Welcome to the WSU Garfield County Extension Newsletter!
This is an electronic newsletter highlighting events and topics of interest to residents of Garfield County and the surrounding area. This newsletter can also be viewed on our website: [https://extension.wsu.edu/Garfield/](https://extension.wsu.edu/Garfield/)

Do you have an event or subject you would like added to our newsletter or website? Would you like to be removed from our Extension Newsletter email list?
Contact the Extension Office
Phone: 509-843-3701 Email: lisbeth.randall@wsu.edu

Contact Us:
Office Location: 757 Main St. Pomeroy, WA 99347
Mark Heitstuman, County Director
heitstuman@wsu.edu

Mailing: PO Box 190, Pomeroy, WA 99347

Sheree Ledgerwood, 4H Coordinator
sheree.ledgerwood@wsu.edu

Hours: Monday-Friday 8:30 –5:00
(closed 12:00-1:00)

Phone: 509-843-3701
Fax: 509-843-3341
Lisbeth Randall, Office Manager
lisbeth.randall@wsu.edu

Website: [https://extension.wsu.edu/garfield/](https://extension.wsu.edu/garfield/)

Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.
Livestock and Farming

WSU Pesticide Safety Education Programs

The Garfield county Extension Office offers Pesticide license testing for the Private Applicators license. Please call the Garfield County Extension Office at 509-843-3701 to schedule an exam or order study publications.

WSU offers pre-license pesticide training and recertification training.

To search for and register for classes in your area, visit their website at: https://pep.wsu.edu. Many other resources and links are also available on the website. Online training courses are also available.

WSU study materials are available to help people prepare for the Washington State Department of Agriculture pesticide license exams. The study manuals are a prerequisite for the WSU Pre-License Training courses. The courses are based on information from the study materials. It is strongly advised that you obtain and study these materials before taking a course. If you are registering for a WSU Pre-License Training Course, you can order study manuals when you register for the course with a registration for.

Additional exam requirement assistance, publications needed and current fees are located at http://agr.wa.gov/PestFert/LicensingEd/ or by contacting WSDA toll free at 1-877-301-4555 or contact WSU at 509-335-2830 or 509-335-9222.
Meet Ryan, WSU’s Elite New Wheat For The Noodle Market
Adapted from, CAHNRS News

Ryan, the newest spring wheat variety from Washington State University, is winning over Northwest farmers and grain buyers across the Pacific, thanks to its surprising ability to create an outstanding fresh noodle.

“Ryan has hit harder and generated way more interest than anything I’ve done before,” said Mike Pumphrey, WSU’s O.A. Vogel Endowed Chair of Spring Wheat Breeding and Genetics. “What sets Ryan apart is its quite remarkable noodle quality.”

This is the first year that Ryan has been widely available to farmers. Introduced in 2016 and only available in limited quantities until 2019, Ryan led all public spring wheat varieties for certified seed production in Washington last year, according to the Washington State Crop Improvement Association.

Not only is Ryan expected to dominate spring wheat acreage this year, WSU scientists say it could transform the market for wheat growers and their customers, here and abroad.

**Bouncy bite**

A staple of Japanese cuisine, udon are thick wheat flour noodles, served in hot, flavored broth. Udon and similar Asian noodles are made from soft wheat varieties, with most premium noodle wheat coming from Australia. With Ryan, Northwest farmers have a chance to break into the premium noodle market.

For udon, consumers prefer noodles that are soft inside, but firm on the surface. Ryan has a desirable mutation called partial waxiness, giving it high levels of a starch molecule called amylopectin, ensuring a chewy, bouncy bite.

At the same time, Ryan has outstanding qualities for traditional cakes, cookies and crackers—”the sort of thing that a soft white wheat is supposed to do.” Pumphrey said.

**Agronomic winner**

Tested at 18 locations across the state, Ryan has topped WSU’s variety trials for yields in the low, medium and high-rainfall growing areas of Eastern Washington.

“Whether we have an early, dry hot year or a late, wet, cool year., Ryan has been at the absolute top of the line for spring wheat yields,” Pumphrey said.

“It’s high yielding in a lot of different conditions.”

