



Washington State University

GRAYS HARBOR COUNTY EXTENSION WINTER 2020



Serving Grays Harbor County for more than 100 years

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.

Partnerships

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.



Other Grays Harbor County partnerships include:

- ♦ *Greater Grays Harbor, Inc.*
- ♦ *Early Learning Coalition*
- ♦ *Timberland Regional Library*
- ♦ *Behavioral Health Resources*
- ♦ *Summit Pacific Medical Center*
- ♦ *ARC of Grays Harbor*
- ♦ *Grays Harbor Fairgrounds*
- ♦ *Senior Nutrition Program*
- ♦ *School Districts—Aberdeen, Hoquiam and Elma*
- ♦ *Community Services Office (CSO)*
- ♦ *Grays Harbor Community Hospital*
- ♦ *Grays Harbor Community Foundation*
- ♦ *GH County Public Health and Social Services*
- ♦ *WorkSource of Grays Harbor and Pacific Counties*
- ♦ *WA State Dept. of Agriculture (WSDA)*
- ♦ *Grays Harbor Conservation District*

WSU Extension Grays Harbor County
PO Box 3018 (Mail) ~ 34 Elma McCleary Rd
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Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Grays Harbor County

BY THE NUMBERS

59 adult volunteers
enrolled so far and
over 30 adults
engaged in the
training process



So far, 242 youth
members have
updated their profiles
in the enrollment
database for the year



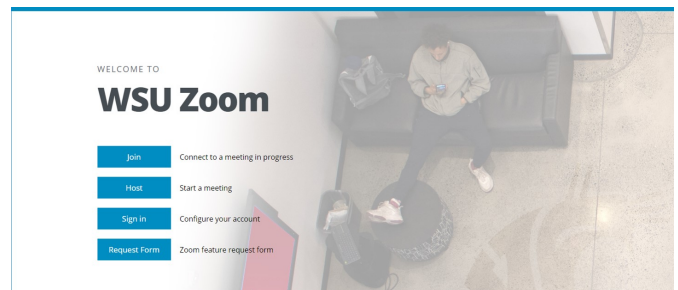
4-H Youth Development

"To Make the Best Better"

With 4-H clubs, volunteer 4-H Councils and regional 4-H volunteer committees meeting, planning, and learning together across the county through the entire year, it is exciting to have eight 4-H groups regularly meet and conduct business in centrally located WSU Extension meeting spaces.

To minimize the impact of time and travel resources on 4-H volunteers and families, WSU Extension also provides support for

and access to Zoom videoconferencing for these 4-H Councils, committees, and groups. Access to this resource allows ongoing communication with members or committee members who call in from their phones, or log in using a laptop or smartphone. Members then interact with audio, video, or a combination of these methods. A noticeable increase in use of these tools allows 4-H volunteers and families to be a part of the dialogue and share their perspectives and leadership skills in real time from Humptulips, Elma, Oakville, the Wynoochee Valley, and all points in between.



Dan Teuteberg
County Director & 4-H
Youth Development Specialist



Tracie Hanson
4-H Coordinator
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BY THE NUMBERS

Total Reach

848

20 youth series,
3rd, 4th, 6th & 7th
grades

Youth reached:

376

Adult Outreach:

472

QUOTES from Elma 3rd grade students

"I enjoyed the
adventure bite because
it in speired [sic] me to
be more healthy."

"If you don't have
enough milk you will
start slouching and
you need fiber to help
you poop."



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

Making Healthy Choices Easy and Fun

MyPlate In Practice, a third-grade curriculum, was offered to 86 students at Elma Elementary school. During seven lessons, students learn about keeping healthy through a handwashing exercise using Glow Germ Potion and a black light. They enacted what it was like being a British sailor in 1790 - from swabbing decks to rigging sails, then coming down with scurvy due to lack of vitamin C. Third graders also tasted each part of the plant and documented through the week



veggies they ate that were not already listed on the plant diagram. They also explored many ways to cut down on unhealthy fats in foods we eat. Many of the adventure bites were true hits, like Lemon Velvet, MyPlate Parfait, and Fruit Fizzies. Each lesson also incorporated fun physical activities and games, which engaged the students and refocused them for the rest of the lesson. Newsletters were sent home to parents, which recapped the lessons, games, recipes, and included shopping tips.



