease code for Verticillium Wilt, Fusarium Wilt, nematodes, Anthracnose and Late Blight. Seeds with any of these designations will be resistant to the disease.



Do you have Master Gardener questions? Send them to: extensionmagazine@montana.edu



HEALTH EFFECTS

Wood Stove and Fireplace Safety Tips to Protect Your Health

Home fire safety tips include more than installing fire alarms and developing a fire escape plan. While less obvious, wood stoves and other wood-burning appliances can produce pollutants that can harm your health if not addressed.

If you smell smoke inside your home, then harmful air pollutants are present. Wood smoke contains a mixture of air pollutants, including microscopic particles. Studies show that this particle pollution can harm the lungs and heart and even cause early death.

Particle pollution from wood smoke can trigger asthma attacks, cause coughing, wheezing, and chest tightness, impair lung development in children and increase symptoms of chronic obstructive pulmonary disease (COPD). For people with heart disease, particle pollution is linked to heart attacks, irregular heartbeat, heart failure, and stroke.

People at greater risk from wood smoke are older adults, children and teens, and people with certain health conditions such as heart or lung disease and asthma. Some studies indicate diabetes and obesity may increase the risk. New or expectant mothers may also want to take precautions to protect the health of their babies.

According to the National Fire Protection Association, the leading factor contributing to fires from home heating (30%) was due to having a dirty chimney (i.e., creosote buildup). A clean chimney provides good draft for your wood-burning appliance and reduces the risk of a chimney fire. It is important that your wood-burning appliance is installed by a certified professional. Also, have your chimney inspected annually and make sure you are burning the right wood, the right way, and in the right appliance.

Burn the Right Wood

Not all wood is the same. Burn dry, seasoned wood to reduce particle pollution. Split wood dries much faster. Softwoods, such as Douglas fir, need six months to dry. Hardwoods like oak need at least 12 months. Never burn garbage, plastic, treated lumber, or driftwood-- they emit toxic fumes and particles.

Learn how to prepare wood for burning in the [Split, Stack, Cover and Store video \(https://www.youtube.com/watch?v=yo1--Zrh11s\)](https://www.youtube.com/watch?v=yo1--Zrh11s).

Burn the Right Way

Wet wood is a problem for your health and your pocketbook. It creates a lot of smoke and burns inefficiently, meaning the potential heat literally goes up in smoke. You can buy a basic moisture meter (\$20-\$40) at a hardware store or online to test the wetness of your wood before burning. Split the wood and test the newly split side of the wood for an accurate reading. Wood should only be used if the moisture content is 20 percent or less.

Learn how to check your wood for moisture in the [Wet Wood is a Waste video \(https://www.youtube.com/watch?v=yo1--Zrh11s\)](https://www.youtube.com/watch?v=yo1--Zrh11s).

Burn in the Right Appliance

Like an old car that belches smoke out of the tailpipe, old wood stoves are bad polluters and burn less efficiently. Newer, EPA-certified wood stoves and fireplace inserts (wood stoves designed to fit into a fireplace), reduce air pollutants by 70 percent compared to older models.

Find cleaner-burning appliances at www.epa.gov/burnwise.

Consider Other Healthy Behaviors

Besides consuming probiotics and prebiotics, we have other ways to nourish our digestive system.

Eat a balanced and varied diet: Enjoy more colorful fruits and vegetables, and add more whole grains to your plate. These changes will increase your intake of fiber, along with other vitamins and minerals. Fiber helps food move through our digestive tract and helps keep us regular. Try to include natural sources of probiotics and prebiotics in your diet, and limit caffeine, alcohol and smoking. These can lead to stomach ulcers, dehydration and heartburn.

Stay hydrated: Water helps lubricate the contents in your digestive tract and reduce constipation.

Eat small, frequent meals: Try to eat every three to four hours. Eat slowly and stop eating when you are full. Try not to eat before bedtime because this can increase heartburn. Eating smaller meals won't overload your digestive system and cause indigestion problems.

