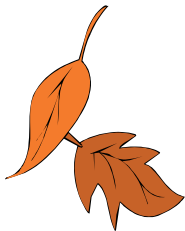




Dear Homemakers,

It's fall—what a wonderful time of the year. I hope you are all enjoying the mild weather we have been having. It won't be long until we will be able to enjoy those beautiful fall colors.

Maybe you want to get out and take a road trip?! How about joining us at the Fall Council Meeting in Ridgeway on October 4th? The Homemaker's Heritage have a great day planned for us. Please see inside this newsletter for more details. It would be great to have you join us!



*Yellow, mellow, ripened days,
Sheltered in a golden coating;
O'er the dreamy, listless haze,
White and dainty cloudlets floating;
Winking at the blushing trees,
And the somber, furrowed fallow;
Smiling at the airy ease,
Of the southward flying swallow
Sweet and smiling are thy ways,
Beauteous, golden Autumn Days.
Will Carleton*

Elin Westover

Fallon/Carter County Extension Agent

Lana Buerkle

Program Assistant

In This Issue:

This & That
Fall Council Invitation
Decorating Tips
Importance of Table Manners
Repotting a Plant
Green Tomatoes?

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[www.falloncounty.net/
extensiondw/index.html](http://www.falloncounty.net/extensiondw/index.html)

www.msuextension.org

www.montana4h.org

THIS & THAT

Cut edges of basil leaves turn black very quickly, which is fine when adding to a sauce or mixture. Carefully tear the basil leaves just before adding to a salad to prevent the edges from darkening as quickly. To chop—stack 3 or 4 leaves and roll up. Cut the basil into strips and chop the strips into small pieces using a chef's knife.

Mayonnaise or salad dressing—what is the difference? They are both thick, creamy dressings that contain vegetable oil, lemon juice or vinegar and seasonings. Mayonnaise also contains egg yolk and is less sweet than salad dressing.

To cut up an avocado: cut the avocado in half lengthwise around the pit. Twist the halves in opposite directions to separate them. Place the avocado half with the pit on a countertop. Hit the pit with the sharp edge of a knife. Grasp the avocado half, then twist the knife to loosen and remove the pit. Using a paring knife, cut the avocado flesh in a crosshatch pattern using the tip of the knife. Run a small spoon next to the peel, rotating the avocado and squeezing slightly to release the pieces.



To drain cooked ground beef: Pour the beef mixture into a strainer lined with a double thickness of paper towels.

Pat chicken with a paper towel to remove excess moisture so crumb coating will stick.

To slice beef for stir-frying, place in the freezer for 1 hour. It will be easier to cut into slices when partially frozen.

Chipotle chilies are dried, smoked jalapeno chilies and have a smoky, sweet flavor. They are sold dried or canned in adobe sauce which is a spicy tomato-based sauce.

To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously as the salt will absorb all the dust and dirt and leave your artificial flowers looking like new!

Spray a bit of perfume on the light bulb in any room to create a lovely light scent in each room when the light is turned on.

Create your own sliders for moving furniture by folding two heavy, clean towels to place under the furniture feet.

If you don't have buttermilk on hand for a recipe, substitute one tablespoon of lemon juice or vinegar in a glass measuring cup and add enough cold milk to equal one cup; stir and let stand for five minutes before using.

If you have trouble removing cooled cake layers from pans, warm pan bottoms gently and the layers will come out easily.

For perfect cutout cookies, roll out dough between sheets of floured wax paper.

Dental floss is a good replacement for frayed wire on the back of an old frame. Run a few lines back and forth, then cut to length, twist together, and tie into a tight knot.

How about some laughter? Hearty laughter results in normal vital signs and stimulates the production and circulation of interferon, our body's natural infection fighter, and endorphins, which help us stay healthy mentally and emotionally.



Harvest Moon—This month's special full moon gets its name because its appearance low in the sky afforded farmers extra time for harvesting crops.

PEST MANAGEMENT TOUR

Thursday, October 6, Thee Garage, Baker

3 Pesticide Applicator Credits available for Morning Session & 3 Credits for Afternoon—6 Credits For All Day

Topics Covered: Cheatgrass in Croplands, Common Plant Diseases, Weed Management in Small Grains & Pulse Rotations, Common Urban Insect Management, Pesticide Storage, USDA Restricted use Recordkeeping

Lunch & Snacks Provided

Please pre-register at the Extension Office by Friday, September 30th - (406)778-7110

EVERYONE WELCOME!!



