



# Washington State University

## GRAYS HARBOR COUNTY EXTENSION SPRING 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  
Elma, WA 98541 360-482-2934

Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Grays Harbor County

# Drive-In WiFi Hotspot Available

In response to the impacts of COVID-19, new Drive-In WiFi Hotspots provide free temporary, emergency internet access for Washingtonians who do not have broadband service to their homes. Our Grays Harbor County site was selected as one of an initial fifteen locations in Washington to participate in the project. It provides wireless internet access at Aberdeen's The Shoppes at Riverside in the parking area near the food court entrance. There is a specific emphasis on student access but is available to all residents. In addition to access for remote learning, it can be used for job searches, telehealth, telework, unemployment filing, census participation and other uses. The site is located at 1017 South Boone Street in Aberdeen. This WiFi hotspot is supported locally by WSU Extension, Greater Grays Harbor, Inc. and Grays Harbor College.

We are delighted to offer this free internet access in our community. COVID-19 has shone a light on how critical broadband is for our economy, educational needs and quality of life for all our residents. Each location includes network security protocols and promotes Governor Jay Inslee's social distancing requirements during the COVID-19 outbreak. When you log on you will be asked to identify your uses such as education, telehealth, job search or government services. This information will help determine the important reasons we need to increase broadband availability in our area.



This project was launched in collaboration with Washington State University Extension, the Washington State Library (a part of the Washington Office of the Secretary of State), and the Washington State Broadband Office. Equipment for the first 15 sites was generously donated by Microsoft. Counties participating in this first phase of this project include Asotin, Clallam, Ferry, Garfield, Grant, Grays Harbor, Island, Okanogan, Pend Oreille, Pierce, Skamania, Stevens, Wahkiakum, and Yakima.

Phase Two sites will be offered at WSU Extension offices, libraries, schools, and other locations across the state. Phase Three is dependent on funding and site selection based on areas of need. Efforts are underway to identify sites that meet those with the greatest need through a selection process that includes school free and reduced lunch programs data and reported regional unserved access areas.

A Drive-In WiFi Hotspot locations map created in collaboration with the OCIO (Office of the Chief Information Officer) and WaTech is available at [www.driveinwifi.wa.gov](http://www.driveinwifi.wa.gov). This map will be continually updated as new sites are offered across the state.

Though this project does not expand networks to homes or businesses, it does offer an immediate source for internet in regional locations for citizens, students, and workers during the COVID-19 emergency. The project partners and supporters are committed to continuing work beyond this crisis to ensure all in Washington have access to affordable, reliable broadband.

**Dan Teuteberg**

**WSU Extension Grays Harbor County Director**

**[dan.teuteberg@wsu.edu](mailto:dan.teuteberg@wsu.edu)**





## BY THE NUMBERS 2020



Number of virtual meetings hosted by the GH 4-H Program from March through May:

9 Council and Committee Meetings  
18 sessions of 4-H Virtual Office Hours

Join us...  
GRAYS HARBOR COUNTY  
**4-H**  
**VIRTUAL OFFICE HOURS**  
via Zoom Video Conference

**WHAT**

.....  
TUESDAYS 2:00 pm  
THURSDAYS 11:00 am

**WHO**

**4-H YOUTH  
4-H PARENTS  
VOLUNTEERS**

We Miss You  
Chat  
Share  
Connect  
Learn  
Network  
New Ideas

**WHY**

**HOW**

Connect using your  
**COMPUTER  
PHONE  
TABLET**

**WHERE**

**EVERY TUESDAY 2:00**  
Web: <https://wsu.zoom.us/j/510781379>  
Phone: 1 669 900 9128; Meeting ID 510 781 379

**EVERY THURSDAY 11:00**  
Web: <https://wsu.zoom.us/j/822552958>  
Phone: 1 669 900 9128; Meeting ID 822 552 958

Questions? Contact:  
[tracie.hanson@wsu.edu](mailto:tracie.hanson@wsu.edu)



# 4-H Youth Development

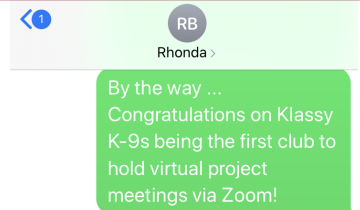
"To Make the Best Better"

The local 4-H community has found many creative ways to continue learning and connecting with each other online, by phone, and by mail to maintain a sense of belonging while 4-H clubs, members, and families have been unable to meet in person due to COVID-19.