WSU scientists bred Ryan for dependable resistance to the stripe rust pathogen, which has been an annual yield-shrinking problem for Washington farmers. Ryan also has strong resistance to hessian fly, a major pest of spring wheat.

With soils becoming more acidic across the region, Ryan has high tolerance for low pH, due to resistance to aluminum toxicity caused by acidity in the soil. The variety also matures early for a spring wheat, helping farmers to begin harvest closer in timing to their winter varieties, saving time and labor costs.

“The combination of traits we need for a successful variety comes from the contributions made by many different people specializing in pests, diseases, environmental stresses, and baking and cooking qualities,” said Pumphrey. “The DNA and the knowledge go back a century.”

Development of Ryan wheat was funded by the Washington Grain Commission, the U.S. Department of Agriculture’s National Institute of Food and Agriculture, and Washington State University.
Master Gardener Program

Now Recruiting!

Do you love gardening?
Enjoy sharing your knowledge with others?

Become a Master Gardener Volunteer!

- Cost is $130 for the class and $75 for the online training. Basic computer skills are required.
- The training class meets Tuesdays, 1:00 pm to 4:00 pm, Feb 4 – April 14
- Class recordings available.

FOR MORE INFORMATION, CONTACT:

jreed@co.asotin.wa.us or 509-243-2009, ext 1600

FOR INFORMATION AND REGISTRATION MATERIALS, VISIT:

https://extension.wsu.edu/asotin/gardening/horticulture-classes-and-workshops/

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office. If you require special accommodation, call WSU Extension Asotin County at 509-243-2009, ext 1600 at least two weeks prior to the event.

Join us!
WSU Master Gardeners educate local community members in the application of horticultural science to the sustainable management of landscapes and gardens.

The Master Gardeners had an extremely productive year assisting the public. Here are some highlights from the 2019 Asotin and Garfield county Master Gardener Annual report:

In 2019, 27 Asotin and Garfield County Master Gardener volunteers contacted 2956 residents and donated 2048 total hours to the service and assistance of over 24,857 residents in the two counties; valued at $64,978.42 (independent Sector = $31.72/hour in the State of Washington)

Master Gardener Volunteers in Asotin and Garfield Counties staffed a total of 33 office plant diagnostic clinics from May-September; volunteering over 408.5 hours. They assisted 158 community members with a wide variety of horticulture questions and plant problems. Master Gardeners diagnosed plant problems, identified insects and plants, and answered questions using research—based horticulture and science—based gardening practices.

Master Gardener Volunteers in Asotin and Garfield Counties actively engaged in communication outreach; hosting and teaching 27 information clinics and events throughout the growing season, reaching 780 residents and volunteering 285 hours to the communities. Master Gardener disseminated horticulture information to the general public, answered questions, demonstrated proper techniques and gardening practices, and shared information on local gardening topics. 52% of the contacts were related to landscape plants, vegetable gardening, and pollinators.

Youth outreach and formal school garden and nutrition programs were core to the Master Gardener Programs, making a total of 2023 youth contacts in Asotin and Garfield counties.

Master Gardener Volunteers partnered with school with school educators to deliver gardening programs to community youth, spending 65 days (95 hours) in the classroom and at youth events.

Asotin county Master Gardener Volunteers also participated with the Asotin County Extension Youth Activity Camp; teaching 15 youth about plants, vegetables, bugs, and bees over a 5-day period. Other youth events included Arbor Day Tree Planting at Highland Elementary (4th graders), reached 10 youth; and Pumpkin Patch harvest with Highland Elementary (kindergarten and 1st Graders), reaching 169 total youth.
A Note from Master Gardener Susan Morrow

Banana Belt Gardening Series
Brought to you by UI and WSU Extension

Thursdays in March, from 6:00 pm to 8:00 pm
Location to be determined
Cost: $7.00 per class

March 5—Pruning Fruit Trees
March 12—Starting Tomato Plants
March 19—Learning of Long Lost Apple Varieties
March 26—Problem Solving Lawns

Contact the Nez Perce County Extension Office for more details or to enroll: 208-799-3096
The holidays are over. It is still too early and cold to work your garden spaces, but you are itching to get in the garden. What is a gardener to do?

I’ll be planting herbs with the dual purposes of enjoying fresh herbs throughout the remainder of winter and planting in the garden when outdoor temperatures permit.

