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Greetings!

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

Upcoming Events

June
Forest Insect & Disease Field Day
June 15, 2018
Craigtom, ID

July
Regional 4-H Youth Camp
July 6 - 9, 2018
Pomeroy, WA

Sixth Grade Forestry Tour
July 10 - 12, 2018
Headquarters, ID

September
4H & Clearwater County Fair & Lumberjack Days
Timber, Trails & Historic Tales
September 13-16, 2018
Orofino, ID

The National Interagency Fire Center (NIFC) in Boise is predicting above normal risk for significant wildfire for our area this summer (see maps on page 3). Even though the snow pack extent on May 2nd was equivalent to that for years in which we have had reduced wildfire activity, the climate forecast for the summer, which predicts hotter and dryer than normal conditions for the June-September period (see maps on page 2), is elevating our wildfire risk, along with abundant fine fuels from winter and spring moisture. However, the US Seasonal Drought Outlook is not forecasting drought development in our area at this time, but NIFC is cautioning that current moderate drought in eastern Oregon could intensify and expand later in the summer, which could affect our area.

Studies indicate that bad wildfire seasons most often occur in years with abnormally warm springs followed by abnormally hot, dry summers. The National Weather Service in Spokane recently reported that May 2018 was one of the warmest on record for the Inland Northwest, and the 5th warmest May on record for Lewiston.

Property owners are encouraged to take measures to reduce their risk of property loss due to wildfire around their homes and outbuildings. We have many easy-to-follow publications on how to do this available on our web site (https://www.uidaho.edu/extension/county/clearwater/land-steward) and at the Extension office in Orofino. We can also conduct presentations on this topic for community groups.

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by Bill Warren

2018 ISDA Grasshopper/Mormon Cricket Program
North Idaho
Bonner, Boundary, Clearwater, Benewah, Kootenai, Laton, & Shoshone (North of the North Fork of the Clearwater River)
Contact: Nez Perce County Extension Office 208-799-3096
208-799-3054 Fax Nezperce@uidaho.edu

Idaho & Clearwater Counties
(South of the North Fork of the Clearwater River)
Contact: Idaho County Extension Office 208-983-2667
208-983-0251 Fax Idaho@uidaho.edu

ISDA Website: http://invasivespecies.idaho.gov/grasshopper-mormon-cricket-control-program
Continued from page 1

Idaho, along with much of the western US, has experienced greatly elevated wildfire activity in recent years, and this trend is only predicted to get worse with climate change and longer fire seasons. For much of north-central Idaho the question is not “if” wildfire will occur, but “when.” Make sure you are prepared.

We have many publications available for distribution on a variety of topics, such as Gardening, Weeds, Forest Management, Wildfire, Wildlife, and many other topics.

Most are available for downloading from our website: https://www.uidaho.edu/extension/county/clearwater/

They are also available electronically by contacting our office at: clearwater@uidaho.edu

Hard copies can also be picked up at our office: 2200 Michigan Ave., Orofino, ID.

We highly recommend that if you are interested in one of our workshops that you register early. Attendance at workshops has increased in recent years and late registrations and walk-ins have been turned away.

Pre-registration is acceptable prior to brochures being mailed. Once brochures are mailed out Registration and Payment are required prior to the deadline on the brochure (one week prior to the day of the workshop).

2018 Summer Climate Forecast
June, July, August 2018

The Weedy Side

Common Crupina

Common Crupina is a herbaceous annual in the sunflower family. The seedling’s first two fleshy leaves have a red or purple midrib. Young basal leaves are egg-shaped, being broader near the tip, with edges that may or may not be slightly toothed.

Preventing the spread of common crupina into uninfected areas is the most important management goal for this species. It only reproduces by seed, so the possibility of eradication is higher than other noxious weeds that reproduce vegetatively from roots or stems.

Hand-pulling, hoeing, or other tillage work best for small infestations. Tillage and hand pulling should be done repeatedly before the plant flowers.

Effective herbicides include clopyralid, 2,4-D, dicamba, and picloram. Treatment timing and application rate are important for effective control.

Chemical control for noncrop and rangeland sites: Refer to Idaho’s Noxious Weed 2011 Control Guidelines.

Taken from University of Nevada Fact Sheet—03-44.
www.unce.unr.edu

Black Henbane

Black henbane, a member of the nightshade family, may be an annual or biennial and it grows up to three feet tall. The seed leaves are lance-shaped to oblong with a few hairs on the bottom margins. The rosette leaves are alternate and often have petioles or stalks almost as long as the blades.

Stems of a mature black henbane are erect, leafy, branched, and densely covered with long glandular hairs. Black henbane flowers from June to September. The brownish-yellow flowers have a purple center and purple veins. The pineapple-shaped fruits contain hundreds of tiny black seeds. Its foliage has a foul odor. Its taproot is thick and fleshy.

Hand-pulling or digging can be effective if the taproot is entirely removed. Black henbane is narcotic and poisonous to humans and livestock, wear gloves and protective clothing when handling the plants to prevent rashes. Plants with mature fruits should be put in bags after removal.