Grays Harbor County WSU Extension staff are collaborating with 4-H volunteer leadership to provide the community with local, state, and national resources for 4-H "Learning By Doing" to happen amidst families and clubs across the county.

Hosting 4-H Virtual Office Hours twice a week helps to keep lines of communication flowing between 4-H volunteers, youth members, and staff. This ongoing connection with the 4-H community provides insight into the needs of 4-H Club Leaders, parents, and youth, such as support for the use of online meeting technology.

4-H Councils and committees have already partnered with WSU Extension staff to plan the facilitation of a virtual 4-H showcase as a tool to highlight the learning and growth our 4-H members have put into their many projects this past year. 4-H Club Leader, Cathy, says that she has been, "making the best of what we have to deal with and staying safe. I hope you are doing well and able to stay safe ... thank you for continuing your awesome support of the 4-H program!"



I did make an account already, so I should be good to go. Just did the free one. It was fun to see tree kids and give them ideas of what they can do with their dogs. Carrie is doing great at wanting to do more and I'm trying to step back a bit and let her lead!

**Dan Teuteberg**  
County Director & 4-H  
Youth Development Specialist  
[dan.teuteberg@wsu.edu](mailto:dan.teuteberg@wsu.edu)



**Tracie Hanson**  
4-H Coordinator  
360-482-2934  
[tracie.hanson@wsu.edu](mailto:tracie.hanson@wsu.edu)



## GRAYS HARBOR COUNTY 4-H

Collaboration with the Grays Harbor 4-H volunteer leadership team has also led to a “Senior Spotlight” series on social media to recognize the learning and accomplishments of graduating 4-H youth members.



For example, Kaelyn, who plans to attend Western Washington University to study elementary education and psychology says, *“Every year of camp, as both a camper and counselor, was filled with unique memories so I could never choose just one! I will be forever grateful for the bonds we formed, the lessons I learned, the memories made, and the skills I gained. My experiences as a (summer) camp counselor played a big part in my decision to pursue a career as an elementary school teacher.”*

## CLASS OF 2020 SENIOR SPOTLIGHTS



## SCHOLARSHIP RECIPIENTS

The Grays Harbor 4-H Council Scholarship Committee reviewed applications submitted for the year, and is pleased to support three 4-H graduates as they pursue their education. Congratulations to Kaelyn, Layne, and Natalie!

Layne, who plans to attend South Puget Sound Community College to play volleyball, has been showing horses for the past ten years and says that her favorite 4-H memory is, *“earning Reserve State Champion in Saddle Seat Equitation.”*



Natalie has raised a number of dairy animals and plans to attend Purdue University to study Agricultural Business, after which she wants to, *“come home and give back to the 4-H community that built who I am today.”* Natalie shares that her favorite 4-H experience is, *“the mundane barn duties where I get to share my love of the dairy industry with the public and spend time with my friends that at this point are more like family.”*

Dan Teuteberg  
County Director & 4-H  
Youth Development Specialist  
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**BY THE  
NUMBERS  
2020**

**Total Reach  
848**

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

**Youth reached:  
376**

**Adult Outreach:  
472**

**COVID 19 Outreach:  
Schools: 629  
Community: 290**



## **SNAP-Ed Nutrition**

**Supplemental Nutrition Assistance Program**

### **Teaching and Sharing From a Distance**

In response to the COVID-19 closures, SNAP-Ed program delivery dramatically shifted in April and May from mostly in-person direct education classes for both youth and adults and community outreach to exclusive online delivery of educational materials and resources as well as supportive indirect activities. Most of these efforts focused on providing updated food security information and health-at-home related resources to our partner schools and service agencies to be added to their collective community resources toolboxes, as they became the centralized virtual hubs for our SNAP audiences sheltering-in-place throughout Grays Harbor County.



**Julie Guyton  
Coordinator  
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jguyton@wsu.edu**





In lieu of SNAP-Ed nutrition lessons in 2<sup>nd</sup> grade classrooms this spring, SNAP-Ed offered the *Grazin' With Marty Moose* workbooks and parent newsletters to share with students and their parents. Online links to the weekly *Chop Chop Kids Club*



“cooking lessons” and family newsletters, as well as CATCH’s free *Health at Home* physical activity/PE resources were shared with teachers to use in their students’ distance learning packets, Google classrooms, or share with students and families via the schools’ various social media platforms and websites.