**Kitchen Herb Garden**

What could be better than a container or garden full of your favorite herbs to help bring all your favorite recipes to life? Nothing beats the intense flavor of just picked herbs. It’s easy to have an herb garden, probably the most low care edible garden you can raise!

**Ingredients:**

- 1 Rosemary* Plant
- 1 Oregano* Plant
- 1 Thyme* Plant
- 1 Sage* Plant
- 1 French Tarragon* Plant
- 1 Parsley* Plant
- 1 Basil* Plant

Planting containers, window box, or small garden plot

* Feel free to substitute other herbs based on what you like and use.

**Location**

You can plant this garden in a large pot/barrel or directly in the garden. While the perennial herbs can be planted in early spring, the warm-season crops (basil, parsley) should not be planted until after Eastern Washington’s last average frost-free date, May 15th. Some years, when the spring is particularly cool and wet, it’s best to wait until the first of June. Whether in a container or garden, herbs need good lite soil, adequate space, and water. Choose a location that is somewhat flat, has excellent drainage, and receives a minimum of 8-10 hours of full sunlight each day. More is always better. In addition, make sure you have a good source of water nearby. Our summers are often very dry throughout July & August. Your herb garden will likely need a good watering at least every week, or more often during the growing season and daily watering if they are in containers.

**Soil Prep**

If you are starting a new, in-ground garden, it’s a good idea to have the soil tested first. Our local conservation district will be able to help you with that task. You can also use raised beds or large pots/barrels. Fill them with clean soil and/or compost for an instant garden.

Mix 3-4 inches of compost into a new garden to improve its overall soil biology and health. If you already have a garden area, be sure to add 1-2 inches of compost each year to maintain soil health.

**Fertility**

To ensure adequate nutrition for your herbs, broadcast a complete organic fertilizer (available at most garden and nursery centers) to the entire area to be planted. Mix it in well before planting. Herbs use much less fertilizer than other plants. Be sure to follow directions for the product you are using; generally use no more than 1/2 cup per every 10 square feet. If in containers, a couple tablespoons per plant is plenty.
A Note from WSU Garfield County Extension
Master Gardener Susan Morrow

**Planting**
If growing in-ground, space the herbs up to 24 inches apart. Basil can go 8-10 inches apart. However, when planting in a container or window box, you can reduce that space by half or more. Just be sure to compensate by providing more water and fertilizer over the season.

When planting herbs, be sure to bury the entire root-ball, about 1/2 inch deeper than the pots they were in.

**Maintenance**
Weed, water and nurture your plants through the summer. Information on growing herbs can be found here. For more information on vegetable gardening, “Home Vegetable Gardening in Washington”, publication #EM057E, can be downloaded for free from WSU Publications, and is a great resource. Please visit the website: [https://pubs.extension.wsu.edu/](https://pubs.extension.wsu.edu/)

**Harvest**
For best flavor, harvest herbs just before using. Careful drying preserves the flavor of most herbs for use in rubs and other recipes. Picking fruits and vegetables provides specifics to look for to harvest each vegetable for best flavor and nutrition.

**Herb Recipes**
Depending on what you planted, there are plenty of ways to use your herb garden ingredients; here are a couple of examples to get you going.

**Butter Lettuce & Radish Salad with Fresh Herbs**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra-virgin olive oil</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>Butter lettuce, outer leaves removed</td>
<td>2 heads</td>
</tr>
<tr>
<td>Champagne vinegar</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Radishes</td>
<td>4 thinly sliced</td>
</tr>
<tr>
<td>Minced shallot</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Avocado, peeled pitted, sliced 1/2 inch thick</td>
<td>1</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Assorted whole fresh herb leaves such as: tarragon, chervil, parsley, and cilantro</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Whisk oil, vinegar, shallot, and mustard in medium bowl to blend. Season dressing to taste with salt and pepper. Cut cores from heads of lettuce, keeping heads intact; rinse and dry. Arrange 1 head of lettuce on each 2 plates, forming rose shape. Tuck radish and avocado slices between lettuce leaves. Scatter fresh herb leaves over lettuce on each plate. Drizzle salad with dressing and serve.

