This year we are faced with a pretty major change in our 4-H program. For the first time ever, we will be charging a state fee ($25) to assist with funding the Washington State 4-H Program. I know this was something none of us ever wanted to see, but the reality of reducing state budgets has finally hit our program. To continue to provide funding for our county expenses, we will be adding a $5 fee to the state’s fee; other counties will have, or not have, a county fee.

You will receive more information about this fee by Monday, October 2. I ask that we work together to ensure that no kids are barred from participation in 4-H due to this fee. Clubs may add this fee to their fund raising goals and pay the fee for the members. I am dedicated to finding donations to help cover those who are unable to pay this fee. I know we never wanted to see this happen, but we must understand that these programs have expenses that must be met to keep the program afloat. Many other youth organizations have local/state/national fees; our fee is on par with them. And, I know, that you know, 4-H is a very valuable program for youth!

Please feel free to call our office with any questions you might have. Let’s continue to Grow Tomorrow’s Leaders!

Want to donate/sponsor a child in 4-H?

Make checks payable to: WSU Foundation
and mail to:
WSU Snohomish County Extension
600 128th St SE
Everett, WA 98208
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Oct 3</td>
<td>5:30-8:30pm</td>
<td><strong>Horse Program Ride Night</strong> at the Evergreen Fairgrounds</td>
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<tr>
<td>Oct 4</td>
<td>6-9:00pm</td>
<td><strong>Rifle Leader’s Meeting</strong> at WSU Ed Center</td>
<td>at Evergreen Fairgrounds, Beef Pavilion</td>
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<tr>
<td></td>
<td>7-8:30pm</td>
<td><strong>Explore 4-H Open House</strong> at Evergreen Fairgrounds</td>
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<tr>
<td>Oct 5</td>
<td>6-8:00pm</td>
<td><strong>National Youth Science Day: Incredible Wearables</strong> a hands-on project that challenges young people to use the engineering design process to build a wearable fitness tracker at WSU Ed Center</td>
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<tr>
<td></td>
<td>7-9:00pm</td>
<td><strong>Natural Resources Trip Sign-up</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 6</td>
<td>7-9:00pm</td>
<td><strong>Dog Program Meeting</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 6-7</td>
<td></td>
<td><strong>Horse Program County Western Games Show</strong> at Evergreen Fairgrounds</td>
<td></td>
</tr>
<tr>
<td>Oct 7</td>
<td>5:30pm</td>
<td><strong>Livestock Judging</strong> at Newhouse Farm RSVP to <a href="mailto:marlin.newhouse6@frontier.com">marlin.newhouse6@frontier.com</a></td>
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<tr>
<td>Oct 7-8</td>
<td></td>
<td><strong>Natural Resources Day Kayak Trip</strong> at Mercer Slough</td>
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<tr>
<td>Oct 7</td>
<td>7-9:00pm</td>
<td><strong>Dog Program Teen Leader Retreat</strong> at Cedar Springs Camp</td>
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<tr>
<td>Oct 8</td>
<td>11am-5:00pm</td>
<td><strong>Youth Leadership Group First Meeting &amp; BBQ.</strong> Bring a dish to share and RSVP to <a href="mailto:dehoneybug@yahoo.com">dehoneybug@yahoo.com</a></td>
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<tr>
<td>Oct 9</td>
<td>6:30-8:00pm</td>
<td><strong>Dairy Goat Program Meeting</strong> at Evergreen Fairgrounds Longhouse</td>
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<tr>
<td>Oct 10</td>
<td>6-8:00pm</td>
<td><strong>Horse Bowl Practice</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 11</td>
<td>7-9:00pm</td>
<td><strong>4-H Council Meeting</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 12</td>
<td>7-8:30pm</td>
<td><strong>Volunteer Update Q&amp;A</strong></td>
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<tr>
<td>Oct 13</td>
<td>6:30-9:30pm</td>
<td><strong>Horse Program Intro to Knowledge Contest</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 17</td>
<td>6-8:00pm</td>
<td><strong>Horse Bowl Practice</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 19</td>
<td>6:30-9:30pm</td>
<td><strong>Horse Program Meeting</strong> at WSU Ed Center</td>
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<td></td>
<td>7-9:00pm</td>
<td><strong>Cavy Program Meeting</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 20-22</td>
<td></td>
<td><strong>State 4-H Forum Make a Splash</strong> at Great Wolf Lodge</td>
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<tr>
<td>Oct 22</td>
<td>7-8:30pm</td>
<td><strong>Volunteer Update Q&amp;A</strong></td>
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<tr>
<td>Oct 24</td>
<td>6:30-9:30pm</td>
<td><strong>Fall Administrative Dinner</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 26</td>
<td>7:00pm</td>
<td><strong>Fall Archery &amp; Rifelry Instructors’ Training</strong> - online session for all participants</td>
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<tr>
<td>Oct 27-29</td>
<td></td>
<td><strong>Northwest/Southwest District Teen Rally</strong> at Island Lake Camp in Kitsap County</td>
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<tr>
<td>Oct 28</td>
<td>9-5:00pm</td>
<td><strong>Fall Rifelry Instructors’ Training</strong> in Mt Vernon</td>
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<td></td>
<td></td>
<td><strong>Horse Program Fall Trail Horse Class in Field</strong> at Lord Hill Park</td>
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<tr>
<td>Oct 29</td>
<td>9-5:00pm</td>
<td><strong>Fall Archery Instructors’ Training</strong> in Mt Vernon</td>
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<td></td>
<td>1-4:00pm</td>
<td><strong>Sewing Program Workshop</strong> at WSU Ed Center</td>
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<td></td>
<td>2-4:00pm</td>
<td><strong>Vet Science Program Meeting</strong> at WSU Ed Center</td>
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<tr>
<td>Oct 30</td>
<td>7-8:30pm</td>
<td><strong>Volunteer Update Q&amp;A</strong></td>
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**Carpe Diem**

