



# Grays Harbor County

WASHINGTON STATE UNIVERSITY  
EXTENSION



1854

## SPRING 2018 Quarterly Report

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<http://extension.wsu.edu/graysharbor>

Facebook pages: WSU Extension-Grays Harbor County ~ Grays Harbor County 4-H  
Grays Harbor Noxious Weeds ~ Living Well in Grays Harbor ~ WSU Small Farms Grays Harbor  
WSU SNAP-Ed Grays Harbor ~ WSU Master Gardeners of Grays Harbor and Pacific Counties

### Mission

Washington State University Extension Grays Harbor County helps people put research-based knowledge to work, improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs to improve the lives of Grays Harbor County residents.

WSU Extension Grays Harbor County also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land Grant University Extension System.

### Partnership

Grays Harbor County and Washington State University have a long-standing partnership in providing educational programs and research-based information to residents throughout the county. This partnership ensures that resources are committed from Federal allocations and University funds to keep important educational programs available in Grays Harbor County.

## Program Updates

### 4-H Youth Development Program

Staff: **Dan Teuteberg**, County Director, Regional Specialist-Assistant Professor

**Tracie Hanson**, Program Coordinator



The 4-H Spring Day Camp session was held in April at the Grays Harbor County Fairgrounds. The camp was filled with activity, creativity, and learning; helping to bridge the spring break learning gap. Daily activities were centered on learning, fun, friends, science, and art.



*Lava Lamp Science Project*

Twenty youth, ages 8-12, engaged in daily hands-on educational activities, science projects, and physical activities. While these young campers were able to have fun and connect with caring adults and teens, the teen mentors were also able to earn experience and training hours to prepare for 4-H Summer Camp.



*Bridge-Building Teams Work Together*

In addition to support from the Grays Harbor Community Foundation, the Grays Harbor County Fairgrounds and Elma Chamber of Commerce provided support to help offset the cost of the facility rental.



*Teams Test Bridge Strength*



Find us on  
**Facebook**

<https://www.facebook.com/graysharbor4h/>

## Health and Nutrition Programs

**Staff:** Chris Koehler, Associate Professor

Two Diabetes Prevention Program groups completed their yearlong series this spring. Sixty-five percent of the participants completed the program with a 9% weight loss overall. Participants logged well over the expected 150 minutes of physical activity each week. In closing, group members shared their behaviors, modified since starting the program, including: continued physical activity to maintain weight loss, eating breakfast daily, choosing more fruits and vegetables, substituting non-starchy vegetables for pasta and grains, especially refined grains, and reducing portion sizes.



We offered two new series this spring. The programs were marketed, including a promotion through the Summit Pacific Community Education program. One grant-supported program hosted at the county Extension office started in April. We also submitted data to support national recognition by the Centers for Disease Control and Prevention (CDC) for the Grays Harbor program.

As an active member of the Grays Harbor Food Access Network, I facilitate the bimonthly meetings. Although several potential grant applications have been planned and discussed, projects have not been completely developed or needed additional partner support to move forward. Community interest in the group continues to grow in a widening array of opportunities for Grays Harbor residents to provide access to foods, especially those locally grown.

We were able to generate program revenue by providing Facilitator Training for the Strengthening Families Program for Parents and Youth 10-14 for neighboring counties. This program has been identified as a best practice and its implementation and facilitator trainings are supported by prevention funding across the state.

## Nutrition Education



**Staff:** Julie Guyton, WSU Extension SNAP-Ed  
Kym Foster, Educator  
Jessica Swanson, Educator

February 14<sup>th</sup> is always a challenge when teaching nutrition in schools. We found, however, that students and teachers are embracing healthier choices...even when no one's looking! Kym Foster, nutrition educator at Elma Elementary, made unannounced visits during Valentine's Day celebrations. What she discovered was *awesome!*

Kym visited the third grade classes that were currently having *MyPlate in Practice* weekly. Of the four classes, two were actively participating in healthy choices for food and activities. Mrs. Starks' class (pictured) made a group decision *not* to have food, and instead went outside to enjoy the sunshine with active play and free roam of the entire playground.



Another class had carrots and celery with dip and whole grain baked chips as snacks. The nutrition educator passed out stickers to the students, who were tickled-pink to be "caught" making the choices they did!

Kym later followed a *huge* bunch of bananas to a kindergarten class. Ms. Woodruff shared she permits only healthy snacks in her classroom. Besides bananas, the 'treats' offered were pretzels and water. This teacher last had nutrition education in her classroom in spring 2015, and has practiced healthy celebration choices ever since.