FALL COUNCIL MEETING



“If You Tickle the Earth With a Hoe, She Laughs With a Harvest”

Tuesday, October 4, 2011

Hope Baptist Church—Ridgeway, MT—Registration—10:00am

Please call Extension Office (406)778-7110 for carpooling

Centerpieces/Doorprizes will be provided.

**All Clubs please bring something special for the silent auction,
to benefit our Scholarship Fund.**

Carter County Clubs please bring 2 dozen cookies.



Top 10 Reasons Farm Trucks Are Never Stolen:

- #10. They have a range of about 20 miles before they overheat, break down or run out of gas.
- #9. Only the owner knows how to operate the door to get in or out.
- #8. It is difficult to drive fast with all the fence tools, grease rags, ropes, chains, syringes, buckets, boots and loose papers in the cab.
- #7. It takes too long to start and the smoke coming up through the rusted-out floorboards clouds your vision.
- #6. The border collie on the toolbox looks mean.

- #5. They're too easy to spot. The description might go something like this: The driver's side door is red, the passenger side door is green, the front fender is yellow, etc.
- #4. The large round bale in the back makes it hard to see if you're being chased. You could use the mirrors if they weren't cracked and covered with duct tape.
- #3. Top speed is only about 45 mph.
- #2. Who wants a truck that needs a year's worth of maintenance, u-joints, \$3,000 in body work, taillights and windshield.
- #1. It is hard to commit a crime with everyone waving at you.

Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds. ~ Theodore Roosevelt

DECORATING TIPS: Hopefully you'll find something useful here

Enlarge a Small Room

In a small room, keep walls the same color as the primary upholstered furniture. The room will seem twice the size.

No More White Ceilings

Paint the ceiling a shade lighter than walls to visually raise it and avoid a jarring stop-start effect. Go a shade darker to bring it down and add coziness.

Highlight Accents

Wallpaper or painting the inside of a bookcase to set off what's displayed inside. To make the display more attractive, cover books so they match or coordinate with the new color.

Put Things in Context.

Whatever it is, step back 6 feet and look at it from a distance. Looking at a swatch, a pillow, a curtain, or a rug 6 inches from your eye is different than seeing it as you step into the room.

Painted Disguise

Camouflage a hodgepodge of surfaces — an awkward dormer, wimpy crown molding, or an ugly chair rail — by painting them the same color as the wall. They'll fade away.

Compare and Contrast

To tell if a color has a pinkish, grayish, or greenish cast, look at similar color swatches side by side. It's all about comparison.

Subtle Shades

Don't sweat slight color variations between fabrics and walls. The best rooms are slightly off — stronger, lighter, softer, just not a spot-on match to a swatch.

Painter's Palette

Two schools of thought for testing a paint color before taking the plunge: 1) Paint the wall that gets the most natural light. If you like it in the amplified light, it should work on all the walls. 2) Paint a piece of foam core, then move it around the room to see how it looks in different light and against trim. (Use two coats of paint for good coverage. Poster board works, too, but it's floppier to handle.)

Get Inspired

Pick colors using objects as your guide — an old celadon teapot, the burnt sienna in a paisley fabric, a blade of grass, a favorite bedspread. It's so much more lively than paint chips.

Follow the Rule of Three

When you pick a color, use it at least three times in a room. (example—as a pillow, blanket on the bed, accent color on the nightstand).

Keep Hallways Neutral

Think of hallways as palate cleansers—keeping them neutral allows you to branch into any color in rooms that flow off them.

Make Accents Pop

As a building block for a color palette, look closely at art and fabric. Pull out the background colors for room accents. The green from a rug can be used as the accent color in the pillows.

Mix Textures

Use various shades of a single color to pull a room together. Add different textures such as suede and silk to prevent monotony.

Closet Colors

Look in your closet. You are your own best inspiration for color.

Include a Neutral Color

Neutral colors act as peacemakers—they help bold colors and patterns get along. Neutral white and brown tones in a rug balance out bright pillows.

Light a Room in Style

Add a colored or patterned shade to a lamp to liven up a room. It's a quick change that makes a big impact.

Combine Wood Tones

Break up a room of matchy-matchy wood furniture with one painted piece. It doesn't have to be a bold color. Try combining natural wood tones with black.