*Every leaf speaks bliss to me, fluttering from the autumn tree. ~Emily Bronte*
Puerto Rico Hurricane Relief

Donation Drop Off
Snohomish County, WA

WSU Extension, McCollum Park
600 128th St. SE
Everett, WA 98208
Mon—Fri, 9 am to 5 pm
Drop box in lobby
Info: Yolimar Rivera, (787) 603-7363

Needed Items:

- Bottled Water
- Canned Foods
- Dry foods
- Baby formula
- Canned milk
- Canned and dry pet food
- Baby and adult pain relief medicine
- Stomach and Diarrhea relief medicine
- Insect repellant
- First Aid Kits
- Baby wipes
- Diapers
- Feminine Products
- Hand sanitizer
- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Flashlights with Batteries
- Portable cell phone charger
Just like in January, it’s a good time to ask everyone in your 4-H club, “What do you hope for?” Why hope? Hope gives us energy, enthusiasm and the ability to keep trying when things don’t work out as we had planned. Hope is one of the necessary ingredients for positive youth development.

Hope has been defined as a combination of these three things: the ability to control your own behavior, having positive expectations for the future and feeling like you belong. When you bake a cake you need certain ingredients to have a delicious cake. These three ingredients will help create a recipe of hope for your 4-H members and the leaders.

Three Ingredients of Hope

DREAMS
The ability to have expectations of a positive future.

SELF-REGULATION
The ability to control your behavior.

BELONGING
Feeling supported and cared about. Knowing your 4-H leaders and club members have your back, especially when things don’t go well.

How Can You Help Create Hope?

First Ingredient: Dreams, Positive Expectations

• Ask your members what do they want to learn or do?
• Do goal planning with individual club members and with the whole 4-H club. Help them set realistic, manageable goals. Find out if they have the support they need to achieve those goals. If not, can you help them get the support they need?

Second Ingredient: The ability to self-regulate

• Self-regulation is the ability to focus on your dreams/goals (I want to learn how to …… so that means I need to do …… this to meet my goal.)

• Learning how to deal with disappointment.
• Learning it’s OK to change course when things don’t work out.
• Self-regulation is a work in progress for youth and adults alike. Adults are the role models. All of us need to keep asking for support, and be willing to give support and also be willing to receive support to help us get better at self-regulation.

