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
4-H RESILIENCE

4-H Members share what they are most proud of from their time in 4-H, including:

“my public presentation”
“what I have overcome”
“raising pigs for the first time”
“being able to stand in front of judges during my speeches”

4-H YOUTH EXHIBIT AT GHC FAIR

This summer over 150 4-H youth members proudly shared their 4-H project accomplishments at the Grays Harbor County Fair from August 4th - 7th in Elma. Project entries included photography, gardening, fine arts, woodworking, educational displays, and creative arts.

In addition to the exceptional still life exhibits, many members attended with their project animals and participated in educational workshops and classes. Animal projects included horses, goats, poultry, rabbits, pigs and more.

Dedicated adult 4-H volunteers from Grays Harbor County played a significant role in the success of this partnership by contributing their time and talents to support hands-on learning opportunities throughout the week for 4-H youth and community members alike.
4-H SCHOLARSHIPS AWARDED
The Grays Harbor County 4-H Scholarship Committee conducted a virtual scholarship review this Spring and is proud to award two educational scholarships. 4-H members and Elma High School Seniors, Dustin and Jamison, were chosen to receive scholarships to assist in furthering their education.

Dustin, Brady Bunch 4-H Club
Tell us about your 4-H projects:
I have been involved in 4-H for 10 years and have been involved in the poultry project for 9 years. I have also shown hogs, goats, rabbits, chickens and turkeys.

What is your favorite 4-H memory, experience, or lesson?
I have been able to learn how to talk to others about my projects. I have done this through public presentations. Also, sharing the love I have for my animals. I have learned to teach others about my projects. I am going to take 4-H everywhere ... it is always a part of my life.

What are your future plans and goals?
I would like to become a nurse by completing a 4-year RN degree and then getting a job at Olympic Family Medical. I would also like to give back to 4-H.

Jamison, Thundering Hooves 4-H Club
Tell us about your 4-H projects:
Horse showing (performance, gaming, dressage, trail, showmanship) and judging; cat showing.

What is your favorite 4-H memory, experience, or lesson?
Out of all the years I have spent in 4-H, it is impossible to choose one memory that defines my experience. When I look back, I think of all the happy tears I had cried after beating an old PR or the moments shared with my club and family. I think of when it seemed like I was sprinting everywhere like a mad man but still never seemed to leave the horse barn. All of the moments I got to spend with my projects will go unmatched in their own very special way.

Through 4-H I have truly been able to build myself into a person I can be proud of. Because of that, I am forever grateful to my club, my community, my country and my world.

What are your future plans and goals?
I will attend WSU to complete my undergraduate degree. After completion I plan on joining the U.S. Airforce and attending medical school.
4-H SENIOR SPOTLIGHTS, continued

Cherokee, Phantom Riders 4-H Club
Tell us about your 4-H projects:
Equine-gaming, equine-performance, record book, equine judging

What is your favorite 4-H memory, experience, or lesson?
Going to Kentucky to represent Washington State at the National Equine Judging competition.

What are your future plans and goals?
To go to work, figure out life. I plan to go back to school as necessary after I decide what direction I want to take in my career.

Kelly, Thundering Hooves 4-H Club
Tell us about your 4-H projects:
4-H horses, rabbits, chickens, visual art, photography, hobbies/collections, and public presentations both at the county and state levels.

What is your favorite 4-H memory, experience, or lesson?
Spending time making new friends, greeting the public, spending time with animals, and competing.

What are your future plans and goals?
I am fascinated by the soft sciences, such as biological sciences, botany, anthropology, and ecology. I have deep and seemingly competing interests in the study of the arts, including not only drawing and sculpture, but animation and graphic design. Through my coursework to date, I am fascinated by how art contributes to science. My interest in art, graphic design, and animation would be used in order to illuminate scientific discoveries and to aid in scientific education. The opportunity to explore the intersections of art and science through medical textbook illustrations, various scientific sculptures/models, and animation is where my academic and career ambitions lie. In pursuit of my educational goals, I have narrowed down my college search to Gonzaga University. There, I will double major in art and biology in order to pursue scientific illustration or field biology. Through my research in these programs, I will be able to use my newfound skills to create detailed illustrations and diagrams of subjects from the softer sciences.