For large infestations, a systemic herbicide, such as glyphosate, can be applied. Glyphosate is nonselective, but should provide effective control.

Chemical control for noncrop and rangeland sites: Refer to Idaho’s Noxious Weed 2011 Control Guidelines.

Taken from University of Nevada Fact Sheet—03-44.
www.unce.unr.edu

Perennial Sowthistle

Perennial sowthistle is a member of the sunflower family that can grow up to 6 feet tall, but usually only reaches 2 to 4 feet. The stems exude a milky sap when broken or crushed.

The yellow-orange flowers are 1 to 2 inches wide, and resemble dandelions. The flower stalks and bracts at the base of the flower have numerous gland-tipped hairs that help differentiate perennial sowthistle from other species.

Perennial sowthistle has thickened horizontal rhizomes that spread rapidly, 2 to 4 inches below the surface of the ground. Pieces of rhizome as small as 1/4 inch can produce a flowering plant.

Tillage effectively kills seedlings, but is ineffective thereafter. It simply breaks the roots and causes new shoot growth from the pieces. However, cultivations every 3 to 4 weeks continuously drains the root reserves, and the plants eventually die. Mowing before flowers have been open a week prevents seed production, reducing the spread of sowthistle by seed.

Chemical control can be achieved by using 2,4-D, clopyralid, dicamba, glyphosate, and picloram. Applications should be made at the pre-bud or bud stage. Use the highest recommended herbicide rates on the label to destroy the underground roots of established plants. Lower or medium rates may only kill the aboveground parts of mature plants, and new plant will emerge from the roots.

Applying herbicides several times during the same growing season may enhance control. Early and late applications of 2,4-D and dicamba will control perennial sowthistle a year after application. Reapplying the same herbicides the second year will maintain control. Fall treatment of the rosettes appears to be more successful than treatments earlier in the year.

Chemical control for noncrop and rangeland sites: Refer to Idaho’s Noxious Weed 2011 Control Guidelines.

Taken from University of Nevada Fact Sheet—03-54.
www.unce.unr.edu
If you want to ramp up your fitness, joining a gym is an obvious solution. While that method works for some people, it’s not the only way to get fit — nor is it the most convenient, efficient or cost-effective option for everyone. Luckily, you don’t need to sign up for the gym to improve your fitness. Below are tips for improving your fitness — no gym required.

1. Create a plan
First, determine what grabs your interest. Do you want to do weightlifting, take up jogging or play a sport? Next, consider where and when you can exercise, whether or not you need equipment and what resources are available to you.

2. Schedule your workouts
A consistent exercise routine is key to seeing results. Your workouts should be an important and required part of your day, like brushing your teeth or showing up to work. Pencil your workouts into your daily calendar and visualize what you want to achieve.

3. Embrace at-home workouts
You don’t need to exercise in a spacious mirror-paneled room to score a solid workout. Five to 10 feet of clutter-free space — enough to lunge, jump, dance or do downward dog without hitting your head on a table — will work. For variety and more excitement, invest in some basic equipment, like a resistance band, flat bench, exercise mat, jump rope or pair of dumbbells.

4. Switch up your routine
If you have the extra time, try walking or biking to work. Seize small opportunities to be more active throughout the workday, like walking during a phone call, parking farther away from the office or store, or taking the stairs instead of the elevator.

5. Take advantage of outdoor workouts
There are endless possibilities when exercising outside. You can run on a wooded trail, hike to a beautiful viewpoint, power-walk through the neighborhood, play beach volleyball, do yoga at a park or join a sports team.

6. Sign up for a class
Just because you don’t have a gym membership doesn’t mean you can’t participate in workout classes. Group classes can help keep you motivated and accountable. Look for a class that includes a combination of cardio, weightlifting and core or flexibility training. If you can’t find one in the area, consider doing an online exercise class.

7. Regularly re-evaluate your exercise routine
If you’re not making progress, you may need to change things up. There are four key components of a good fitness plan: frequency, duration, intensity and type. Focus on changing one of those things. Exercise for more days, for more minutes, with more intensity, or with new exercises.

**Too-Easy Truffles**
Taken from UI Candy Making Manual (53545)
1 1/2 packages (12 oz) baker’s semi-sweet chocolate
3 cups powdered sugar
1 1/2 tsp. vanilla
1 Package (8 oz) cream cheese, softened
Ground nuts or baker’s angel flake coconut, toasted

Melt chocolate by placing in microwaveable dish. Microwave on HIFH 3-4 minutes or until almost melted, stirring after each minute.

Remove from microwave, Stir until completely melted.

Beat cream cheese until smooth. Gradually add sugar, beating until well blended. Add melted chocolate and vanilla; mix well.

Refrigerate about 1 hour.

Shape into 1-inch balls. Roll in nuts or coconut. Store in refrigerator. Makes about 5 dozen truffles.