Art & Accessories

Complement a tabletop of accessories with a striking piece of wall art. Hang the art about 8 to 12 inches above the table to form an eye-pleasing connection between the items. To complete the effect, make sure that some of the accessories on the tabletop are tall enough to overlap the artwork, helping the art and accessories appear as a single unit.

Find Balance

Harmonize objects of different shapes and sizes with an asymmetrical arrangement. Balance a tall, large object with several smaller ones. Nestle the items together to increase the visual weight and overlap shapes to create layers.

Hem your blessings with thankfulness so they don't unravel. ~ Author Unknown

Fueling Your Body

Mealtime Solutions

Food you eat provides you with nutrients that help your body work right. The most important meal of the day is breakfast. “Break-fast” means that you are breaking the fast from not eating while you sleep. Breakfast can be any nutritious food. Try trading some of those traditional breakfast food choices for some of these quick, easy to prepare combinations.

- ~ Fruit and whole grain cereal added to yogurt.
- ~ Leftover pizza and a glass of milk.
- ~ Crackers with cheese cubes and a glass of 100 percent fruit juice.
- ~ Leftover macaroni and cheese and vegetable juice.
- ~ Fruit smoothies (a blend of yogurt, milk and fruit) and whole grain toast.
- ~ Bread sticks with peanut butter and apple slices.
- ~ Banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- ~ Breakfast taco (shredded cheese on a tortilla, folded in half and micro-waved, topped with salsa)
- ~ Fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- ~ Top whole wheat pancakes or French Toast with your favorite fruit or hot, spiced applesauce instead of syrup



The Importance of Table Manners

Eating meals together as a family helps children develop good table manners, usually by watching and listening to parents. It is a comfortable setting for practicing social skills and manners.

Young people need to be taught table manners because they do not learn these skills by themselves. These skills include the following:

- ☺ Setting a table.
- ☺ Using a fork, knife and spoon correctly.
- ☺ Using a napkin properly.
- ☺ Waiting for others to be served before starting to eat.
- ☺ Passing dishes of food in the same direction.
- ☺ Chewing with a closed mouth.
- ☺ Taking small bites of food.
- ☺ Never talking with the mouth full.
- ☺ Being polite, saying “please” and “thank you”.
- ☺ Waiting until everyone finishes eating before leaving the table.
- ☺ Removing a hat or cap at the dinner table.
- ☺ If you must leave the table, be sure to excuse yourself.
- ☺ Wait until after you have tasted your food before seasoning it.



MORE SILENCE BUSTERS

Family conversations help everyone feel more secure and connected in a confusing and often overwhelming world. Try the following ideas on what to talk about at the table.

Pretend that someone gave you \$1,000. Before you can buy something for yourself, you will spend some of it on your family. What would you buy for everyone?

What is something you want to learn how to do and why?

If you could start a new family tradition, what would it be?

Keep it on the light side, leaving serious discussion for another time.

Turn off the TV, cell phones and iPods and just listen to what each other has to say.

WINTERIZE YOUR YARD

Mow the lawn until the first frost, raking up clippings—this keeps roots from being smothered over the winter.

Trim perennial flowers (such as black-eyed Susans, daylilies, or peonies), leaving a one-inch stem to save the roots for next year; also rake leaves from flower beds, so they don't rot and attract unwanted bugs.

Dig up summer-blooming bulbs, like calla lilies, dahlias, or gladioli, especially if you expect a killing frost (when it stays below 32 degrees overnight). Store in brown paper bags in a cool-but not freezing-place like a basement until planting time in early spring.



Pull out dead annuals (impatiens and begonias), plus most plants in your veggie garden, or else they'll rot there. Compost all but tomato plants, which are more likely to have diseases, and squash or pumpkin vines, which take more than a year to break down.

Don't pull up herbs; cut them back as you do perennials. Many (thyme, oregano, and chives, for example) will return.

Prune diseased branches from perennial shrubs—they'll either have white or black spots or look gnarled. Remove dried-out boughs from evergreen bushes. To prevent heavy snow from snapping off branches, tie evergreens by wrapping with twine securely (but not too tightly) like a candy-can stripe from the bottom of each bush to the top.



Mulch perennial beds with hardwood or cedar chips to keep roots insulated.

Bring inside any outdoor pots or planters, and put them by a window, if you want the plants (geraniums or ferns) to last. If you plan to replace potted annuals, rinse out the pots, and store upside down so water drains and doesn't cause them to crack if frozen.