Exercise: Engage in regular physical activity to maintain a healthy body weight. Exercise can keep you regular because it helps the food move through your system, thus reducing constipation.

Manage stress: Make time for relaxation during the day. Turn off the computer, phone and television about an hour before bedtime. The light emitted from these sources has been shown to disrupt or delay sleep. By reducing your stress, you can reduce the occurrence of heartburn, indigestion and gas.



Did You Know?

Stress is one of the primary causes of indigestion and other digestion-related problems. Take time for relaxation every day and remember to slow down and enjoy mealtimes.

Glossary:

Probiotics: means “for life.” Introduces a bacterium into the body.

Prebiotics: nondigestible food ingredient that provides food for the “good” bacteria in our body to grow.

Fermentation: process of breaking down undigested food residue from the small intestine and converting it to energy. Occurs in the large intestine, or colon.

Kefir: a probiotic fermented milk.

Fiber: the part of plants that provides structure and allows the plant to stand up. Classified as a carbohydrate but provides no energy because it passes through the digestive system intact. Reduces the risk of constipation and keeps us regular.

(Answers: Probiotics, Prebiotics, Fiber, Walking, Relaxation)

More information:

NDSU Extension: www.ndsu.edu/eatsmart

National Institute of Diabetes and Digestive and Kidney Diseases: www2.niddk.nih.gov/

U.S. Department of Agriculture: www.choosemyplate.gov

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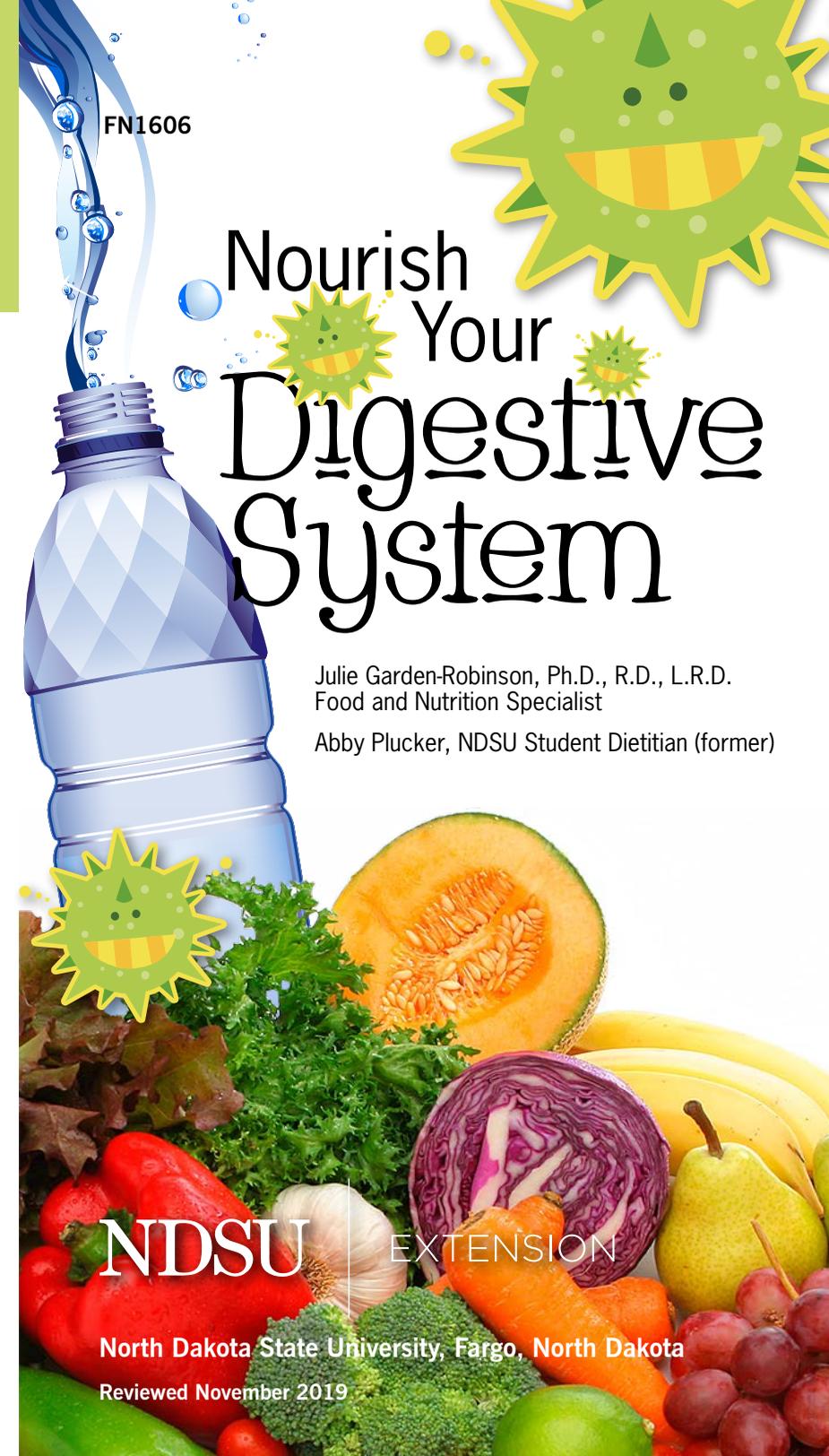
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Nourish Your Digestive System