## QUOTES

“Thank you—the books are fantastic!”  
Linda Scerbo, East  
County Food Bank  
Manager

An assortment of SNAP-Ed sites to assist families with meal planning, stretching food resources, cooking tutorials and healthy recipes were forwarded,



as well as tips for staying physically active at home. Links to WSU Extension-developed resources regarding food safety and proper disinfecting practices in the home to help prevent the



spread of COVID-19 (*We're Here to Help and Stay Home-Stay Safe-Stay Healthy*) were also highlighted. We also shared 100 *Seasoned* magazines with the food banks, which highlighted many vegetables contained in the produce boxes.



Karli Phillis  
Nutrition Educator  
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Michelle Floch  
Nutrition Educator  
mfloch@wsu.edu



## BY THE NUMBERS 2020

23 new Master Gardener Trainees participated in face-to-face and distance classes

20 plant questions answered through "Ask a Master Gardener"

70+ adults participated through live Master Gardener trainings

15+ youth participated in classroom programs

10 youth reached through distance-education



# Master Gardeners

Cultivating Plants, People and Communities

Beginning January 1, 2020, the Grays Harbor and Pacific Counties Master Gardeners had been preparing for a busy year of providing research-based information and training throughout both counties. All in-person planning stopped as of mid-March and we moved as much as possible into a virtual mode of delivery.

**The Scholarship Program:** The deadline for new scholarship applications was extended this year to accommodate the closure of local schools. We have received a number of applications and plan to award a scholarship in a unique way this year!

**Youth Outreach:** This past quarter saw two Grays Harbor Master Gardeners begin to teach the Junior Master Gardener curriculum to a group of Elementary students at Cosmopolis Elementary School. That effort ceased when schools closed for the year. One of the new Master Gardener Trainees began a project that involves planning and assembling an activity kit for children in her local community. She contacts families by phone and delivers the kits to front doors, maintaining all approved guidelines.

**Plant Clinic:** Plant clinics usually begin in our regular venues in April. This year we are focusing on having skilled Master Gardeners responding to questions submitted through the "Ask a Master Gardener" link on our website. This has been advertised through newspaper and social media. The WSU Extension office also refers calls to us.

Elizabeth Sims  
Coordinator

Visit our website: [pnwmg.org](http://pnwmg.org)  
E-mail: [pnwmg@yahoo.com](mailto:pnwmg@yahoo.com).

**Adult Education:** Due to the “Stay Home—Stay Healthy” guidelines, Grays Harbor Master Gardeners provided education to the readers of local newspapers through regular gardening articles. We are using the Grays Harbor Facebook page to share gardening information and advertise the on-line “Ask a Master Gardener” link on the web site.

The new 2020 class of Master Gardener Trainees had participated in orientation meetings in January and had been able to attend three of nine planned in-person training sessions by early March. These classes were suspended on March 13. Plans were then formulated for an on-line training.

WSU faculty members who planned on coming to Grays Harbor have provided classes using Zoom technology. Toni Gwin provided Zoom training to the Master Gardener Program Coordinators, new Master Gardener trainees, and class facilitators. Five classes have been shifted from in-person to on-line trainings. This method of training, while not optimal, has allowed the Master Gardener training to continue.



**Food Bank Donations:** Several of the containers destined for the Home and Garden Show that was cancelled were planted with salad greens as the main attraction. Some of those were purchased by or donated to local Master Gardeners. Produce from those containers has been going to local feeding programs such as food pantries and Feed the Hungry. Vegetable plants from the Elma Demonstration Garden have been donated to local food banks. The Ocean Shores Demonstration beds are focusing on food crops to donate locally.



Work in all of the Master Gardener Demonstration Gardens has been challenging with the guidelines for group safety. Fewer Master Gardeners could participate in garden activities. The Grays Harbor Fairgrounds closure resulted in significantly less spring work in the Elma Demonstration Garden.

Dan Teuteberg was helpful in seeking permission to increase the number of Master Gardeners allowed to work where food production activities are deemed essential. **Thank you, Commissioners, for approving this increase in helpers!**



GRAYS HARBOR COUNTY  
NOXIOUS WEED CONTROL  
BOARD PRESENTS

## NOXIOUS WEEDS IN YOUR BACKYARD AND NEIGHBORHOOD

What is a noxious weed compared to an obnoxious weed? Learn who they are, their impact, and what you can do to remove noxious weeds and restore your habitat and neighborhood for native plants and wildlife.

Tuesday May 5th 12-00pm ZOOM  
RSVP: [kiley.smith2@wsu.edu](mailto:kiley.smith2@wsu.edu)

Join us to learn more about invasive plants and new invaders to be on the look out for and Q & A for all your weed questions!