Julie Guyton
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QUOTES

What HMS students learned:

"I can make healthier foods with a simple fix."

"You can make any meal healthy."

"How to portion my food...how to make everyday meals healthier."

"Reading labels is important to your body."

"It's easy to make healthy meals and cheap, too!"

Changes HMS students made after 5 days of nutrition education:

"I'm gonna stop drinking a ton of Red Bull soda!"

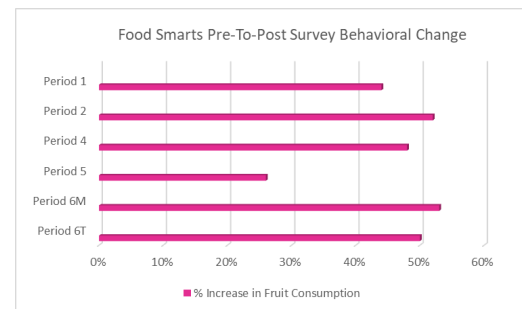
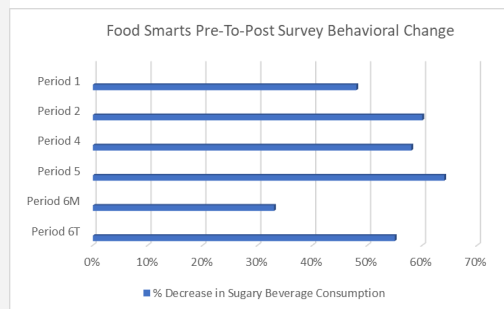
"I'm going to eat more vegetables and drink less soda."

"I have substituted unhealthy food with fruits and oatmeal."

"I'm not drinking as much soda/coffee."

"Don't be afraid to try new things."

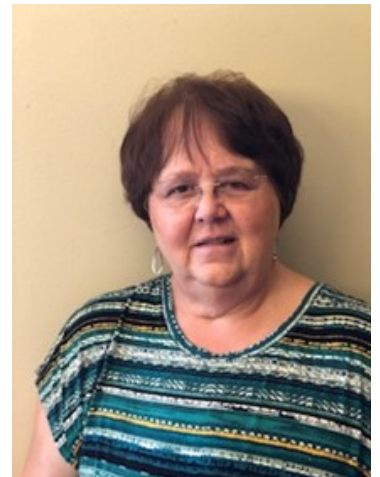
SNAP-Ed and Hoquiam Middle School teachers Megan Pumphrey and Tim Pelan conducted a marathon *Food Smarts* series in early February. Five lessons were taught to 116 7th-grade and 50 6th-grade students over the course of one week. Each lesson contained goal setting, hands-on experiential learning and a featured taste which complemented the lesson focus. When asked what were their favorite parts of the lessons, most responded 'taste testing', while others listed goal setting. When asked what they learned, there were varied responses, ranging from how to determine the number of teaspoons of sugar in foods (specifically sodas) to how you can make healthy food and have it still taste good.



Small Changes Can Make Big Differences

East County Food Bank (ECFB) agreed to have SNAP-Ed conduct the Healthy Food Pantry Assessment Tool (HFPAT).

The tool is used to highlight areas in which the food pantry/bank is doing well and also pinpoint areas in which the pantry staff would like to make improvements. Linda Scerbo, food bank manager, was very open to the survey and welcomed the information gathered. Areas in which ECFB already excelled were: client service (no wait time between check-in and receiving food), quality of fresh fruits and vegetables, accessibility and cleanliness. Some areas Linda decided to improve were: nutrition benefit signage to boost the information we all need; a "Respect & Dignity" sign and policy adoption. To start, Linda is especially interested in tackling volunteer guidelines.



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BY THE NUMBERS-2019

Educated 1800+
adults and youth
through garden
events, school
contacts, and Fair
activities

Answered more
than 600 plant
questions

2019 Total
recorded hours
for Master
Gardeners in
Grays Harbor
County: 5812

Upcoming Event:
The 2020 Home &
Garden Show will
be held at the
Elma Fairgrounds
on May 16 - 17.



Master Gardeners

Cultivating Plants, People and Communities

BRINGING ON NEW MASTER GARDENERS

From mid-July through the end of 2019, the Master Gardeners have focused on recruiting and enrolling new trainees for the 2020 WSU Extension Master Gardener Training for Grays Harbor and Pacific Counties. The training team members have engaged in hours of curriculum review and updates, seeking training sites, and recruiting and interviewing potential new Master Gardeners.

