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
- WorkSource of Grays Harbor and Pacific Counties
- WA State Dept. of Agriculture (WSDA)
- Grays Harbor Conservation District

WSU Extension Grays Harbor County
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Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Grays Harbor County
4-H Youth Development

“To Make the Best Better”

4-H YEAR KICKS OFF

October 1 marked the beginning of the new 4-H year with National 4-H Week running October 3-9. National 4-H Week recognizes the significant impact that 4-H has made and continues to make by empowering youth with the skills they need to lead for a lifetime.

4-H MEMBER HIGHLIGHTS

4-H Members share what they enjoyed most from their year in 4-H, including:
“my hog got reserve champion in his weight class”
“raising a new cat and the costume contest”
“participating in the livestock auction and making some new friends”
“wood burning projects and receiving the Erin Randall Memorial Award as an intermediate in the horse project”

The new 4-H year is also a time when new 4-H clubs are formed and volunteers attend educational Club Kick Off sessions to hone their skills and receive resources to prepare adult volunteers and 4-H youth members for a fun and successful year of hands-on project learning. The 4-H community has been so excited to kick off the new 4-H year with representatives from each club attending a session reviewing new policies and answering questions.

Join Us

For Club Kick Off Meetings!

10/4 @ 5:30pm -- ZOOM ID: 975 732 070
10/12 @ 6pm -- ZOOM ID: 910 9225 5786
10/21 @ 6pm -- ZOOM ID: 292 376 086

We are so excited to kick off our new 4-H year with you! Club leaders please join us, or send a representative from your club, to one of these sessions! We will review new policies and answer your questions! See you soon!

Tracie & Heather

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4-H CELEBRATES WITH THE COMMUNITY

In November, the Grays Harbor 4-H Council recognized 4-H members for all of the great things that they have learned and explored during the course of the year by hosting a Drive-Through “Celebrate Our Kids” event at the Grays Harbor County Fairgrounds. Members had fun in the photo booth and received prizes, including a 4-H Year Pin, to recognize their accomplishments. 4-H Members also had the opportunity to be recognized on social media with personalized graphics by sharing a snapshot of their 4-H stories and photos.
**4-H CELEBRATES WITH THE COMMUNITY, continued**

This celebration also provided an opportunity to recognize adult volunteers for sharing their time and talents with the 4-H community, including: Friends of 4-H Dave and Carol Trusty, and Leaders of the Year, Andrea Kochrian and Farralee Walseth-Burnett.

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**Friends of 4-H**

Carol and David Trusty have both supported and been involved in the 4-H Program for generations, including many years with the 4-H Factory and 4-H Quilting & Clothing Advisors.

For many years, youth attending 4-H summer camp have enjoyed spending time sewing pillowcases with Carol and youth participating in the Grays Harbor County Fair have counted on David's ready smile and Fair Board experience!

Carol and David bring their love of our community to everything that they are a part of, sharing knowledge and enthusiasm with youth and adults alike.

Thank you Carol and David!

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**Leader of the Year**

Andrea Kochrian has been actively involved in the Country Pride 4-H Club for three years, including her tenure as the President of the Grays Harbor County 4-H Horse Council.

With her leadership, the GH 4-H Horse Council continued to build a sense of belonging and community by meeting virtually each month for two years during the pandemic.

That sense of community was a key component in the Council's ability to pivot quickly to facilitate in-person educational clinics once face-to-face activities were able to resume.

Congrats and thank you Andrea!

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**Leader of the Year**

Farralee Walseth-Burnett has been actively involved in the Country Pride 4-H Club for 8 years, including her time as the Treasurer of the Grays Harbor County 4-H Horse Council.

With everything that she does, Farralee brings organization and foresight, supporting individual 4-H members, the 4-H Horse Council, and events at all levels.

In addition to participation in many club activities and project related activities, Farralee is always willing to lend a hand with her fellow council treasurers and with projects such as the fair still life entry process.

Congrats and thank you Farralee!

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“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.”
4-H MEMBERS HAVE FUN LEARNING BY DOING
4-H volunteers working with WSU Extension staff have already launched a wide variety of hands-on educational series in 2022, including 4-H summer camp leadership and equine sciences.

4-H SUMMER CAMP COUNSELOR TRAINING SERIES
4-H youth from ninth through twelfth grade are working together each month to have fun and build leadership skills that will prepare them for the 4-H Summer Camp experience this year. The youth and adult planning team is excited to develop the activities, games, and classes for 4-H youth campers from eight to thirteen years old to enjoy this summer!