“I PLEDGE my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service and my HEALTH to better living for my club, my community, my country and my world.”
Indirect Contacts through online learning and resource sharing:
- Youth: 732
- Adults: 6,309
- Tribes: 2,150

**SNAP-Ed Nutrition**

**Supplemental Nutrition Assistance Program**

**SNAP-Ed at the Aberdeen Sunday Market**

Grays Harbor SNAP-Ed staff conducted a brief 2-minute survey with SNAP-eligible visitors to the Market on Sunday, July 25th. Participants could take the survey electronically or hard copy. Participants were asked: If and how long they’ve used SNAP fruit and vegetable matching incentives such as Market Match; if they’re eating more fruits and vegetables because of the SNAP Market Match incentive; and if they have seen the adapted Market Match/Make Half Your Plate Fruits & Vegetables posters that WSU Extension Grays Harbor & Mason Counties SNAP-Ed designed (M. Floch) and distributed for display throughout the areas where low-income residents frequent. Survey respondents received a “Thank You” bag filled with nutrition education incentives for their time. Adult bags included WSU Extension SNAP-Ed recipe cards, a set of measuring cups, MyPlate bookmarks, & healthy living tips, SNAP-EBT Market Match at farmers markets brochures, *Eat Together, Eat Better* coasters, and physical activity and nourishment tips. Children accompanying parents were offered MyPlate take-home activity bags (developed by P. Bish) including “Growing Healthy Habits ~ Let’s Grow Peas” activity kit with directions, coloring sheet and supplies, assorted nutrition message...

Our next planned SNAP-eligible shopper survey regarding SNAP Market Match will be on Sunday, September 12th. “Thank You” bags for adults and take home “Growing Healthy Habits—Let’s Grow Beans” bags for children will be featured.

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**The SNAP-Ed Forum Goes Virtual for the Second Year**

Washington SNAP-Ed providers learned about current and emerging programming during the 3-day 2021 Forum in mid-August. The theme, *Transforming How We Set the Table: Commitment to Equity, Community-Driven Collaboration and Justice*, set the stage for providers to seek new ways of serving our communities and connected us with other SNAP-Ed providers across the state.

Each day consisted of main group sessions with notable keynote speakers. Loretta Ross, award-winning, nationally recognized expert on racism and racial justice, women's rights, and human rights, emphasized the intersectionality of social justice issues and how intersectionality can fuel transformation. Her presentation, *Calling In Vs. Calling Out*, urged us to find commonality with others.

Valerie Segrest, Muckleshoot Indian tribal member, works as a Native Nutrition Educator. Segrest has dedicated her work in the field of Native American Nutrition towards the efforts of the food sovereignty movement rooted in education, awareness and overcoming barriers to accessing traditional foods for tribal communities. Her *Indigenous Food Sovereignty and Nutrition Guidelines* presentation provided the agricultural history of Pacific Northwest tribes that has existed for thousands of years, yet is not well-known outside of Native culture.

SNAP-Ed providers could choose from several breakout sessions over the three days according to their interests and work in their communities. Sessions included economic security and food access, working with traumatized audiences, providing virtual education and more. The Forum was captured by Yen Azzaro through graphic illustrations.

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Michelle Floch  
Nutrition Educator  
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Education for Adults and Youth Outreach

Social Media: One of the many venues MGs use to communicate with the public about gardening is the Master Gardener Facebook page. Intern Tanya Roberts (right) shows how to construct an herb spiral. These posts are widely read and shared with others.

