



# Washington State University

GRAYS HARBOR COUNTY EXTENSION FALL/WINTER 2022-2023



A chilly sunrise over Satsop.

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.

## 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*

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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”

## NEW 4-H YEAR, CLUB KITS



October 1 marked the beginning of the new 4-H year and National 4-H Week. To begin the new 4-H year, staff provided training sessions for 4-H volunteers and reviewed new resources and opportunities available at the state and local level. These Club Kick-Off sessions provided volunteers tools to ensure a successful 4-H year. Topics covered included communication systems, State 4-H policies, club structure, and more.

New 4-H clubs and their adult volunteer leaders also received a 4-H Club Kit this year, filled with hard copy and digital resources. This educational tool is used to support both new and existing 4-H clubs, to increase 4-H leader satisfaction, increase 4-H member satisfaction, and increase consistency in the 4-H club program.

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### 4-H RECOGNITION EVENT!

The Grays Harbor 4-H Program is excited to recognize 4-H members and volunteers for all their hard work and learning this year! This year the celebration was held at Panhandle Lake 4-H Camp, where 4-H families enjoyed hands-on activities, delicious desserts, and a slideshow of member achievements.



### JAN HENDRICKSEN

SAPPHIRE AWARD: 35 YEARS

### RHONDA BORDEN

DIAMOND AWARD: 40 YEARS



Youth members and adult volunteers were recognized for their year-long learning accomplishments and leadership roles. The Grays Harbor 4-H Council recognized two long-time 4-H volunteers for their amazing contributions to Positive Youth Development in our community. Congratulations to Jan Hendricksen for the Sapphire Award, recognizing 35 years of service, and Rhonda Borden for the Diamond Award, recognizing 40 years of service!

Also recognized were Grays Harbor 4-H Leaders of the Year, Roger & Julie Swalander, and the Grays Harbor County Friend of 4-H, Rick Boyer.

### ROGER & JULIE SWALANDER

“Dedication, patience, and willingness to help others are just a few words to describe the Leaders of the Year. These individuals have played a huge part in the GH 4-H program for over 25 years. They have had the opportunity to support their own kids, along with lending a helping hand to several youth and their families throughout the community. Roger and Julie have demonstrated first hand what a leader should be not only by volunteering countless hours of their time, but through supporting each and every member who has crossed their path during their time as leaders in the program. Many examples are: Superintendents of the Swine Barn for over 27 years, preparing the swine barn for fair, assisting members with their projects, and showing support to those who continued their project at the State level.”



### RICK BOYER

“Rick and Donna have been absolute gems throughout 4-H and specifically with market animals. Rick is constantly 100% supportive and cares about the success of the kids. He volunteers uncounted amounts of hours throughout the process and stays behind the scenes. Thank you Rick, for being a leader and a supporter to ensure the education and help along each project.”

Thank you for all you do!

Youth members were also recognized for a variety of accomplishments as well as their years of 4-H engagement, from first year 4-H members



### FIRST YEAR 4-H MEMBERS

#### GRAYS HARBOR COUNTY:

EVALYNN QUIMBY  
KARLEIGH THOMAS

#### MASON COUNTY:

SYLVIA FURRER  
REIANNA GRAGE  
EMMALYNN WALLACE  
FISCHER WHEATON

all the way to those who have been learning and participating for 14 years in the 4-H Youth

### 9TH YEAR 4-H MEMBERS 13TH & 14TH YEAR

#### GRAYS HARBOR:

ANNIE BURNETT  
IAN BURGESS  
EMBER CONRAD



#### GRAYS HARBOR:

LILLIANNA TOWNSEND



#### GRAYS HARBOR:

XANDER BURGESS



Development Program!

Dan Teuteberg

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4-H empowers youth to reach their full potential,  
working and learning in partnership with caring adults.



"Oh man, I wish they would serve this in the cafeteria!" Foods Lab student's reaction to tasting the Black Bean & Corn Salsa she made.