Third Ingredient: Belonging

• Create an environment in your club where everyone is respected, supported and encouraged to be their best self.
• Use games and ice breakers to encourage youth to get to know each other.
• Encourage youth to mentor/befriend new club members.
• Ask your club members to individually, in pairs or in small groups decide what they need from the group to be successful. Words like respect, or being listened to might come up. Discuss everyone’s ideas and combine the ones that are similar. Ask your club to pick no more than 5 of the most important ideas that they all can agree to. Then post the words at your meeting to remind everyone how to treat each other. You can gently remind your club when they forget how they want to be treated.

• Youth often feel empowered “to give back to their community” which creates more HOPE. It is easier for youth to give back when they feel like they belong, have hopes and dreams and are able to work towards their goals with support from the adults.

One of my hopes for the new 4-H year is that everyone identifies at least one hope for themselves, feels supported to pursue that hope and takes steps to achieve that hope.

Sources: Building Hope for Positive Youth Development; Research, practice and Policy by Kristina Schmid Callina, Megan Kiely Mueller, Mary H. Buckingham, and Akira S. Gutierrez.
You and a guest are invited to the Snohomish County 4-H Council Annual Volunteer Recognition Dinner.

Your 4-H Council hosts this event in appreciation of the support and efforts volunteers contribute for Snohomish County youth. Enjoy dinner, have fun with fellow volunteers, and receive your volunteer year pin.*

Who: All enrolled 4-H Volunteers
When: November 4, 2017
Time: 6:00 pm social, 6:30 dinner
Where: South Lake Stevens Grange Hall
2109 103rd Ave SE
Lake Stevens, WA 98258

RSVP by Oct 15 to Marilyn Stout: smp250@aol.com 360-572-4425
Questions and Food Allergies: Ann Muchoney 425-319-2933
*Only enrolled volunteers are eligible for year pins
2017-18 Snohomish County 4-H Teen Leadership Events

YOU ARE NEEDED

Meet 4-H teens from other projects, learn new leadership skills, have fun, work together to plan community service projects and prepare and fundraise for county and state teen events.

Teen Leadership Group First Meeting **October 8th 1-3pm**, WSU Ed Center, Cougar Auditorium

Come for a BBQ, bring some food to share. RSVP dehoneybug@yahoo.com or 425-478-2102.

*If you have dietary needs, let Dena know on your RSVP.*

**Save the dates for State and Local 4-H Teen Events!**

Northwest District Teen Rally **October 27 - 29** at Island Lake Camp in Kitsap County

Teen Rally is for teens in 7th - 12th grade. The rally will include leadership workshops, a dance and other fun activities. Come and meet other 4-H’ers from across the northwest and the southwest at the “Curse of the Island Lake”.

For more info, visit [http://extension.wsu.edu/4h/youth/camps/](http://extension.wsu.edu/4h/youth/camps/)

Youth Leadership Summit **November 4, 10am-3pm** at the Evergreen State Fairgrounds

Open to all 4-H members that are newly elected or are interested in running for a club office. Officer training workshops will be presented for the four main offices and other offices as needed. If you have already served as an officer and are 14-18 years old, there will be advanced leadership workshops offered.

KYG Planning Meeting **December 2, Noon-1pm**, WSU Education Center, Evergreen Room

Know Your Government (KYG) Conference **February 18-21, 2018** in Olympia

KYG is for teens in 9th-12th grade. The goal of KYG is to help teens understand how the government works. Before you go to Olympia, you will participate in several preconference meetings to learn the skills needed to participate in hands on activities. There is a multi-county overnight event planned to practice your new skills before KYG.

WSU Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Reasonable accommodations will be made for persons with disabilities and special needs who contact the 4-H office at WSU Snohomish County Extension 4-H, 600 128th St SE, Everett, WA 98208, 425-357-6044,ferrisj@wsu.edu at least two weeks prior to the event.
4-H National Youth Science Day (NYSD) is an exciting, interactive learning experience that engages youth in science, technology, engineering and math (STEM). It is the premier national rallying event for year-round 4-H STEM programming, bringing together volunteers, young people and educators from the nation’s 110 land-grant colleges and universities to simultaneously complete the National Science Challenge.