Thanksgiving, after all, is a word of action.
~W.J. Cameron

LEAVES & LIGHT

Dress up purchased candles with a sleeve of leaves. Use any flat leaf. Fit a rubber band or pony-tail elastic around a votive and insert the first leaf underneath. Align the leaves, though they'll probably need trimming to make a clean bottom edge. Finish with a tie of raffia or a satin ribbon over the rubber band. Glue leaves together if desired, for a more permanent decoration.

REPOT A PLANT

Womansday.com



Before you begin...

Make sure the plant actually needs repotting. If roots are growing out of the pot's drainage holes or if you see mostly roots and little soil when you pull the plant from its container, it's time for a new home.

1. One to two days before repotting, water the plant well—the roots can break off if you remove the plant when the soil is dry. Ask a salesperson at the garden center which potting soil is best for your plant, since it may require a special blend. (An orchid, for example, needs a soil made with tree bark, while a cactus requires a soil/sand mixture.) Choose a new terra cotta or plastic pot that is 2 inches larger in diameter than the current one.
2. If your pot does not have drainage holes, carefully drill two or three 1/4-to 1/2-inch holes into the bottom using a power drill. (If using a plastic pot, you can poke holes with an awl.) Place a coffee filter in the bottom of the pot, covering the holes, to keep the soil from washing out while still allowing water to drain. Fill the container with a couple of inches of soil.
3. Turn the potted plant upside down, holding one hand on the pot's bottom and the other palm on the soil with the plant stem between your fingers. Pull off the pot while wiggling the plant down into your hand (you may have to run a butter knife along the inside of the pot to loosen the root ball). Check the roots; if they look tightly wound or are growing in a circular pattern, gently loosen them. Clip black roots, which may be rotten.
4. Place the plant in the middle of the new container and check to see that the soil line will be about 1 inch below the pot rim. If the plant is sitting too low, pull it out and add more soil to the bottom until you get the correct level. Add soil to the sides to fill, gently patting as you go, until the soil reaches the plant's existing soil line. Water well.

SHEEP SHEARING SCHOOL

October 12-14



Emblem, WY

This course will encompass both the beginner as well as the advanced shearer.

Registration deadline is Monday, October 3rd
Registration Fee—\$125.00

Please call the Extension Office at (406)778-7110
for further information

LOTS OF GREEN TOMATOES?

Here is an interesting recipe from *Country Woman*

GREEN TOMATO BARS

4 cups finely chopped green tomatoes
2 cups packed brown sugar, *divided*
2 tablespoons lemon juice
1 teaspoon lemon extract
3/4 cup butter or margarine, softened
1-1/2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2 cups old-fashioned oats
1/2 cup chopped walnuts

Drain tomatoes on paper towels for 10 minutes. In a saucepan, combine tomatoes, 1 cup of brown sugar and the lemon juice. Simmer, uncovered, for 20-25 minutes or until thickened. Remove from the heat and stir in extract; set aside. In a mixing bowl, cream the butter and remaining brown sugar. Add flour, baking soda and salt; mix well. Stir in oats and nuts. Press 2-1/2 cups on the bottom of a greased 13-in. x 9-in. x 2-in. baking pan. Spread tomato mixture over crust. Crumble remaining oat mixture on top. Bake at 375 degrees for 30-35 minutes or until golden brown. Cool. Yield: 2 dozen

The Extension Office has a MontGuide on Growing Tomatoes in Montana. In this guide they address autumn care. If you suspect an early frost, harvest all tomatoes that have begun to turn to at least a light white-green or blush and store them in a cool place. You may also pull the vines with intact fruit and hang them upside down in a well-aerated shed to ripen. Vines that remain in the garden should be covered with newspaper or sheets which will protect them from a light frost. There is no garden protection from a heavy frost or temperatures below about 27 degrees. Green-white tomatoes ripen best where the temperature is about 65 degrees.


Baker Chamber of Commerce & Agriculture
Invites all farmers and ranchers to join them
for a free 6 month trial membership
from July—December 2011



Your participation will be valued!
Baker Chamber meets the 1st Thursday
of every month from 12—1 p.m.