Spring quarter, 275 second-grade youth at AJ West, Robert Gray, Stevens and Elma elementary schools are experiencing nutrition education with a beloved friend, Marty. The *Grazin' With Marty Moose* curriculum is perfect for engaging imaginative second graders. Nutrition educators use the puppet, Marty, to lead students through learning adventures, physical activities and tastes specifically created for them. Hands-on activities make the lessons fun and improve student learning.



*Jailynn shows off the sticker she earned for trying Blue Moosestache Smoothie adventure sip during Marty's dairy lesson at Stevens Elementary*

## Small Farms Program

Staff: Kiley Smith, Small Farms Educator



10:30 a.m. - noon  
**SATURDAY  
MAY 12**  
for adults

**EAT HEALTHY,  
EAT LOCAL**

Explore the possibilities of buying fresh food from local farms with Washington State Extension agent Kiley Smith. She will discuss how shopping locally can help improve your family's nutrition and will introduce and distribute the Farm Fresh Guide. The Friends of the Aberdeen Timberland Library will sponsor this event.

 **Aberdeen Timberland Library**  
121 E. Market Street; 360-533-2360 [TRL.org](http://TRL.org)

The Small Farms Program has been gearing up for the growing season by distributing the 2018 Farm Fresh Guides around the County with the help of community members and WSU Master Gardeners. Senior Centers, markets, garden stores, hotels, and city halls were just a few of the places that were happy to accept stacks of Farm Fresh Guides. Kiley presented “Eating Seasonally and Locally” using the Farm Fresh Guides at two Timberland Regional Libraries and the county wellness program. There will be two more presentations at McCleary Timberland Library on June 2<sup>nd</sup> and Elma Timberland Library on June 9<sup>th</sup> at 10:30 a.m. Plans are underway to present at Grays Harbor College through a program about local food systems.

Farmers Markets in Grays Harbor are seeking vendors. Kiley has been assisting with finding available farmers to participate in the Saturday Morning Market in Montesano as well as the Aberdeen Sunday Market, which is still in the planning stage.

A new farm reached out in regards to obtaining an EBT terminal in order to accept EBT payments for their CSA (community-supported agriculture) program. She was able to provide them with all the information and applications as well as a resource for receiving a free terminal. Kiley provided this same information to several produce farmers who are not yet set up for accepting EBT; the response from those farmers was very positive. Grays Harbor has a very high rate of participation in EBT/SNAP benefits. It is extremely beneficial to both the community and the local farmers to be able to accept this form of payment.

## Noxious Weed Program

**Staff:** Kiley Smith, Noxious Weed Coordinator



The Noxious Weed program has officially hired the new Coordinator, Kiley Smith. Kiley has been extremely busy with various training conferences and meetings such as King County Knotweed Forum. A panel of Noxious Weed experts weighed in on methods and new technologies to combat Knotweed in their counties. They also discussed how to use social media to educate the community on this important work. Kiley met with Jill Silver from the 10,000 Institute to receive training on Reed Canary Grass (RCG) in the Quinault Valley. Together they surveyed areas of RCG (pictured above) and met with local residents to provide educational material on Noxious Weeds present in Quinault. Kiley also attended a Mason County Noxious Weed Control Board meeting to learn from Pat Grover, Mason County Coordinator. Pat walked Kiley through different organization methods, permitting, and seasonal crew procedures.

The new Noxious Weed Coordinator has received a few phone calls regarding Knotweed control. She recommended following the King County best management practices and provided these resources. Kiley has met with other agencies such as the Conservation District, the Quinault Indian Nation, and the Grays Harbor Stream Team to discuss how they can collaborate on various weed control projects. Kiley has scheduled several rock pit inspections in the coming weeks with Pat Grover's assistance.

The most recent training was the Olympic Invasives Working Group meeting in Sequim. Representatives from all over the Olympic Peninsula attended including Quinault Indian Nation, Washington Conservation Corps, Salmon Coalition, 10,000 Institute, Noxious Weed Control Coordinators, among others. Speakers included Wendy DesCamp from the State Noxious Weed Control Board who informed the group on new invasives to watch for. WSU Extension Weed Scientist Dr. Tim Miller shared the effect of herbicides on plants and Justin Vendettuoli with Peninsula Urban Forestry spoke about a survey program called Survey123. This conference was invaluable for the networking that took place among the agencies and plans are underway for collaborating on future projects.