4-H EQUINE VET CHECK BASICS WORKSHOP
The Grays Harbor 4-H Horse Council also began hosting an educational clinic opportunity for youth to learn from a local veterinary technician and 4-H alum. This hybrid session brought together participants attending in person and joining via Zoom videoconferencing technology to learn about a variety of topics including hoof care, coat care, how to prepare for the 4-H vet check process, and more.

4-H HORSE CLINICS
The Grays Harbor 4-H Horse Council hosted a series of educational equine clinics for enrolled 4-H members to learn about working with their horses in both Performance and Gaming disciplines. Each session provided youth members with the opportunity to work in small groups with their horses and knowledgeable clinicians.

“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.”
SNAP-Ed Nutrition
Supplemental Nutrition Assistance Program

These Feet Were Made For Walkin’

Weather and COVID tried to defeat programming for Walk With Ease (WWE), but the Quinault Indian Nation and SNAP-Ed finally prevailed. Starting in late February, participants began the six-week course which explains how to exercise safely and comfortably and manage pain whether a person has arthritis or not. Participants also learn how to plan realistic goals for improved fitness that will keep them active long after WWE sessions have ended. Most importantly, participants will utilize methods learned in class to make walking a fun and life-long experience. Step by step, members of the Quinault Indian Nation are getting stronger and more active through the Walk With Ease program and having fun in the process!

“In my work, I am often in a bent-over position. Looking forward to improving my back flexibility and learning more about controlling my pain.” — Katherine, WWE participant

Nancy (L) and Claudia (R) are all smiles during the group walk

WWE participants approach a bend in the road during their 20-minute walk

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SNAP-Ed’s Promotion Helps Increase Farmers Market Fruit & Vegetable Incentive Sales

Throughout the 2021 farmers market season, SNAP-Ed heavily promoted fruit and vegetable incentive redemption through EBT/P-EBT, SNAP Market Match and Washington State Farmers Market Nutrition Program (FMNP) for Seniors and WIC participants. Though exposure to the health promotion posters varied by posting agency, Grays Harbor SNAP-Ed’s concerted effort to blanket our county with this information ensured SNAP-eligible residents were informed of increased buying power of SNAP Market Match. This was evidenced by the farmers markets’ final tallies for the 2021 market season. Aberdeen Sunday Market Manager Lauren Garrett shared that SNAP EBT/P-EBT sales increased by 511% and SNAP Market Match by 404%.

Meeting the Needs of Our Partners

SNAP-Ed has continued to provide food resource management materials to East County Food Bank (ECFB) throughout the pandemic. One such resource is the 2022 Healthy & Homemade calendar. Not only does it provide recipes that are healthy and tasty, but also offers physical activity tips to promote all around health. Recently, Linda Scerbo, ECFB manager, asked SNAP-Ed to provide recipes for lentils, which is a staple found at food banks and a protein often not familiar to clients. Tasty recipes provided were Sausage & Lentil Stew, which has an Italian flavor profile, Lentil Tacos, a kid-tested and approved recipe, and Curried Potatoes & Lentils, a vegetarian dish packed with flavor. All materials were provided in English and Spanish.

SNAP-Ed is also providing resource materials for Coastal Harvest to distribute to food pantries throughout the county as Farm to Food Pantry program kicks off another year. SNAP-Ed met with Brent Hunter, Coastal Harvest Director, and Kiley Smith, WSU Extension Small Farms Coordinator, to determine how SNAP-Ed could assist food pantry clients in utilizing the produce supplied by area farmers. Fresh from the Farm brochures were the answer.
Our Current Focus

This year we continue to expand our mission activities in outreach programs in our two counties. These activities will continue to use non-pharmaceutical measures such as social distancing, sanitizing, and mask use as part of ensuring health and safety of our members. We are committed to interacting with more people and impacting their lives as they learn more about growing and caring for plants over the coming months.

Radio

Master Gardeners (MGs) regularly visit three radio talk shows in Grays Harbor County. During this time, MGs discuss upcoming MG events, a monthly list of timely garden jobs, and Q & A on gardening topics which listeners call in to discuss. The MGs also share weblinks and other research-based gardening resources. These regular radio talk shows are growing in popularity and provide other avenues to talk to MGs about horticulture and ask gardening questions in real time in addition to contacting our local county WSU Extension offices. So far, MGs have been on the radio three times this year.
Donations to Local Food Banks and Demonstration Garden

Food insecurity is still an ongoing concern for our communities this year. In addition to growing produce to donate to the food banks, MGs are growing plant starts to donate to food banks in the spring. They are using the technique called “winter sowing.” Winter sowing is an outdoor method of seed germination that requires just two things: miniature greenhouses (made from recycled water and milk jugs) and Mother Nature. You can winter sow your way to a beautiful garden, too...for pennies. In 2021, Master Gardeners donated 2000 plant starts to enable people to start growing their own food and we plan to continue this program.