**Herb Pesto**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh basil leaves</td>
<td>1 1/2 cups lightly packed</td>
</tr>
<tr>
<td>Pine nuts, toasted</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Fresh Italian parsley leaves</td>
<td>1/4 cup packed</td>
</tr>
<tr>
<td>Freshly grated Parmesan cheese</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Tarragon leaves</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Extra-virgin olive oil</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Garlic cloves, peeled</td>
<td>2</td>
</tr>
</tbody>
</table>

Combine first 6 ingredients in a food processor. Blend until herbs are finely chopped. Add oil and blend to coarse puree. Season to taste with salt and pepper. Transfer to small bowl. Can be made 1 day ahead. Press plastic wrap directly onto surface of pesto (or cover with a thin layer of olive oil) and chill. TIP: For a terrific sandwich spread, mix some pesto into mayonnaise.
Are You Interested in Becoming a Beekeeper?

The Valley Beekeepers Association will have their beekeepers class beginning in 2020 if there is enough interest. The classes will cover information on the housing, care, and feeding of bees. They will be followed through the summer by field days, as needed, to demonstrate such things as putting a bee “package” into an empty hive and checking the health of a hive. The intent is to get new beekeepers through their first year. Experienced beekeepers also are welcome to participate.

Please contact John Freeman if you are interested in taking the beekeeping class: 509-758-6338

Pest Alert: Asian Giant Hornet

Thursday, December 19, 2019
Chris McGann, Communications

This month, WSDA entomologists identified a large hornet found near the Canadian border as an Asian giant hornet (Vespa mandarinia), an invasive species not previously found in Washington State. Although it is not typically aggressive toward humans, this unwelcome pest can inflict a powerful sting and also represents a threat to honeybees, for which they have a voracious appetite.

On December 8, a resident in Blaine near the Canadian border reported an unusually large hornet they found on their property. Two days later, WSDA visited the site, collected the specimen, which was dead, and confirmed its identity a short time later. The resident also reported seeing a live giant hornet at a humming bird feeder before it retreated into a nearby forest.

WSDA and Washington State Department of Health (DOH) officials ask people in the area to be on the lookout for and take precautions to avoid contact with these large bugs. The invasive hornets are typically almost an inch and a half long and are distinguished by their large yellow heads. Asian giant hornets nest in the ground. Though they are typically not interested in humans, pets or large animals, they can inflict a nasty sting if threatened or their nest is disturbed.

Asian giant hornets are typically dormant over the winter, and are most often seen from July through October.
Health Advice
DOH advises individuals to take preventative measures in the outdoors by keeping food and drink covered or under screens, and cleaning up by disposing food and garbage properly. People should avoid swatting at the hornets, which may cause these insects to sting.

If you are stung, DOH recommends washing the site thoroughly with soap and water and applying ice or a cold compress to reduce swelling. The agency also recommends an antihistamine or use of an anti-itch cream to reduce itching if necessary. If you are stung multiple times or have symptoms of a severe reaction following a sting, call 911 or seek medical care immediately.

Additional information about bee and wasp stings and prevention measures can be found on the DOH website: https://www.doh.wa.gov/CommunityandEnvironment/Pests/BeesandWasps

A Threat To Bees
Asian giant hornets feed on insects and are of particular concern to beekeepers because they are capable of quickly destroying honeybee hives.

This is the first time this invasive species has been detected in Washington State. In August, a large colony of Asian giant hornets was discovered and subsequently destroyed in British Columbia. The BC Ministry of Agriculture issued a pest alert about the detection in September.

Responding to the Asian Giant Hornet
In 2020, WSDA will conduct outreach to generate public assistance in looking out for the Asian giant hornet and reporting any detections to the WSDA Pest Program. Additionally, WSDA is preparing plans to set traps in the Blaine area to monitor for Asian giant hornets.

If you think you may have spotted an Asian giant hornet, report it to WSDA’s pest program (pestprogram@agr.wa.gov) and, if possible, include a photo.
Get A Leg Up On Fruit Tree Problems With Dormant Oils


Corvallis, Or—Just when you’re ready for a long winter’s nap, it’s time to tend to your fruit trees. If you don’t, chances are they’ll struggle in the coming season. Giving them attention now helps ward off insects and diseases, said Steve Renquist, a horticulturist for Oregon State University Extension Service who has taught hundreds of gardeners the basics of managing fruit trees.