Radio: Plant Coffee Talk on KXRO, Sunny 102.1, The Jet, and 105.7

Questions and discussions continue to focus on growing vegetables in home gardens such as different ways to improve soil including worm composting, questions about caring for plants that were scorched and damaged after the extreme heat wave in early summer, and pest questions that arise at this time of year as they become more active in late spring and summer.

Annual Garden Tour: The 23rd Annual Garden Tour & Plant Sale featuring three MG gardens in East Grays Harbor County was held on July 24th. Participants explored the beautiful gardens featuring examples of sustainable gardening, use of native plants in landscapes, and unusual landscape designs. Participants interacted with MG docents during the day asking questions,
As the COVID virus and its variants continue to spread, Master Gardeners (MGs) are continuing to wear masks indoors regardless of vaccination status, and practice social distancing. We are also encouraged to wear masks out of doors. Whenever children are present or there is the likelihood of children being present, we continue to wear masks both outdoors and indoors.

Plant Clinic: Throughout the summer months, MGs visit local Farmer’s Markets and Ace Hardware stores weekly to answer questions about gardening and plant concerns in person. As part of the plant clinics, MGs talk with Food Bank clients interested in growing their own vegetables from plant starts and provide handouts and specific information on ways to grow the plants successfully. Intern Theresa Julius and MG Karen Russo (right) volunteer at the Plant Clinic in Aberdeen. Plant clinics will continue through September in different locations.

Demonstration Garden: Our Continuing Mission is to support Food Banks in their goal of providing food to clients who experience food insecurity. At this time, we have donated over 275 pounds of produce including 11 lbs. of green beans!

Grays Harbor County Fair: The 2021 fair attracted enthusiastic crowds interested in participating in County Fair events including the MG Plant Clinic booth. MGs volunteered over 105 hours during the four days answering questions, sharing gardening stories and enjoying the garden. Frequent questions included integrated plant management, native plants, vegetable gardening and weed control.

At the popular composting area, MGs also answered numerous questions including ways to grow vegetables in straw bales, control of rodents in compost bins, options to start composting and advantages of growing plants from seeds or plant starts. MGs were able to talk with 850 people during the fair.

Nearly 100 children participated in a search activity recording items that they found in the garden.

By: Julia Marshall

Cultivating Plants, People, and Communities
The Noxious Weed Program kicked off the summer with the Invasive Species Awareness Week. The Grays Harbor Stream Team and the Noxious Weed Program worked together to create educational videos on identification and control of several invasive species. The videos were posted to multiple social media pages. The week ended with a noxious weed plant walk and volunteer pull event at Mill Creek Park in Cosmopolis.

The Grays Harbor Noxious Weed Program began executing a grant called the Washington Coast Restoration and Resiliency Initiative (WCRRI) that focuses on Cooperative Weed Management throughout the Chehalis Basin. The first project was a collaborative control effort with the Washington State Parks, the 10,000 Years Institute nonprofit, and the Noxious Weed Program to control Scotch broom in a sensitive ecosystem at Griffiths-Priday State Park to protect Snowy Plover habitat.

The Department of Natural Resources joined in on the collaborative approach by allocating two weeks of time from the Washington Conservation Corps (WCC) to support the Noxious Weed Program with knotweed control on the Satsop River. The WCC crew worked with the Noxious Weed Coordinator to control riparian knotweed across 30 acres of the lower Satsop.

The WCRRI grant allowed the Noxious Weed Program to hire two full time Noxious Weed Field Technicians. The two field technicians were hired in August and worked alongside the Noxious Weed Coordinator to control tansy ragwort, Scotch broom, and knotweed. Watershed-wide knotweed projects are underway on the Satsop and Wynoochee Rivers, supporting other agency’s projects such as the Conservation District and the Washington State Fish and Wildlife.
Small Farms Program
Supporting Local Agriculture

The Small Farms Program distributed Grays Harbor Farm Fresh Guides across the county that serves as a directory for the community to purchase farm products directly from farms, such as produce, meat, berries, eggs, and flowers.