Please join us at 6:00 PM for two hours of exciting science, engineering, technology and a little math! This year the 2017 4-H National Youth Science Day challenge is called “Incredible Wearables”. It is a hands-on project that challenges young people to use the engineering design process to build a wearable fitness tracker. Through the challenge, young people will learn how circuits, sensors and health data can be blended with fashion to create a viable wearable tech product.

Please sign up at: www.SignUpGenius.com/go/70A0E44A4AD2EA46-20171

Join us Saturday, October 5th from 6:00pm - 8:00pm at the WSU Ed Center.

Thurston County invites you to “Make a Splash” at the 2017 Forum at the Great Wolf Lodge
October 20-22, 2017

Forum is a great opportunity for Teen and Adult leaders to build friendships, skills, and knowledge across the state: two days of workshops, awards, speakers, and the Washington State 4-H Council.

This year the event is hosted at the Great Wolf Lodge, and rooms will include passes for your families and club members at the event!

All the latest announcements can be found at: https://www.facebook.com/WashingtonState4HForum/
**NCGA, BASF**

**Accepting Applications for 2018 Ag Scholarships**

The National Corn Growers Association is again offering its *William C. Berg Academic Excellence in Agriculture Scholarship* thanks to the sponsorship of BASF Corporation.

Five $1,000 scholarships are available to college students (sophomores, juniors, seniors, graduate students and Ph.D. candidates) who are pursuing an undergraduate or graduate degree in an agricultural, agribusiness or an ag-vocation field.

The five scholarship winners will be announced at NCGA’s annual trade show and convention, Commodity Classic, which will be held on February 27 – March 1, 2018 in Anaheim, California.

Applicants or a parent/guardian must be a member of NCGA. Funds are for the 2018-2019 school year. Past scholarship winners, employees and the families of employees of any division of BASF or their subsidiaries or NCGA are not eligible for the scholarship. Students may apply for membership at NCGA.com.

**Applications must be postmarked on or before December 1, 2017.**

The application is available at: [http://www.ncga.com/scholarships](http://www.ncga.com/scholarships)

Please share this information on to students, educators, university staff or anyone in your community who you believe would be interested.
Imagine that you are a carpenter, and you have a particularly useful saw that you use every day. How do you take care of that saw? Do you leave it out in the rain, bash it on rocks and steel pipes, and let your six-year-old dig in the dirt with it? Or do you store it in a protective sleeve, clean it daily, and keep it sharpened?

When we know we’ll need something again tomorrow, and the next day, and the next, we should be more inclined to take care of it, because we value it.

Now imagine that the saw is YOU. Every day, you wake up intending to put your best self forward. But did you prepare? Did you eat nutritious food yesterday? Are you well-rested? Did you do what you needed to do to get your body and mind right for today?

What do YOU need in order to put your best self forward? It’s a bit different for everyone. Here’s an example: Jodi knows she must sleep well to put her best self forward. In order to sleep well, she needs certain things:

• Clean teeth
• Tight muscles stretched out
• Correct temperature/right blankets
• Eye mask
• Comfy pajamas
• Silenced phone

If she neglects any one of these, she probably won’t sleep as well as she could have. If she takes the time to get everything right at bedtime, she’s more likely to awake energized and ready for the day.

It was with great amazement that I saw this concept of “sharpening the saw” being taught to elementary students! Grove Elementary in Marysville, among others, utilizes a program called “The Leader in Me,” which has at its root the “7 Habits of Happy Kids.” (Yes, this is a spinoff of Stephen Covey’s The 7 Habits of Highly Effective People.) The seventh habit is “Sharpen the Saw.” I thought this was a bit heady for young children, but the eight-year-old who told me about it ably explained the concept with confidence, in her own words.

Sharpening the saw includes developing ourselves intellectually, as well. There’s always something new to learn. Whether you attend the 4-H Leaders’ Forum, participate in local volunteer education or other classes, or pursue new knowledge from books or online, this growth is lube for the saw. Merlin advised King Arthur to learn something new, and that advice is still relevant in modern times.