Applying dormant sprays—Superior oil, cooper, and sulfur—helps control nasty pests and diseases like codling moths and apple scab. Superior oil, also called horticultural oil, is a highly refined miscible oil (up to 99.9 percent pure) that when mixed with water and sprayed on trees will smother overwintering insects and their eggs. It targets mites, aphids, leaf hoppers, mealy bugs, leaf miners and more.

Lime sulfur is a fungicide that controls fungal diseases like apple and pear scab and peach leaf curl. Copper is a fungicide and bactericide that controls diseases like bacterial blight, fire blight and Nectria canker. It kills bacteria and fungal spores left in the trees, including Pseudomonas syringae, a common bacteria that can cause gummosis, which is oozing of bacterial infested honey-like sap from bark split. In a rotation of copper and sulfur, the copper will deal with bacteria and sulfur will target diseases best.

With a spray regimen of all three—used in conjunction with good hygiene and pruning practices—most fruit tree problems can be nipped in the bud, according to Renquist. The trio of pesticides, which can be used in organic gardens, fit snugly into the realm of IPM or integrated pest management, a practice that uses a variety of low-risk tools to deal with pest problems and minimize risks to humans, animals and the environment. “They are a really important part of good IPM,” Renquist said. “When you’re planning a program, you want to use products that have low toxicity, and won’t cause a lot of problems for the environment. Dormant sprays score pretty well. Their toxicity lever for animals is pretty low if you follow the labels. Superior or horticultural oil kills target insects, but beneficial insects are rarely around trees in the dormant season.

A good reference for disease and pest control is Extension’s Managing Diseases and Insects in Home Orchards, which has a list of cultural practices and least toxic products for various pests and diseases. (https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/ec631_0.pdf)

For information on specific products contact your local Master Gardeners.

Renquist recommends a three-pronged approach to spraying. In fall around Thanksgiving, apply copper or sulfur but not both. Spray sulfur mixed with Superior or horticultural oil in early January. Then use cooper or sulfur in mid-to late February. If you used copper in fall, use sulfur in February or vice versa. Don’t combine copper and sulfur in the same tank to minimize the risk of damage to tree bark.

If you don’t like to spray or forget the early spray, Renquist said the January application is the most important. This year, if you’ve missed the January timing, you’re still better off to make the third spray.
Get a leg up on fruit tree problems with dormant oils (continued)

Some tips from Renquist:

- Apply Superior of horticultural during the dormant season to allow for greater coverage and a higher likelihood of getting to a majority of insects.
- Spray when temperatures are above freezing but before buds break.
- Don’t mix copper and sulfur in the same tank.
- Prune trees to keep the branches separated for good pesticide coverage and good hygiene. The best time is in January so that the last spray or two will cover the pruning wounds.
- Clean up fruit, leaves and debris under trees. They can harbor insects and diseases. If you don’t want to rake leaves, mow over them a couple of times and leave them to decompose.
- Clear weeds from around the trunk and under the tree where insects and rodents can hide.
- Add organic matter around trees for fertility and because enhanced microbial populations in the soil will help devour the remnants of orchard sprays that fall to the ground.
- Accept a little damage to fruit.
- When planting fruit trees, consider dwarfs so you don’t need a ladder for spraying.
- Read the labels of all products you use and follow the instructions. Using any pesticide incorrectly is not only harmful to you and the environment, it can actually cause damage to the very plants you’re trying to benefit.

More information on fruit trees:

Training and Pruning Your Home Orchard  (https://catalog.extension.oregonstate.edu/pnw400)

Backyard tree fruit spray schedule:  http://treefruit.wsu.edu/backyard-fruit-tree-spray-schedules/
This is the time of year when many people start diets. But after a few weeks of not getting enough to eat or eating food that does not taste good, most dieters give up, having “failed” once again. The truth is, though, it is the diets that are the failures, not the people who try them.

Instead of improving health, dieting is often harmful and counterproductive. Health statistics show that only 5 to 10 percent of those who diet and are able to lose weight are able to maintain the weight loss for more than a short time. Most dieters quickly regain the lost pounds—plus a few extra—and end up heavier than they started.