## Food Safety & Food Preservation Program

**Staff:** Sue Sparkman, Office Manager, Food Safety and Preservation Advisor

It is time to begin testing pressure canner gauges! The food preservation season kicked off with the arrival of fresh asparagus from Eastern Washington. Many people make pickled asparagus, which requires a short processing time in a boiling water bath. Non-pickled asparagus must be preserved using a pressure canner because it is a low-acid



*Freshly preserved pickled asparagus with garlic and peppers.*

food. As part of our public outreach, a gauge-testing clinic was held at the Aberdeen Dennis Company during their recent Demo Days event. Plans are underway to schedule some evening hours for patrons to come to our Extension office in Elma to have their pressure canner gauges tested. We want to reach those who are unable to come in during traditional office hours.

We have been answering a wide array of food safety questions. Many egg related calls came in around Easter time, but other people asked what type of fish to use for making sushi, needed help with canning clams, oyster safety, pressure canner problems, as well as a discussion about a white granular substance in home canned venison. Consumers are always encouraged to call or email with any food safety or preservation questions. We have many resources available, including specialists at Washington State University. Our WSU Grays Harbor Extension Facebook page supplies information from Dr. Stephanie Smith, WSU Extension's Consumer Food Safety Specialist. We share posts from her WSU Food Safety Facebook site to address current consumer recall notices and other information. A few websites to visit for current consumer product recalls and alerts are <https://www.facebook.com/wsuentfs>, <https://foodsafetynews.com>, and/or <https://www.fda.gov/Safety/Recalls/>.

## Master Gardener Program

**Staff:** Elizabeth Sims, Volunteer Master Gardener Coordinator

Wow! Warm spring weather makes it easy to forget the January to March dreary winter months! That does not mean that the Master Gardener Program stopped activities and waited for sun and warm weather.

January started with the full-on training of a new crop of Master Gardeners. The classes have been held every two weeks for a full Saturday of lecture and hands on activities. Trainees are completing an on-line training course through Washington State University as well as participating in the Saturday programs. At this time, they are all ready to graduate into Intern status in June! The Facilitators are local Master Gardener Veterans with expertise in the area they present. We invited Rich Hatfield of the Xerces Society to teach on pollinators in March. What a great learning experience for the Master Gardeners and guests.

The Demonstration Garden volunteers have met and decided on this year's theme for the raised beds and planting has started in the green house. Our regular programs continue on a less frequent basis. The on-line plant clinic questions and the school-based classes both continue. Master Gardeners participated in the Cultivating Roots Garden potato-planting event on St. Patrick's Day and our resident bee/pollinator expert shared his experience with students and staff at three different Elementary schools. These four events reached over 250 children

and staff! The quarter ended with a full-on push toward the Home and Garden Show scheduled for the Elma Fairgrounds on May 19 and 20. Again this year, the Master Gardener Program has taken on full responsibility for both the Garden and the Home sides of this event. This means that months in advance Master Gardeners are creating posters and teams to distribute them, recruiting vendors, making plans for how to round up enough volunteers to set up, run the show and then break it down. Our Home and Garden Committee found two wonderful keynote presenters, one for Saturday and one for Sunday.

We are looking forward to another busy spring and summer season with the Plant Clinics throughout the County. Clinics began in early April in Elma, Montesano, Aberdeen and Ocean Shores. It will be fun continuing the teaching of our trainees at both the Home and Garden Show and at local Plant Clinics.



The poster for the 2018 Home & Garden Show features a central image of a red wheelbarrow filled with gardening supplies like a hat, gloves, and plants. Text on the poster includes: 'WSU MASTER GARDENERS OF GRAYS HARBOR & PACIFIC COUNTIES', '2018 Home & Garden Show MAY 19 & 20', 'Saturday 9 AM - 5 PM Sunday 10 AM - 4 PM GRAYS HARBOR FAIRGROUNDS, ELMA Visit pnwmg.org', 'FEATURING SATURDAY 1:00 Lorene Edwards Forkner "Family Friendly Gardening" SUNDAY 1:00 Marianne Binetti "Container Wars!"', 'PLUS Master Gardener Workshops', 'FREE PARKING & ADMISSION', and 'NEW VENDORS • SPEAKERS • PLANT CLINIC • KIDS ACTIVITIES'. Logos for Grays Harbor and the Master Gardener Program are at the bottom.