



Washington State University

GRAYS HARBOR COUNTY EXTENSION SUMMER 2023



Sunset at Pacific Beach State Park

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*

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 Youth Development

"To Make the Best Better"



SUMMER CAMP

We were so excited to be able to host in person overnight summer camp again this year. New and returning campers were invited to meet camp counselors and staff members before camp via Zoom to learn about fun plans for the "Around the World" theme, answer any questions, and connect with fellow campers!

This year 100 youth attended our traditional camp and participated in activities like swimming, crafts, hiking, archery, biking, boating, outdoor games and cooking.

4-H Summer Camp at Panhandle Lake was a memorable experience for youth campers and counselors alike, who all agree that they can't wait for next year! Our 4-H teen counselor team worked hard this year to earn over 32 training hours to lead our youth campers in a week full of fun! The teens reflected that they learned a lot and loved being role models and keeping Panhandle traditions alive. The teen counselors were supported by a wonderful group of adult volunteers who worked side by side the teens to provide a safe and fun week at camp.

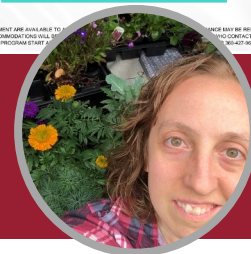


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GRAYS HARBOR COUNTY FAIR



Summertime in 4-H is a time for clubs to reflect and showcase what they have learned this year at the Grays Harbor County Fair. Youth entered their animals, created informational displays, exhibited their artwork, photos, and camp crafts. It was marvelous to see the proud 4-H youth showing off what they worked so hard on this year.



Our program would also like to recognize our dedicated 4-H adult volunteers, we could not provide such wonderful learning opportunities without you. Thank you! We are excited to see our clubs grow, new clubs form and youth continue learning about what they are passionate about.



Our adult volunteers dedicated their time judging entries, overseeing animal barns, guiding kitchen activities, and listening to public presentations.



Grays Harbor County 4-H families wrapped up summer with a great showing at the Grays Harbor County Fair. With over 1000 entries, 150 Grays Harbor County 4-H youth represented us well. The community was able to see our 4-H youth showcase their work, and try some 4-H activities like robotics, archery and crafts.



Dan Teuteberg

County Director & 4-H
Youth Development Specialist

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



4-H MEMBERS HAVE FUN LEARNING BY DOING

4-H volunteers working with WSU Extension staff have continued to host a wide variety of hands-on educational events and workshops in 2023, including table setting workshops, 4-H summer camp leadership, and an equine science series.

4-H HORSE PROJECT CLINICS, SHOWS & MORE

In addition to show opportunities, the Grays Harbor 4-H Horse Council also hosted a series of educational equine ride nights for 4-H members

to learn about working with their horses in Performance, Trail, and Gaming disciplines. Each session provided youth members with the opportunity to practice with their horses and learn from knowledgeable judges and clinicians.



IN THE NEWS - GRAYS HARBOR TALK FEATURES LOCAL 4-H MEMBERS

Check out these 4-H experiences shared by local 4-H families!

“Dixie and Harley are two of the many 4-H club members who are excited to participate in the Grays Harbor County Fair this year to show their animals and projects.” The full story is available at

<https://www.graysharbortalk.com/2023/07/25/grays-harbor-county-fair-delivers-heaps-of-red-white-and-moo-fun-food-and-festivities/>

Lucy embodies 4-H, from Summer Camp to Baking Leader and the 4-H Tech Changemakers. Throughout her decade in 4-H, Jamie has seen many positive results in her daughter. “Positive changes throughout her years in 4-H include gained confidence among her peers and adults, willingness to help and serve our community, and growth in leadership skills,” she shares. Check out the full article at <https://www.graysharbortalk.com/2023/08/02/grays-harbor-teen-lucy-teuteberg-serves-community-through-4-h/>