We are pleased to have 26 Trainees for the 2020 class. Trainees experienced Preview Classes that allowed them to sample a training class and meet some of the facilitators. They also completed WSU Extension Master Gardener applications and passed background checks. They were interviewed through a meet and greet process that took place in small groups across Grays Harbor County. The new trainees attended Orientation in January and began their first two classes on Saturdays in February. Along with the WSU online training, the trainees will participate in in-person support classes two Saturdays a month through their June graduation.



Elizabeth Sims
Coordinator

Visit our website: pnwmg.org
E-mail: pnwmg@yahoo.com.

STARTING A NEW COLLABORATIVE PROGRAM

Following the successful Junior Master Gardener training offered by Pacific County 4H, we are piloting a Youth Outreach class at Cosmopolis Elementary using the Junior Master Gardener curriculum. We are working with youth in the 9-11 year-old age range in a Resource Room setting. This program kicked off in December and will continue throughout the school year. Master Gardeners hope to rally support from parents to continue tending the garden beds through the summer. Maintaining school gardens, with watering and weeding throughout the summer is an issue shared by school staff across the county.

If this program succeeds, the goal is to offer similar gardening programs to other schools in the county.



2019 Recorded Hours for Grays Harbor County Master Gardeners

Hours for Plant Clinics presented in the County: 319

Educational Outreach to Adults: 353 +

Youth Outreach: 145 +

Demonstration Gardens/Beds: 713 +

Program Support: 3290 +

Community Garden support: 67 +

Continuing Education: 921

Total: 5812



Cultivating Plants, People, and Communities





Spartina genus is considered highly invasive and one of the most aggressive worldwide



Noxious Weed Program

Grays Harbor County Noxious Weed Control Board

The Grays Harbor Noxious Weed Control Board adopted the 2020 Weed List in February. The Noxious Weed List classifies weeds into three categories: Class A is the highest priority and not widely present; Class B-designates are weeds that are in the state but limited to specific areas; and Class C weeds are widespread throughout the state. The Board can select as a priority weeds that are not designated as Class B in Grays Harbor County or listed as a Class C. The 2020 list includes: all knotweed species, yellow flag iris, tansy ragwort, gorse, poison hemlock and purple loosestrife.

Grays Harbor Noxious Weed partnered with the Stream Team to host a volunteer event to pull Scotch broom in Ocean Shores. The Weatherwax park property was significantly improved after 18 volunteers pulled all Scotch broom within the park.

Noxious Weed Coordinator Kiley joined the WSDA to survey and dig remaining Spartina plants in the Grays Harbor bay, an annual task to keep it from invading

WEATHERWAX SCOTCH BROOM REMOVAL

At Weatherwax in Ocean Shores
Saturday, November 23rd at 10:00 am to 1:00 pm
Coffee, donuts, and snacks provided

**Come remove scotch broom with
the Grays Harbor Stream Team and
the Noxious Weed Coordinator**

Look for the sign and the
blue tent

Kiley Smith
Coordinator
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Responsible for encouraging control of noxious weeds and promoting awareness of invasive plants to the public for economic and environmental health.

QUOTES:

Thank you so much for sharing this with us! Your resources are so helpful! ~ Summer

This is Excellent! What wonderful content!~ Grant

Notable Projects Underway:

- * Farm to Food Pantry Program
- * Ocean Spray Cranberry Gleaning
- * Voluntary Stewardship Program Recruitment
- * Farm Fresh Guide 2020 update and recruitment
- * Gearing up for 2020 Aberdeen Sunday Farmers Market
- * Pollinators on the Farm Workshop



Small Farms Program

Supporting Local Agriculture

The Small Farms program hosted “Agri-tourism: Cultivating Tourists on the Farm” at the Westport Winery. Twenty-five farmers interested in starting an Agritourism enterprise participated. All attendees were engaged and expressed satisfaction with the content and guest speakers representing Grays Harbor County Planning and Environmental Health Departments. They discussed regulations and the permitting associated with starting an agritourism enterprise.



Small Farms Coordinator Kiley attended the Cascadia Grains Conference where she learned more about the partnership between WSU and the Northwest Ag Business Center (NWABC) and their efforts to build a grain storage facility and foster a viable grain industry in Southwest Washington.