Prior to cooking, students received instructions on preparing the recipe of the day. The students then put into practice teamwork, newly learned knife skills and food safety, used large and small appliances, read the chosen recipe, and made the recipe. The chefs started with MyPlate Salad, using knives and box graters. They learned to make homemade low-fat croutons in the oven, toast sunflower seeds in a pan and make a vinaigrette dressing from scratch. Black Bean and Corn Salsa with whole grain chips was a huge hit as students honed their chopping, slicing and dicing skills. Students learned how to measure dry ingredients, beat eggs and combine them into a batter for Oatmeal Pancakes with Applesauce. Students learned there was an art and a science to flipping pancakes and all enjoyed the fruits of their labor. Shamrock Smoothies and Excellent Italian Sodas were next on the list of cooking adventures. Many of these chefs had not used a blender before and were instructed on blender safety, like being aware of razor sharp blades and keeping a hand on a lid when the blender was running. The Italian Soda offered a healthy alternative to sugar sweetened beverages, as the ingredients were 100% frozen juice concentrate, low-fat milk and ice cubes.



The last cooking class introduced most students to a new whole

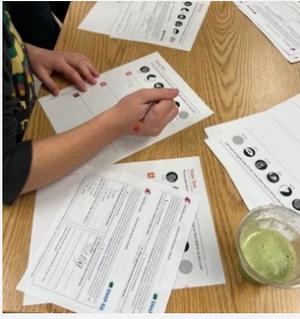


grain. Confetti Couscous Salad incorporated carrots, green onion, cucumber, red bell pepper and jalapenos, dressed with orange juice, mustard and vinegar. Not only was it pretty but it tasted great!



Michelle Floch  
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Finally, after each recipe was tasted, students rated them by taste and appearance, noting suggestions for individual palates.

This Food Smarts pilot adaptation with the addition of the Foods Lab was so successful, the CTE director and the I LIFE class instructor asked SNAP-Ed to offer the lessons to graduating seniors in May 2023.

**How much physical activity do kids and teens need?**

**At least 60 minutes every day.**  
Most of that time can be moderate-intensity aerobic activity — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to vigorous-intensity aerobic activity, so they're breathing fast and their heart is pounding.

**As part of their daily 60 minutes, kids and teens also need:**

- Muscle-strengthening activity** at least 3 days a week
- Bone-strengthening activity** at least 3 days a week

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

Walk. Run. Dance. Play. **What's your move?**

**Adults need a mix of physical activity to stay healthy.**

**Moderate-intensity aerobic activity\***  
Anything that gets your heart beating faster counts.

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

**at least 150 minutes a week** AND **at least 2 days a week**

If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.  
If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



### SNAP-Ed Provides Outreach to Improve Health and Wellness

To help people live healthier lives through increased physical activity, SNAP-Ed sent electronic versions of "Move Your Way" campaign posters to the Aberdeen CSO to be printed and displayed on their Food Access & Nutrition bulletin board in the client lobby. English/Spanish versions of the kids and older adult posters were sent. In the email, a link to the campaign resources- campaign materials, community playbook and partner toolkit were included. In addition to the abovementioned resources, Quinault Indian Nation also received electronic links for the posters pertinent to pregnant and post-partum folks.



East County Food Bank (ECFB) received Nebraska Extension 2023 Eat smart. Be active calendars in English and Spanish. Each calendar month features a recipe, shopping or meal planning tips, and ways to become more active. SNAP-Ed also provided requested recipes for using Swiss Chard and Eggplant, two produce items unfamiliar to food bank clients. Lastly, ECFB received MyPlate flyers.



**SNAP-Ed Helps Make the Healthy Choice**

**The Easy Choice**



## ASK A MASTER GARDENER

Have a gardening question?

Being bugged by bugs?

Send your gardening questions to:

[pnwmg@yahoo.com](mailto:pnwmg@yahoo.com)

Or visit our website:

[pnwmg.org](http://pnwmg.org)

Image:

Frosty Calendula



# Master Gardeners

Cultivating Plants, People and Communities

Fall is when gardening activities and events slow down. Formal plant clinics also decrease although there are still gardeners who post gardening questions on our website and on the monthly Master Gardener Local Matters radio segment.

With growing interest in growing food in a home garden, the Master Gardeners focused on lessons to teach sustainable techniques for growing local food to improve individual and community health and wellness.