Patience was interviewed for GraysHarborTalk by Kristina Lotz, who observes, “4-H teaches kids these valuable lessons, through fun projects that interest them. 18-year-old Patience is a Grays Harbor 4-H youth member. She has been active in 4-H for 12 years, 7 of those with the Brady Bunch 4-H club. She takes us through the year-round preparation and day-to-day work she puts in to make sure her rabbits are ready for showing at the Grays Harbor County Fair.” Check out the full story at <https://www.graysharbortalk.com/2023/06/26/grays-harbor-4-h-youth-work-hard-year-round-in-preparation-for-county-fair/>

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

Direct
Education
Contacts:

388

Indirect
Contacts:

34,000

Tribes:
2,931



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program



Photo:
Courtesy of
Christopher Frye,
Blue

Zones GH
Food

BLUE ZONES FOOD SYSTEMS POLICY SUMMIT

Goal 1: Build Food
Skills

Goal 2: Make
Healthy Food
Accessible and
Affordable for
Everyone

Goal 3: Increase
Healthy Food
Environments

Goal 4: Grow
Long-Term
Community Health

Blue Zones Activate Works to Improve Wellbeing in Grays Harbor County

Blue Zones Activate Grays Harbor County is leading a facilitated design for strategic planning of local policy, system, and environmental improvements in community locations to increase wellbeing through the food system and built environment.

WSU Extension Grays Harbor SNAP-Ed joined 18 partners representing sectors of agriculture, health care, education, food industry, social services, and community design at the Food Policy Summit (July 19th) where opportunities related to five food systems goals were prioritized (see goals in left margin.) Focus groups at the Action Planning Round Table (September 21st) then narrowed down options for a strategic action plan for implementation. The four strategies include:

1. Establish a food policy council for policy, systems, and environmental changes to the local food system and community food environments on food- and agriculture-related issues;
2. Establish or expand locally-administered food incentive programs from local farms and farmers markets, such as SNAP Market Match, Power of Produce, produce prescriptions, and healthy food boxes for seniors;
3. Develop infrastructure, educational, and volunteer support for gardeners and growers in partnership with and led by local organizations; and
4. Adopt and enact nutrition standards and food preparation practices that align with Blue Zone nutrition guidelines everywhere students consume food." (Blue Zones Activate) Grays Harbor County Quick Start Action Plan: Food Policy; Lynn Richards, Blue Zones). More great Blue Zones work to follow!



Making the healthy choice
the easy choice

 **SNAP-Ed**



1574 Individuals

Each Month

37 Clients Surveyed



108 Visited
SNAP-Ed Table

"I really loved the Leah Pantry's Squash and Apple Soup recipe! I'd make it for Thanksgiving!" (ASM visitor)



Walk With Ease Links:

arthritis.org

arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-exercises

SNAP-Ed Surveys Hoquiam Food and Clothing Bank Clients' Need

Hoquiam Food and Clothing Bank has welcomed SNAP-Ed's involvement to facilitate policy, systems and environment strategies within their food bank. SNAP-Ed is utilizing The Nutrition Pantry Program which provides a process for implementing practical, client centred strategies for a health-focused environment in food distribution sites.

The Walkability Checklist and Healthy Food Pantry Assessment Tool were administered this summer to obtain baseline scoring and determine strategic focus. A 24-question survey gathering client feedback provided additional insight on other services and information patrons would like to see at the food bank.

Top three responses were: recipes for pantry food, housing resources, and resources for more food. Subsequently, SNAP-Ed provided ten different Leah's Pantry bilingual recipe cards, bilingual SNAP Market Match and SNAP Produce Match food incentive program information, Senior Farmers Market Nutrition Program applications, and WSDA harvest brochures for beans and squash.



Visitors Learn How To Fill Their Bags With Healthy Choices

The Aberdeen Sunday Market and SNAP-Ed continue their partnership with a Food Access and Nutrition Resource booth. Here, SNAP-Ed has the opportunity to educate the public about food incentive programs for those eligible for Supplement Nutritional Assistance Program benefits. A wide variety of healthy eating and making the most of local farm-fresh produce were provided throughout the market season, including MyPlate nutrition education materials, Leah's Pantry recipe cards, cookbooks, and harvest to table literature. Be sure to stop by the booth and learn more about making healthy choices at the Aberdeen Sunday Market!