The Small Farms program has been working with WSU Extension Thurston County and NWABC to establish a regional food hub that will create marketing opportunities for small farms in the area. An informational session hosted at the Extension office brought 15 farmers together for a round table discussion about regional marketing limitations that could potentially be relieved by a food hub.

Kiley Smith
Coordinator

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Supporting small local farmers through education,
marketing support, and statewide program
implementation

BY THE NUMBERS

5 Diabetes
Prevention
Programs (DPP)
Provided in
Winter 2020

11,487 activity
minutes logged in
January 2020

7% average
weight loss for
participants that
completed the
program in 2020

730 views of the
Grays Harbor Food
Access Map



Family Living Program

Healthy eating, active living, and improved wellness

January of 2020 brought the usual challenges for those individuals participating in the Diabetes Prevention Program series (DPP). How does someone engage in 150 minutes of physical activity when there are few daylight hours and more than 22 days filled with rain?

The New Year kicked off with a First Day Hike offered by Washington State Parks on one of our few non-rainy days. Program participants also developed strategies to stay active, and even increase their minutes of activity. Their methods included instructor-led yoga classes offered before each Ocean Shores session, community programs including SAIL (Stay Active and Independent for Life) classes, fitness facilities, water aerobics, home fitness equipment, and donning raingear to take advantage of our many beautiful Grays Harbor walking trails.

Two year-long DPP series concluded in February. Participants lost a total of 102 pounds, averaging a 7% weight loss. Three DPP series are continuing from the fall. Those participants have lost an average of 4% of their weight to date. Data from these continuing programs will be submitted to the CDC in April to maintain national program recognition.

The public continues to use the Grays Harbor Food Access Map as a resource. The map includes contact and location information for prepared meals and other sources of food in the county.



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Working for a healthy
Grays Harbor

Stephanie Rangel,
Mary Jo Lohrenz,
Marlene Thommason,
Lifestyle Coaches

2019 BY THE NUMBERS

60 Pressure Canner Gauges tested - all were within the 2 pound allowance so no new gauges were recommended

44 calls for food preservation/safety information; 24 female and 20 male callers

Consumer food safety notices and recalls were shared to our Facebook page and food safety articles were sent to local media, all from Dr. Stephanie Smith, WSU Consumer Food Safety Specialist



Sue Sparkman
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Consumer Food Safety

Food Safety & Food Preservation Program

PRESSURE GAUGE TESTING & FOOD SAFETY CALLS

We are here to answer your food safety and preservation questions by using current research-based information. Examples from this past year include:

Can I add rice and noodles to chicken soup before canning; I found that a jug of apple cider vinegar was "flavored" and did not contain any real apples (contacted WSDA who forwarded complaint to FDA); do I need to pre-cook corned beef before canning; I fell asleep after taking the lid off the pressure cooker full of port tenderloin, is it safe to eat; the garlic in my pickles turned color; I left a dozen eggs on the kitchen counter for 10 hours, are they safe to eat; how little sugar can I get by with when canning peaches and pears; had questions on canning salmon and clams; can I still enter my canning into the Grays Harbor County Fair; how much water do I put into my canner for processing tuna; I need a refresher on canning tuna; how many pints will I get from 30 pounds of filleted tuna; steam is coming out the side of the canner and the pressure is not climbing; I just purchased a 30 quart All-American canner, can I triple-stack half-pint jars; how do I can mushrooms; how much salt, water, and time for canning tuna; how long do I need to keep the canning rings on; canning tuna for the first time, can you help me; I am confused between hot-pack and raw-pack; do I need to fill empty spaces in canner with jars of water; my wife's caregiver screws down the bands after canning, isn't that wrong; my coworker made tomato sauce with vegetables in a water-bath canner AND without adding acid; I ran out of time and left unprocessed jars of beef stew in the garage overnight-jar lids are buckled and contents are bubbling in the morning; and many calls about thawing turkeys.

[HTTPS://EXTENSION.WSU.EDU/GRAYSHARBOR/](https://extension.wsu.edu/graysharbor/)

PO Box 3018 (Mail), 34 Elma McCleary Road (Physical), Elma, WA 98541

Extension programs and employment are available to all without discrimination.



Grays Harbor County

WASHINGTON STATE UNIVERSITY
EXTENSION

Visit Our 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



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Evidence of noncompliance may be reported through your local Extension office.