GRAYS HARBOR COUNTY NOXIOUS WEED

## DO YOU HAVE KNOTWEED?



FIND OUT HOW TO DEAL WITH THIS  
DESTRUCTIVE INVASIVE PLANT

ZOOM WEBINAR  
WEDNESDAY  
MAY 27TH @ 1:00PM

GRAYS HARBOR  
NOXIOUS WEED  
FACEBOOK EVENTS

## Now is the time!

The entire Poison Hemlock plant is toxic to animals and humans, containing the poisonous alkaloid coniine and other alkaloids. Poison hemlock can quickly infest large areas of pasture as well as open waste places.

Poison hemlock is a very tall biennial plant that can grow up to 12 feet in height. It grows into a rosette the first year—a cluster of leaves growing on the ground and then flowering stems the next year.

The stock has distinguishable purple spots.

For more information or assistance please call Grays Harbor Noxious Weed Control Board Coordinator Kiley at 360-482-2934  
[kiley.smith2@wsu.edu](mailto:kiley.smith2@wsu.edu)

The best time to spray poison hemlock is in the spring, when the plant is still young and the leaves are just a basal rosette, before it forms a stem and flowers.

Always wear gloves and protective clothing and do not burn plants due to the toxins within plant parts. Also, due to the plants toxicity, do not allow animals to graze live or dead poison hemlock plants.

Digging up small infestations and removing the entire taproot is effective. Mowing is ineffective as plants will re-sprout, sending up new stalks in the same season mowing occurs. Never put pulled plants in the compost or leave them where children or livestock might eat them. Removed pulled plants from site, bag and put in the trash. Monitor sites for re-growth and seedlings as seeds will readily germinate on disturbed ground.



TANSY  
RAGWORT  
SENECIO  
JACOBAEA

SPRING IS THE TIME OF  
YEAR TO LOOK FOR  
ROSETTES



PLEASE DIG OR SPRAY  
TANSY RAGWORT ON  
YOUR PROPERTY NOW!

Good control is obtained by spraying rosettes in the spring and again in the fall with products that are systemic and selective so that they will not harm grasses. Selective herbicides that are effective include dicamba, 2,4-D, triclopyr and aminopyralid. Glyphosate is non-selective but can be used where weeds are dense or where damage to grasses is minimal or will be re-seeded.



GRAYS HARBOR NOXIOUS WEED  
CONTROL BOARD  
[kiley.smith2@wsu.edu](mailto:kiley.smith2@wsu.edu)  
[www.mnrc.wa.gov](http://www.mnrc.wa.gov)



# Noxious Weed Program

## Grays Harbor County Noxious Weed Control Board

Noxious Weed season is here but summer plans have been halted and new safety measures have been adopted. The Noxious Weed Coordinator follows all safety procedures and keeps a safe distance from landowners and colleagues. Grays Harbor Noxious Weed program has adapted accordingly by offering webinars to the public through web based platforms. Noxious Weed Coordinator Kiley Smith hosted “Noxious Weeds in Your Backyard” and “Do You Have Knotweed?”. The two classes taught attendees how to identify noxious weeds and how to control them using integrated vegetation management strategies.

The Noxious Weed program partnered with the Grays Harbor Vegetation Department to control scotch broom on a 15 acre parcel owned by the County. This parcel is an inactive rock pit, a common noxious weed source throughout the County. The Noxious Weed program recognizes that these rock sources are a vector for weeds to infest construction projects, private property, and National Forest Lands. The Noxious Weed Program offers weed-free inspections for rock pit owners to become certified to provide weed-free aggregate. Three pits have already been inspected in 2020 and several more are planned.

Landowners, farmers, and gardeners contact the noxious weed program every day with questions about troublesome weeds, pasture management, and vegetation management plans. The program offers educational material, Integrated Vegetation Land Management plans, and resources for pasture renovation, often partnering with other organizations such as the Conservation District and the Stream Team. Other collaboration projects are underway with organizations such as the Department of Fish and Wildlife, Department of Natural Resources, Quinalt Indian Nation, 10K Institute, WSU bio-control program and the Aquatic Species Restoration Plan to begin a cooperative management basin wide approach to addressing the growing invasive weed issues within the Chehalis Basin.

Kiley Smith  
Coordinator  
360-482-2934  
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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



*"The brochure is beautiful; I can't wait to get one!" – farmers market board member*



# Small Farms Program

## Supporting Local Agriculture

The Aberdeen Sunday Farmers Market is set to begin June 14<sup>th</sup> on Sundays from 10-3pm. The Small Farms program assists the farmers market with farmer correspondence, financial support resources, and engages in conversations regarding health and safety measures to adopt for the summer markets operating during the COVID-19 pandemic.