Master Gardener Training Classes

Master Gardeners began training classes on March 5th for people wishing to become Master Gardeners. We have 19 people enrolled in the classes this year. Classes will be held in the Dog Barn at the Grays Harbor County Fairgrounds every other Saturday through July 9th. Class members will be actively engaged in Master Gardener basic training using WSU resources, learning about proper gardening techniques and sustainable gardening practices. Each class will include interaction with instructors and peers, include online assignments, and hands-on experiential activities related to the class topics.

Top and middle photos are examples of the winter-sowing technique. Bottom photo is from Master Gardener Training.
Noxious Weed Program
Grays Harbor County Noxious Weed Control Board

The Grays Harbor Noxious Weed Control Program, in collaboration with WA State Parks and the 10,000 Years Institute non-profit organization, has been working to control Scotch broom at Griffiths Friday State Park at the mouth of the Copalis River. The effort has been on-going through the fall and winter utilizing integrated pest management. Over 60 acres have been cleared of Scotch broom to date.

The Noxious Weed Board adopted their annual weed list. The weed list classifies which weeds are priority species to control and enforce in Grays Harbor County. Amongst the high priority weeds selected were knotweed spp., tansy ragwort, poison hemlock, and purple loosestrife.

Landowners are required to control tansy ragwort, but may lack the knowledge and resources to achieve successful control. The Noxious Weed Program launched a series of tansy ragwort control workshops for landowners to come learn about the techniques and integrated pest management resources to control tansy ragwort.

Noxious weeds cross jurisdictional boundaries and therefore require everyone to work together. The Grays Harbor Noxious Weed Control Board addressed this issue by coordinating the Chehalis Basin Cooperative Weed Management Area. This is a group of land management agencies that come together to collaborate on invasive species projects, including WDFW, DNR, The Chehalis Tribe, Grays Harbor Conservation District, and WSDA to name a few.

The Chehalis Basin Cooperative Weed Management Area group has initiated a collaborative approach to controlling a grass species that infests the shoreline of Grays Harbor called *Phragmites australis*. The WSDA, WDFW, DNR, and the Grays Harbor Noxious Weed Control Program began efforts by surveying the Harbor.

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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
Small Farms Program
Supporting Local Agriculture

The WSU Extension Small Farms Program has been supporting local farms by hosting beginning farmer classes. Through the WSU Food Systems Cultivating Success Series, the Agricultural Entrepreneurship course is underway. This is an eight-week course covering topics such as bookkeeping, marketing, taxes, etc. While the program is offered state-wide, several local farms are enrolled in the program and local Grays Harbor speakers were featured.

The Small Farms Program has assisted in the coordination of valuable programs such as the Farm to Food Pantry Program and the Farm to School Program. The Aberdeen School District and Coastal Harvest have received grant funding that allows for purchasing produce and products directly from local farms to feed students and supply the food pantries. WSU has played an integral role in coordinating with local farms to secure these accounts.

The 2022 Farm Fresh Guide will be launched/distributed soon across Grays Harbor County. The guide showcases farms that sell products directly to consumers including: produce, flowers, beef, pork, seafood, and Christmas trees. The 2022 guide will feature six new farms.

The Small Farms program hosts on-going meetings for the Grays Harbor Food Access Network. The network is a group of farmers and individuals that are invested in supporting and growing the local food system.

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Supporting small local farmers through education, marketing support, and statewide program implementation
Food Safety and Preservation Program

Food Safety/Preservation Program

We began 2021 testing pressure canner gauges under strict COVID protocol. The good news is we can now do this indoors instead of using the outdoor picnic table. We continue to follow safety protocols by social distancing, masking, and sanitizing.

The most common topic of discussion in 2021 was the lack of American made canning lids. This was followed by questioning the safety of foreign made lids and asking if lids can be reused? Now, early in 2022, we get calls about “lid sightings”.

The following are actual calls received from August to December of 2021: I am canning tuna using a canning element on my stove and can’t get my gauge to go above eight PSI plus it is leaking steam. I am canning salmon and need the processing information. How can I use up my fresh pears without canning? Do I have to peel Roma tomatoes and can I process cherry tomatoes? My Fruit Fresh label is missing. Can you give me the instructions for use? Can I process applesauce without sugar? I need help canning clams for the first time. My neighbor’s instructions don’t seem right. I have some canned evaporated milk with no expiration date on the cans. Are they okay to use? My home-canned green beans have about 1/4 - 1/2 inch of white liquid at the bottom. Are these safe to eat? All questions are taken seriously and people are encouraged to call back with updates.

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