

## CONTINUED TOPICS

April 17, 2012

### How to grow a red tomato and other garden tips

Cowlitz County Master Gardener Panel

Weather in past years has been a challenge for growing some vegetables, especially tomatoes.

Learn tips from gardening experts on planting and managing to keep your gardens producing well.

A panel of master Gardeners will share their tips on how to get the most out of your garden that will encourage the plants you grow to become big and mature.



May 15, 2012

### What to know about starting a Small Business

WSU Small Business Development Center

Starting and managing a business takes motivation, desire and talent. It also takes research and planning. Like a chess game, success in small business starts with decisive and correct opening moves. Although initial mistakes are not fatal, it takes skill, discipline and hard work to regain the advantage. Learn the basics of what to do and not to do when starting a new business. Learn what resources are available to you locally, including help in building a business plan.

## WSU EXTENSION PROGRAMS/STAFF

- **SMALL FARM MANAGEMENT, COMMUNITY DEVELOPMENT & GARDENING**  
Gary Fredricks, *Director*
- **4-H YOUTH DEVELOPMENT**  
Jennifer Leach
- **NUTRITION EDUCATION**  
Debbie Fredricks
- **FOOD SAFETY**  
Sandy Brown
- **VOLUNTEERS**  
Master Gardeners  
4-H Volunteers  
Sewing & Textile

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WASHINGTON STATE  
UNIVERSITY EXTENSION

## 2011-2012 BROWN BAG FORUMS

**WSU Extension...  
Helping You Put  
Knowledge to Work**



WASHINGTON STATE UNIVERSITY  
 COWLITZ COUNTY EXTENSION

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

## BROWN BAG DATES AND TOPICS

All classes are held on the third Tuesday of the month from 12:00 noon–1:00 p.m. in the Cowlitz County Administration Building, Room 300, 207 4th Avenue North in Kelso, WA.

October 18, 2011

### Gluten Intolerance: Going Against the Grain

Andrea Street, Dietician, Peace Health Medical

Do you have abdominal pain, gas, bloating and diarrhea? Do you suspect pasta, bread, and crackers are making you sick? Gluten may be what is irritating your gut. It is the protein found in wheat, rye, and barley, and is the common denominator in most of the grain-based products we eat, such as cereals, breads, and pasta. The good news is that gluten intolerance is not a full blown food allergy, and eating gluten may not cause any damage. Gluten-free foods are healthy and can be beneficial to eat more of anyway. The key is knowing which grains to eat and which to avoid. I'll help show you the way.



To be notified of meetings sponsored by WSU Extension in Cowlitz County, send an E-mail to [garyf@wsu.edu](mailto:garyf@wsu.edu) to be added to our mailing list.

November 15, 2011

### Homemade Gift Ideas for the Holidays

Representatives from Food \$ense, Master Gardeners and 4-H Volunteers

Giving handmade gifts to others brings a personal touch to the holidays, yet it can be difficult to decide what to make. Look no further for ideas for gifts that will be eagerly welcomed as the holiday season draws near. Join in the fun as representatives from WSU Extension programs share some of their favorite homemade gift ideas from the kitchen, the garden, the sewing room and the craft room.



January 17, 2012

### Growing Herbs to use in your meals

Marjorie Pitcher—WSU Master Gardener

Herbs truly bring the spice of life to cooking. They provide a wonderful variety of flavors and smells that will enhance your meals. Here is your opportunity to learn more about each of the different herbs. Learn how to grow the herbs of your choice, preserve them and the best way to use them in your cooking.



Brown Bag Forums are sponsored by WSU Cowlitz County Extension.

February 21, 2012

### Use of Durable Power of Attorney

Chris Roubicek, Attorney

Estate planning involves providing for the possibility of incapacity or incompetence. Durable Powers of Attorney are an important element for this aspect of estate planning, but they have their limitations and pitfalls. The speaker will address the uses and abuses of Durable Powers of Attorney.

March 20, 2012

### Tips to save when buying groceries

Debbie Fredricks, Food \$ense Program

Do you really save money using coupons? Are BOGO's always cheapest? What about big box stores? Retailers are skilled at separating you from your money. Learn insider tips from a former advertising manager on how to save money not only on groceries but on many other items you purchase.