The 2020 Farm Fresh Guide is available now, with 41 farms listed selling meat, produce, flowers, seafood, and a range of other products directly to consumers. The guide was given a new look this year in full color print. Farmers and community members are always delighted with the Farm Fresh Guide each year to help them source the freshest local food. The Farm Fresh Guide will be distributed to community centers, markets, farms, food establishments, tourist resource centers, and more locations.

The WSU Extension Grays Harbor Small Farms webpage has been updated to provide COVID-19 resources for farmers including safe handling practices that will keep workers and consumers safe from both foodborne illness and the current COVID-19 virus. The webpage provides links and information for financial support and relief, and directs farmers to visit the WSU Food Systems COVID-19 HUB for a myriad of resources. The HUB offers opportunities to take weekly surveys to provide information to the State regarding the needs for farmers during the pandemic.

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



BY THE  
NUMBERS  
2020

Average weight  
loss for  
completing  
participants was  
8.7%

69% of  
participants  
completed  
program  
requirements

The WSU  
Extension Grays  
Harbor Diabetes  
Prevention  
Program received  
Full Recognition  
from the CDC

"I've seen my A1c  
drop from 6.0 to  
4.7"



## Family Living Program

Healthy eating, active living, and improved wellness

The WSU Extension Grays Harbor County Diabetes Prevention Program (GH DPP) earned renewal of Full Recognition from the Centers for Disease Control and Prevention (CDC). Program participants exceeded the national standards set by the CDC for weight loss and physical activity minutes. Several program participants also reported that they'd been able to lower their blood glucose, measured by A1c tests, to below the prediabetes threshold of 5.7, effectively no longer qualifying them for the program.

Historically, participants in the GH DPP have significantly increased their weekly physical activity minutes, staying active by walking, biking or swimming. Increased physical activity has many health benefits beyond helping to lower blood glucose and aid in weight loss.

This spring the WSU Extension Grays Harbor lifestyle coaches and current GH DPP program participants had the opportunity to develop technical skills using Zoom technology to continue participating in monthly sessions. Most of the participants quickly adapted to the new technology. They were able to share healthy food choices and weight loss strategies with other participants. Recorded Zoom sessions help those with poor connectivity. While Washingtonians Stayed Home—Stayed Healthy, participants honed their gardening skills by preparing and planting garden beds, and took advantage of our open spaces for outdoor activities here in Grays Harbor.

Funding to support the Diabetes Prevention Programs here comes from the Grays Harbor Community Foundation, Grays Harbor County through Extension, WSU Extension, and program participant donations.



Chris Koehler  
Extension Faculty  
360-482-2934  
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Working for a healthy  
Grays Harbor

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



**BY THE  
NUMBERS  
2020**

**One Pressure Canner  
Gauge tested  
(in February)**

**Waitlist created to  
resume testing when  
face-to-face interaction  
is allowed**

**15 calls for food  
preservation/safety  
information; 11 female  
and 4 male callers; 186  
minutes total reported**

**Consumer food safety  
notices and recalls were  
shared to our Facebook  
page from Dr. Stephanie  
Smith, WSU Consumer  
Food Safety Specialist**



**Sue Sparkman  
Office Manager  
360-482-2934  
ssparkman@wsu.edu**



# **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 Spring include: can I eat the asparagus end that you break off; do I need to use a diffuser when canning on a camp stove; I need help canning minced clams; when do I remove the rings from the canning jars; is the processing time the same for regular mouth vs. wide mouth canning jars, and can I mix them in a canner load; should I eat this can of tomato soup that has a dried layer on top; is it safe to cook a roast in my mom's old cast aluminum pan—my family says “NO”; our boiled eggs taste funny and there is sediment on the bottom of the pan; do raw eggs need to be refrigerated; and two people have asked when they can schedule pressure canner gauge testing. The man canning clams called back two days later to report they turned out great- THANK YOU! The tomato soup had a “use by” date of 2016 and the elderly lady with odd tasting boiled eggs said she had last made chili in the same pan and maybe it didn't get cleaned well. Due to current COVID-19 restrictions, our office is closed to the public, so a waitlist was created for those needing pressure gauge testing when allowed.

We share recall information and food safety notices from the WSU Consumer Food Safety Facebook page. WSU food safety specialists recently created and released 16 one-minute podcasts which can be found on our Facebook page. They are great. Check them out!

(All of our WSU Extension Facebook pages and website address can be found on the back page of this report)

**[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



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

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