Visit the website www.BakerMT.com each month for
meeting location details or call 778-2266

11 WAYS TO GET THE MOST FROM TOMATOES

- For a quick but attractive salad, place thickly sliced tomatoes on shredded lettuce. Sprinkle with chopped green onions. Border tomato slices with cucumber and radishes. Drizzle with your favorite homemade or bottled salad dressing.
- To season plain hoagies or hamburgers, marinate tomato slices with Italian or French dressing. Top sandwiches just before serving.
- Don't throw out that excess liquid at the bottom of the salsa jar. Instead add it to ground beef—for hamburgers with extra zip!
- Removing the skins from tomatoes before canning is easy if you dip them in boiling water, then cold water. They slip right off!
- Here's a speedy salad for using up a bounty of garden "cherries": Cut cherry tomatoes in half and arrange in a pretty dish or shallow bowl. Sprinkle with garlic powder, seasoned salt and dried basil. Chill several hours; serve.
- As a garnish for a tomato-basil salad, add edible flowers from your garden. Pansies and nasturtiums are both colorful and flavorful.
- To preserve fresh garden tomatoes for use in future casseroles and soups, wash and remove stems. Place whole tomatoes in plastic freezer bags in recipe-size quantities. Freeze. After defrosting, skins will easily peel off and the tomatoes can be diced and added to your dishes.
- When you don't have time to can or freeze tomatoes, chop or puree them in the blender with the skins on. Then pour the tomatoes directly into the skillet or kettle with your other ingredients. This saves time and adds extra nutrition as well.
- Here's a quick way to remove tomato skins: Heat tomatoes, a few at a time, in an uncovered microwave-safe bowl on high in your microwave oven for 30-45 seconds. Let stand 2 minutes and peel.
- To balance the acid of tomatoes, add a tablespoon of grape jelly to your spaghetti sauce.
- If you want a chunky spaghetti sauce, do not puree the green peppers, onions or celery in a blender or food mill. Instead, add them directly to the sauce after the tomatoes have started to thicken. Then cook until vegetables are tender. 

*Feeling gratitude and not expressing it
is like wrapping a present and not giving it.*
~ William Arthur Ward

4 INEXPENSIVE WAYS

to Give the Gift of Eating Well

Eat Right Montana

Kitchen gifts are always in style. Brightly colored kitchen gifts are a fun way to get into a cooking habit.

1. Stocking stuffers—super helpful for \$5 to \$15

Small gadgets can make a big difference in someone's cooking abilities—for very little dough. A pair of strong kitchen shears (to trim skin off chicken, cut up fresh herbs, etc.) makes a very sharp gift. Some other fun ideas: adjustable measuring spoons, vegetable peeler, zester (for lemons, oranges, etc.), and bamboo or silicon spoons and spatulas.

2. Steamers—from bamboo to stainless

Talk about healthy and versatile, steamers are the original multi-purpose kitchenware. They come in every variety—from simple metal and colorful silicon baskets to multi-level stainless steel and counter top electric types. Steamers cook veggies quickly and tender crisp, making them so much more appealing than over-cooked and mushy!

3. Simple equipment—versatile and smart

The under \$25 options are nearly endless. You can personalize any of them by making a food item that uses the equipment and making the food and the recipe part of your gift. Consider these possibilities: non-slip mixing bowls with lids (plus a 3-bean salad recipe), a bread pan (with a fresh loaf and recipe), or a fully-loaded casserole dish.

4. Recipes and ingredients—with health in mind

Have a favorite recipe or maybe one that always gets compliments? Give it to friends for a holiday treat. Buy the ingredients and gift them in a reusable shopping bag with the recipe ties to the handle. Or make up a batch and gift the food with the recipe. It's a win-win, because, either way, you'll make a seriously delicious holiday impression!

VASE LESSONS:

Turn basic cylindrical glass vessels into an ever-changing display.

1. Accessorize your flowers with this adaptable trick: Place a narrow vase inside a wider one, then fill the space between the two with decorative items that complement your blooms. How about using layers of dried beans in autumn hues, or fruits such as these lemon slices.
2. Fill the inside vase with water, then add your flowers of choice. Vary the look by using different fillings such as small nuts, glass stones or even flexible vines like bittersweet.



Gratitude unlocks the fullness of life.

*It turns what we have into enough,
and more.*

*It turns denial into acceptance,
chaos to order, confusion to clarity.*

*It can turn a meal into a feast,
a house into a home,
a stranger into a friend.*

*Gratitude makes sense of our past,
brings peace for today
and creates a vision for tomorrow.*

Melody Beattie