One such event was a free seed saver workshop in October 2022. This annual community engagement which increases local home gardeners' food production has the potential to save families hundreds of dollars in future food costs. Participants learned how to identify and harvest the seeds on vegetable plants, how to preserve the vegetable seeds until the next year for planting and several ways to plant the seeds in the soil.

There were 97 participants at the workshop in 2022 ranging in ages from 93 years to as young as 8. All participants were given something free to place in their home or home garden. A contact list was created to ensure that participants received notice of future Master Gardener gardening workshops.



Visit our website: [pnwmg.org](http://pnwmg.org)

E-mail: [pnwmg@yahoo.com](mailto:pnwmg@yahoo.com)

Elena Righettini  
Coordinator



Beautiful tomatoes on their way to the local food bank.

Feedback from participants was supportive and positive. One participant said she had a special tomato variety that she won at a master gardener event earlier in the year. She loved it and wanted to know where she could buy another plant for next year. At the seed saving event, Master Gardeners were able to show her how to save the seeds from that plant for next year. She was thrilled. This one small interaction allowed her to save the direct cost of the new plant but also the time and resources to try to find a similar plant in the future.

If we think of the that one small interaction multiplied by the other attendees times the number of seeds we exchanged, the impact on our community was remarkable. Many of the seeds were gathered from Master Gardener gardens and is an example of the sustaining connections of Master Gardeners with the community.



Tree frog on Sedum Autumn Joy

New Regional Support Associations and Co-ops include:

SW WA Grazing Association

SW WA Food Hub



SW WA Grain Growers Cooperative

WA Meat Up



Cultivating Success



# Small Farms Program

Supporting Local Agriculture

The Fall Agritourism season went extremely well for our local farms. Record numbers were recorded and with the abnormally nice weather in October, it brought out the crowds to enjoy the pumpkin patches, corn mazes, cranberry bogs, flower farms, and farm stands to stock up on winter crops such as squash and potatoes!



Winter is the time for planning and preparing for the next season. Two beginning farmers scheduled farm site visits with Coordinator Kiley to discuss vegetation management, enterprise assessment, and conservation practices.

The Small Farms Program is always available to help farmers navigate resources for financial assistance, marketing, insurance, and other administrative responsibilities that are tackled in these winter months.



Outreach activities this time of year include connecting farms to the Farm to Pantry Program, the Farm to School Program, restaurants, and farmer's markets.

Planning is underway for the Aberdeen Sunday Market, the Twin Harbors Ag Summit.

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



# Noxious Weed Program

Grays Harbor County Noxious Weed Control Board

The Fall Season lasted longer than usual with ideal weather continuing into October. The Noxious Weed Program was able to execute the most successful season yet controlling invasive plants throughout Grays Harbor. The program employed 4 employees by summer's end as well as contracting a crew and utilizing a Washington Conservation Corps team.

As the winter rains came, the program re-focused to plant species such as Scotch broom and phragmites. The Noxious Weed Program worked with the WSDA, WDFW, and DNR to crush down the dead canes of the 15 ft. tall *phragmites australis*. The Noxious Weed Program also partnered with WA State Parks to assess and begin control of Scotch broom and gorse in our coastal parks.

Outreach and education activities included working with the Coastal Interpretive Center to demonstrate the many ways to control Scotch broom. Attending the Lake Sylvia Watershed Festival to hand out education materials and answer questions regarding invasive weeds.



Winter is the time when all of the agencies come together to share their successes of the previous season and plan for the upcoming year. The Noxious Weed Program hosted the Chehalis Basin Cooperative Weed Management Area meeting as well as the Grays Harbor Knotweed Cooperative Weed Management Area. Both meetings were well attended and constructive in deciding the plans and priorities for the 2023 Season.

"The Coastal Interpretive Center hosted a demonstration on removal methods for the invasive scotch broom. Thanks to Kelsey and Kiley of the Washington State University extension for traveling out to Ocean Shores and discussing different methods of removal as well as showing us their cut stump method. Each method of removal has its pros and cons and we will travel along a path of discovery over the months to come, discussing these methods."



Kiley Smith

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



# Grays Harbor County

WASHINGTON STATE UNIVERSITY  
EXTENSION

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WSU Extension Grays Harbor  
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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