

News to Help You Get the Most Out of Life

- Complete Guide to Home Canning
- U.S. Asparagus Producers Eligible for Assistance
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Complete Guide to Home Canning Now Available

Home canning has changed greatly in the 180 years since it was introduced as a way to preserve food. Scientists have found ways to produce safer, higher quality products. The first part of this publication explains the scientific principles on which canning techniques are based, discusses canning equipment, and describes the proper use of jars and lids. It describes basic canning ingredients and procedures and how to use them to achieve safe, high-quality canned products. Finally, it helps you decide whether or not and how much to can.

The second part of this publication is a series of canning guides for specific foods. These guides offer detailed directions for making sugar syrups; and for canning fruits and fruit products, tomatoes and tomato products, vegetables, red meats, poultry, seafoods, and pickles and relishes. Handy guidelines for choosing the right quantities and quality of raw foods accompany each set of directions for fruits, tomatoes, and vegetables. Most recipes are designed to yield a full canner load of pints or quarts. Finally, processing adjustments for altitudes above sea level are given for each food.

This publication contains many new research-based recommendations for canning safer and better quality food at home. It is an invaluable resource book for persons who are canning food for the first time. Experienced canners will find updated information to help them improve their canning practices.

Research is continually being conducted in areas that affect food preservation recommendations. Make sure your food preservation information is always current with up-to-date tested guidelines.

The USDA Guide Agriculture Information Bulletin No. 539 may be ordered online at <http://www.extension.purdue.edu/store/>

U.S. Asparagus Producers Eligible for Assistance under TAA for Farmers Program

A grower, of any size, who produces asparagus and can meet the USDA TAA for Farmers eligibility requirements (see below), is eligible for an intensive technical assistance training program, professional consultation in the development of a business plan, and a cash payment of up to \$12,000 to help implement the plan. It is important for asparagus producers to get word of this program in time for them to apply with the USDA Farm Service Agency by the September 23, 2010 application deadline. Information on the Asparagus TAA for Farmers program is available at:

1. Any local USDA Farm Service Agency office,
2. on the web at: <http://taaforfarmers.org>, or <http://www.fas.usda.gov/itp/taa/taa.asp>, or
3. by emailing or calling John Nelson at the WSU Western Center for Risk Management Education, ignelson@wsu.edu, 509-477-2176.

Eligibility Requirements: Asparagus producers must provide documentation that they produced asparagus in the 2009 marketing year and during at least one of the three previous marketing years (2006, 2007, or 2008). Producers may also need to certify that their production or price declined from previous years. Interested family members or business partners may be listed as an alternate on the application form if producers are unable to attend training.

Applications must be submitted to USDA FSA by September 23, 2010.

More information on TAA for Farmers: TAA for Farmers provides training to help any asparagus producer increase profitability, improve production efficiency, consider marketing opportunities, evaluate alternative enterprises, and in general become more competitive. TAA will also help participants develop a business plan, evaluate changes to their business, and provide cash payments up to \$12,000 to help implement changes. The training will be developed and provided by Extension Educators, Specialists, and industry experts.

Training will be available on-line and in person-to-person workshop formats.

Asparagus producers have until September 23, 2010 to apply for training and benefits.

– John Nelson, TAA Coordinator
Western Center for Risk Management Education
Washington State University Extension

Coming Soon--Central Washington State Fair

Those interested in showcasing animals, pies, quilts, flowers, vegetables, home arts, photography, art, etc., please review the guidebook to learn the rules and regulations, entry dates and times.

The most current version of Adobe Acrobat Reader will be required to view and print the pdf file for each department. Once Guidebook is open, please click "bookmarks/Table of Contents" along the left side of the page for a listing by department. Click on the desired department name.

[To view the 2010 General Guidebook, please click here.](#) This includes information about sewing, crafts, photo, etc.* The entry forms for each category are at the end of the guidebook.

[To view the 2010 Livestock Guidebook, please click.](#) This includes information for open and youth livestock.* Livestock entry forms are located within guidebook.

If more information is needed, please contact: Ruth Anglin - 509.248.7160 ext. 105 rutha@fairfun.com

*The guidebooks were updated on August 6, 2010. Please review your area of interest for any changes.

Families and Credit Cards

Parents usually are the best people to teach their kids about credit, and since even young children can use credit cards, it's never too early to begin this education.

Many parents believe that giving children a credit card is like giving them training wheels to a lifetime of good credit management. However, bad credit decisions can haunt you for many years. Early discussions about how to use credit wisely can help kids steer clear of trouble when they become adults, and show them how to get the most out of credit.

It's Your Call

Give your child a credit card? It's a decision only parents can make. Consider age, maturity, life needs and your family's spending style. While cards are available for even the youngest children, many parents postpone the decision until their children become teenagers.

Ask yourself:

- ♦ Am I comfortable with the idea of my child using a credit card?
- ♦ What would my child use a credit card for?

For example:

-A credit/charge card could come in handy for emergencies.

-If your child's school goes on a field trip, she could use a credit card to pay for lunch.

-If your child likes to choose his own clothes, you could let him go shopping by himself.

- ♦ Is my child responsible enough to control the use of a credit card?
- ♦ Would giving my child a credit card help instill financial responsibility?

Talking money—there are many opportunities to teach children about money.

- Give younger children a piggy bank to save for a toy they want. This illustrates that you can't always get things immediately—you have to save the money to buy them.
- When you go to the store, make a game of comparison shopping by asking your kids to find the products that are on sale.
- Next time your kids demand a costly item, talk about how many hours it takes to earn the money to buy it.

– Consumer Action Newsletter



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Washington State University Extension helps people develop leadership skills and use research-based knowledge to improve their economic status and quality of life.

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