All of these things take time, but it’s worth it! Only if we value ourselves can we truly put our best selves forward, and when we do, all those around us benefit, too. Set the example: sharpen the saw.
We are focusing a “spotlight” on a 4-H alumna/us each month. If you know of a recent alumna/us with an interesting story, let us know!

Anders Thoreson, DVM

What did you do in 4-H? Clubs/Activities involved in?

I was involved in the dog 4-H program for 10 years.

How did your involvement in 4-H help you on your path?

4-H helped shape my future in multiple ways. It gave me my start in dogs and gave me the tools in training and animal husbandry. The public presentation aspect of 4-H helped in public speaking and confidence. I am thankful for the many opportunities I was given through 4-H.

What was the most valuable part of 4-H?

4-H provides a platform for the development of valuable life skills. I was fortunate to have the opportunities in 4-H to help develop me into the person I am today.

What are you doing now?

I am a small animal veterinarian.

What are your future goals/plans?

I would like to raise a family and continue to serve my community as a veterinarian and as a member of Snohomish County.

Is there anyone in 4-H you would like to thank publicly?

Many people made sacrifices for me to name a few, Sharon Olson, Jo Simpson, and Maryke Nau provided me with opportunities to succeed.

Do you have any advice for today’s 4-Hers?

Continue to stay involved and take advantage of the opportunities available. Try to see the bigger picture. Some things like public speaking may not be fun at the time, but it will serve you well later in life.
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<tr>
<td>11/7/17</td>
<td>7:00-9:00pm</td>
<td><strong>Resource Development</strong>&lt;br&gt;Learn appropriate use of 4-H to raise funds for programming. Tips &amp; tools will be shared for typical fund raising events, solicitations, and sponsorships. Required for Council officers &amp; committee chairs. (Elective for the Organizational EVOLVE pin)</td>
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<tr>
<td>11/18/17</td>
<td>9:45am-12:15pm</td>
<td><strong>Club Organization</strong>&lt;br&gt;The nuts and bolts of running a 4-H club. Where to find documents and resources. The obligations and opportunities of a 4-H club. Prerequisite for club leaders. (Elective for the Group Facilitation EVOLVE pin)</td>
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<td>12:45-2:45pm</td>
<td><strong>Group Basics</strong>&lt;br&gt;What to expect during a group’s development. Group dynamics at different stages, and how to handle them. Prerequisite for club leaders. (Required for Group Facilitation EVOLVE pin)</td>
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<tr>
<td>11/30/17</td>
<td>7:00-9:00pm</td>
<td><strong>QPR for Suicide Prevention</strong>&lt;br&gt;What should you do if you think someone might be contemplating suicide? QPR (Question, Persuade, Refer) training will give you the tools you need to navigate these frightening situations. (Elective for Personal Development EVOLVE pin)</td>
</tr>
<tr>
<td>12/5/17</td>
<td>6:30-9:00pm</td>
<td><strong>Project Leadership</strong>&lt;br&gt;4-H methodology of experiential learning, including life skills wheel and hands-on practice. Prerequisite for project leaders, required within 2 years of becoming a program leader. (Required for Youth Development EVOLVE pin)</td>
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<tr>
<td>12/7/17</td>
<td>7:00-9:00pm</td>
<td><strong>Youth-Adult Partnerships</strong>&lt;br&gt;Explore stereotypes of youth and adults and how you can get more out of your intergenerational relationships. Adults &amp; youth welcome! Required for program leaders. (Required for Youth Development EVOLVE pin)</td>
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Classes require a minimum number of participants. Please sign up early!

To register, visit: [http://www.signupgenius.com/go/10c0d4caca62fa3f85-project2](http://www.signupgenius.com/go/10c0d4caca62fa3f85-project2)

If you have questions about which trainings you may need, contact Beth at [beth.wangen@wsu.edu](mailto:beth.wangen@wsu.edu).
Each volunteer position has different educational requirements to complete before you can serve in that position. The graphic below outlines the various requirements for each leadership role.
GET ENROLLED!

https://wa.4honline.com

It’s that time of year to complete your online enrollment for the 2017-2018 4-H year! All you need is a computer or tablet, an internet connection and a valid email address. If you do not remember your user name or password, or are unsure if you have a profile in 4HOnline, contact your county office. **DO NOT set up a second profile!**

Click on the button below to get your quick Help Sheets.