Julie Garden-Robinson, Ph.D., R.D., L.R.D.
Food and Nutrition Specialist

Abby Plucker, NDSU Student Dietitian (former)



NDSU EXTENSION

North Dakota State University, Fargo, North Dakota

Reviewed November 2019



Have you heard about probiotics and prebiotics?

Bacteria: Our Digestive Helpers

Our large intestine (colon) is home to 100 trillion “friendly” bacteria. These bacteria help defend us against disease, make certain vitamins such as vitamin K, and help break down extra food residue that remains after digestion in the small intestine. This process is known as fermentation. Our bacteria can become imbalanced due to stress, diarrhea, changes in diet and antibiotics. Consuming fruits, vegetables, whole grains, nuts, probiotics and prebiotics can help our bacteria stay within a healthy balance.

Probiotics

Probiotics mean “for life.” Probiotics are defined as live organisms that provide health benefits when consumed in adequate amounts.

How do they work?

- ☀️ Produce substances such as lactic acid in the gut. This helps slow the growth of disease-causing bacteria.
- ☀️ Compete with disease-causing bacteria for nutrients and space
- ☀️ Break down toxins
- ☀️ Affect the nerve and muscle function of the gut

Sources:

Yogurt (look for the “live and active cultures” seal on food packages)
Kefir

Sour cream
Buttermilk
Sauerkraut

Prebiotics

They are a nondigestible food ingredient that benefits the host by helping the “good” bacteria in our colon grow. Prebiotics serve as a food source for the “good” bacteria in your body, allowing the bacteria to go through fermentation. This fermentation allows the bacteria to thrive but also produce gas. The undigested food particles travel to the large intestine, where they stimulate bacterial growth. This increases bowel content, which stimulates the body to excrete the food particles, thus helping us stay regular.

Sources:

Raisins Plums Wheat Beans Garlic



Fact: If we were to weigh all our “friendly” bacteria, it would weigh about 2 to 3 pounds.

Test Your Knowledge

Circle the habits and nutrients that are good for digestive health.

- | | |
|------------|------------|
| Probiotics | Fiber |
| Prebiotics | Smoking |
| Caffeine | Walking |
| Magnesium | Relaxation |

(Answers on back)

What about a supplement?

In theory, eating more probiotics and prebiotics should be beneficial, and many people do see better digestive health when including these in their diet. However, the benefits of supplementation are still inconclusive. Too much pro/prebiotics can lead to bacterial overgrowth, which can cause gas, cramping, bloating and abdominal pain — just what these products seek to prevent. Remember the old adage, “All things in moderation.”

Who shouldn't take pre/probiotic supplements?

Those with suppressed immune function, such as:
HIV/AIDS patients Cancer patients Transplant patients