The Small Farms Coordinator conducted several farm walks in collaboration with the Conservation District Voluntary Stewardship Coordinator to educate landowners about noxious weeds and programs available to farmers to support conservation efforts.

The Small Farms Program hosted Grays Harbor Food Access Network meetings to support the Farm to Food Pantry Program, community gardens, regional farmers markets, the Southwest WA Food Hub, and to help kick off the Farm to School Program. Two farm walks were coordinated with the Aberdeen School District employees and students to learn more about local farms.

Cultivating Success™: Whole Farm Planning will walk you through a step-by-step process, to help you prepare a well thought out plan for your land, life, and farm business. Learn how to use a whole system lens to create a living plan for your small farm future. Classes will meet weekly through Zoom, in an online classroom environment and you will be able to connect with a statewide community of other aspiring farm planners. Leave with tools for decision making and a road map to plan for your farming endeavors. The course includes many opportunities for networking and community building in smaller breakout groups too! Come build a solid plan for a farm or food business that suits you.

"THE MORE OPPORTUNITIES OUR CHILDREN HAVE TO LEARN ABOUT THE PEOPLE, TIME, EFFORT AND RESOURCES NECESSARY TO TURN A SEED INTO A CROP, THE MORE THEY WILL APPRECIATE THE FOOD ON THEIR PLATES."
- Jay Inslee

CUTIVATNG SUCCESS

- $200 for a 12-week course offered fully online through Zoom.
- Course runs from September 21st through December 7th, 2021.
- Class meets weekly on Tuesdays from 6:00 pm to 8:30 pm.
- Scholarships are available for Military Veterans and anyone for whom the course fee is a barrier.
- Fully online classroom environment through Zoom platform.

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

Diabetes Prevention and Food Safety/Preservation Programs

Food Safety Preservation Program

Home food preservation is in full swing. We have tested thirty-seven gauges to date, compared to twenty at this time last year. Canning lids are still in short supply which is a big concern to canners.

We receive all types of calls with 42 logged so far this year. Here are some recent examples:
- A large jar of mayonnaise is on sale at Costco—can I can it?
- Please remind me how to order fresh tuna;
- Where can I buy canning lids;
- How do I can clams;
- Can I freeze diced onions;
- Can I use honey in my food preservation;
- Can I reuse my canning lids;
- Why are my lids buckled;
- Can I still get parts for my old canner;
- I just heard that I should have my canner gauge tested—I have never done that;
- Why did my peach-raspberry jam not set well;
- How long do I process my tuna;
- Can I add brown sugar and cocoa powder to my jalapeno salsa? We love people calling back with their success stories and sending photos. A senior from Westport brought her pressure canner in for Sue to solve a problem. She reported success with canning tuna the next day and sent in the photo above.

Sue Sparkman, our Food Safety and Preservation contact, recently re-certified as a Master Food Preserver through Washington State University. She persevered every evening and weekend from March through June; either studying, doing homework, quizzes/exams or lab time. She was relieved to mail in her 18-page final exam which she did very well on. She took on this arduous challenge in order to be current in food safety and preservation to better assist and educate the public.

Sue Sparkman
Office Manager/Food Safety & Preservation/MFP
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360-482-2934

Stephanie Rangel
Lifestyle Coach
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We currently have nine participants in the Grays Harbor DPP.

Sept. 21st will mark session 22 of the one year-26 session program. We have transitioned into maintenance—now meeting once a month.

The participants have lost a combined total of 110 pounds or 5% of their beginning body weight.

Participants average 212 minutes of moderate activity weekly.
Visit Our Facebook Pages:
- WSU Extension-Grays Harbor County
- Grays Harbor County 4-H
- Grays Harbor Noxious Weeds
- WSU Small Farms Grays Harbor
- WSU SNAP-Ed Grays Harbor
- WSU Master Gardeners of Grays Harbor and Pacific Counties

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