[Returning Families](#)

[New Families](#)

Annual Management Fees are now $30/youth and can be paid online when you do your enrollment in 4HOnline.

To schedule enrollment assistance at your club meeting or a local library, contact sylvia.hales@wsu.edu

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**NEW FORMAT FOR 2017 VOLUNTEER UPDATE!**

**ALL enrolled certified volunteers are required to participate in the Volunteer Update** (not just one volunteer from each club).

**The new format includes 3 easy steps!**

1. **Watch the Volunteer Update video at your leisure by December 31, 2017**
   Access the video at [www.snohomish.wsu.edu/4h/volunteers/2017update/](http://www.snohomish.wsu.edu/4h/volunteers/2017update/)
   If you do not have access to a computer, you may reserve a computer in the learning lab by contacting sylvia.hales@wsu.edu or 425-357-6044.

2. **Sign the Attest Form to verify you completed the video**

3. **If you have questions, feel free to participate in a live Q&A Session with 4-H Staff** (optional)

**Q&A Sessions:**

- Thurs, Oct. 12th 7:00-8:30 pm
- Sun, Oct. 22th 3:30-5:00 pm
- Mon, Oct. 30th 7:00-8:30 pm
- Mon, Nov. 6th 3:30-5:00 pm
- Tues, Nov. 14th 7:00-8:30 pm
- Weds, Nov. 29th 7:00-8:30 pm
- Sat, Dec. 9th 9:00-10:30 am
- Thurs, Dec. 28th 7:00-8:30 pm
Fall City Flames 4-H Club members fill boxes of goodies they baked for firefighters in Cle Elum who are bravely fighting wildfires that have been burning in our state this summer.

Let us know what your club is doing to help others or of any upcoming community service events you have planned for the new 4-H year.

Kids willing to give up chance for prizes to save dying piglet

MONROE — The tiny piglet, just nine days old, likely was going to die.

She couldn't get enough milk from her mother, not with stiff competition from hungry siblings. She had become weak and was getting worse. A touch was enough to tell that her stomach was empty, and her hairs stood on end.

Read the full article HERE!
4-H Archery & Riflery Instructor Training

October 26, Thursday: Online session for all at 7 p.m.
October 28, Saturday: Riflery 9-5:00 in Mt. Vernon
October 29, Sunday: Archery 9-5:00 in Mt. Vernon

Find all the details at the SignUp site:
http://www.signupgenius.com/go/10c0d4caca62fa3f85-fall1

SAVE THE DATE!

21st Annual Conference
For & About Lesbian, Gay, Bisexual, and Trans* Youth

Saturday, October 14, 2017
“Building a Rainbow Through Radical Self-Care and Loving Communities”

FREE for youth ages 14-20; $25 for adults
CEUs available for educators

To register, visit:
https://2017lgbtyouthconference.eventbrite.com

Find us on Facebook!
http://www.facebook.com/Links-and-Alliances-119097438660/
Learn Network Grow

LEARN the latest research-based practices for growing and harvest success.

NETWORK with the Growing Groceries community as you learn to grow and harvest healthy food for your family.

GROW your garden and help your family and friends increase access to fresh, healthy food.

Join us starting October 18, 2017 for the first class in the Growing Groceries Education Series, 10 classes (+ a BONUS Growing Tree Fruit class) designed to help you learn how to grow your own food. Take one, take a few, or take all ten classes and get a jump on the 2018 growing season.

All classes take place on Wednesday evenings from 7:00pm – 9:30pm at WSU Snohomish County Extension’s Cougar Auditorium, 600 128th St SE Everett, WA inside McCollum Park.

Costs is $20 per person per class or take all 10 for $175. Bonus class is just $10 more when you take all 10 classes!

Register online at GrowingGroceries.eventbrite.com

For more information about the program, contact Kate Ryan - kate.ryan@wsu.edu or 425-357-6024