Diets promote unhealthy eating habits, often by eliminating nutritious foods. Dieters are encouraged to ignore internal body signals of hunger and fullness. Eventually, the ability to respond appropriately to these normal physiological processes is lost. Chronically hungry people become obsessed with food and are likely to overeat when an opportunity to do so presents itself.

Accept that there is no ideal body size, shape or weight. People come in a variety of sizes and shapes, and all can benefit from a healthy lifestyle. Research conducted by Steven Blair, director of research at the Cooper Institute for Aerobics Research in Dallas, has shown that people can be both fit and fat. He notes “There will always be tall, skinny people and short, stocky people. That’s out of our control. What we can do is exercise regularly, follow good health practices, and live life to the fullest.” Each person is responsible for taking care of his or her body. Acceptance and self respect lead to confidence, wellness and wholeness.

Adopt normal eating patterns. Normal eating means regular meals and one or two snacks a day to satisfy physical hunger. Healthful choices provide variety, moderation and balanced nutrition. All foods can be part of healthy eating. Respect the body’s signals of hunger and fullness by eating when hungry and stopping when satisfied. Normal eating also means eating more some days and less others, and trusting that it will balance out over time. Finally, find non-food ways to cope with stress.

Make physical activity a part of every day. Benefits include reduction in blood cholesterol and lipids, lower blood pressure, and relief from stress. Find activities that are fun and enjoyable, and that fit into daily routines. Walking, sledding, skating, dancing, bowling, gardening, or playing with the kids are excellent ways to get physical. Then you can go on to add other activities like weight training., yoga or Tai Chi that build muscles or improve balance and flexibility.

Get more sleep. Most of us get seven or fewer hours of sleep rather than the eight hours a night recommended by the National Sleep Foundation. This may seem like just a small deficit, but the effects are cumulative. Chronic sleep deprivation contributes to stress and tension, accidents in the home, work place and on the road, and can cause difficulty in coping with the little everyday annoyances of life.
2020 YOUTH LIVESTOCK FIELD DAYS
Hosted by the WSU and UI Extension Offices

Youth Beef Field Day
Saturday, March 14th, from 8:30 am to 3:00 pm at the Lewiston Livestock Market
Topics will include: Vaccinations and Health Care, Beef Taste-testing panel, Feeding and Nutrition, Livestock Judging, and Fitting and Showing Techniques.

Youth Swine Field Day
Saturday, March 21st, from 8:30 am to 3:00 pm at the Asotin County Fair Grounds
Topics will include: Selecting your pig, Swine Nutrition, Vaccinations and Health Care, Low Stress Handling, and fitting and Showing Techniques.

Registration will be available soon!
Check the Calendar of Events on the Garfield County Extension Website for details and registration: http://extension.wsu.edu/garfield/upcoming-events-and-workshops/

The number of participants is capped so please register early!
The Pomeroy FFA thanks you for your outstanding support!
We look forward to adventures to come in 2020!
**Low Carb Cauliflower Potato Salad**
Recipe courtesy of [pulses.org](http://pulses.org)

**Ingredients:**
- 2 heads of cauliflower, cored and cut into bite size florets
- 1/3 cup paleo mayonnaise
- 1 teaspoon garlic powder
- 1/2 red onion thinly sliced
- sea salt and black pepper to taste
- 1/2 cup split green peas, washed, rinsed and cooked according to instructions

**Instructions:**
* Bring about 2” of water to a boil in a large pot and place a steam basket with the cauliflower florets over it. The steam from the water will cook the cauliflower in about 7 minutes. Cook until the florets are fork tender.

*Alternatively, you can use your microwave. Place the florets in a large, microwave safe blow. Add enough water to just cover the bottom of the bowl (about 1”). Cover the bowl with plastic wrap and poke a few holes at the top in order to allow steam to escape. Microwave for 3-4 minutes, until fork-tender.

*Set the florets aside and grab a small bowl.

*Combine the mayonnaise, garlic powder and salt and pepper until well combined. Mix the florets, split peas and mayonnaise mixture all together until well combined. Add the red onions and mix once more. Taste for any additional salt and pepper that may need to be added. Serve right away!