Walk With Ease Increases Physical Activity in Taholah

Step by step, members of the Quinalt Indian Nation are getting stronger and more active through the Arthritis Foundation's Walk

With Ease program, delivered by SNAP-Ed staff. Participants learn how to exercise safely and comfortably, and manage pain, whether they have arthritis or not. Four key program components include health information, stretching and strengthening exercises, walking and motivational strategies. The six-week series included weekly emails with links to exercise videos and motivational tips and tools, as well as an accompanying guidebook on arthritis and ways to be physically active. Participants were encouraged to walk at their own speed and distance during their 10 to 40 minute walks per session.



In a recent class, one of the participants increased walking time by 20 additional minutes! Walkers in each series gain insight on how to plan realistic goals for improved

fitness that will keep them active long after WWE sessions end. Watch the Walk With Ease Zero Class to learn more: <https://youtu.be/XYu7PFIZXYQ>



Michelle Floch
Nutrition Educator
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ASK A MASTER GARDENER

Have a gardening question?

Being bugged by bugs?

Send your gardening questions to:

pnwmg@yahoo.com

Or visit our website:

pnwmg.org



Master Gardeners

Cultivating Plants, People and Communities

Garden Tour July 2023

The WSU Master Gardeners of Grays Harbor and Pacific Counties hosted the 25th Annual Garden Tour on July 22, 2023, featuring 6 gardens in McCleary and Elma, including the Elma Demo Garden.

Over 300 visitors enjoyed seeing the gardens which showcased hardscapes, unique trees intermingled with layers of understory plants, raised beds, pathways, water features, individual garden sections that featured a mix of colors, textures, shapes, and so much more.

Visitors learned creative ways to incorporate art and landscapes, growing in raised beds, uses of native and low maintenance plants, restorative gardening, and many approaches to successful gardening in our area.

Master Gardener Demonstration Garden

The growing season this summer has been very successful despite the challenges of changing weather patterns requiring adaptations to sustaining the growth of plants on our demonstration gardens. This year a gazebo has been added for seating for the comfort of our garden visitors and we have also added new raised beds to expand our offerings to the local food banks. We had a fantastic crew of interns and veterans working the county fair this year. There were many wonderful interactions and lots to share with fairgoers.



Sunflowers at Chapman Farms



Visit our website: pnwmg.org

E-mail: pnwmg@yahoo.com

Elena Righettini
Coordinator



Beautiful onions from the Demo garden.

Food Bank Donations

Patience has paid off. Happily, we finally have an abundance of produce to share with Elma & McCleary Food Banks. Many thanks to Garnet and Linda for delivering produce to the McCleary Food Bank. To date we have shared over 400 pounds of produce and 5,000 plant starts with the food banks and senior center.

Master Gardener Outreach Events

In September the Master Gardeners joined the Lake Sylvia Fall Celebration with a booth promoting the use of native plants in our home gardens and did a bit of crafting using native plant leaves to do rubbings. Additionally, we held plant clinic hours at this event as well.

Our upcoming events will include our Seed Saver Harvest Celebration in October at the Elma Demo Garden where the Master Gardeners will give away seeds and plants from the demo garden. We have 200 plants ready for their new homes plus over 30 kinds of seed to share. And lots of dried plants material for floral arrangements. There will also be planned activities for kids and adults, a demonstration on soil health and wet seed saving. Last years event was very popular with 100 people in attendance. All of this is free to the public.

Coming in November, we are planning our last workshop of the year on Holiday Plants and Forcing Bulbs. The Satsop Bulb Farm is donating bulbs for this event for the community to be able to learn this technique.



Carrots and leeks for the food bank.





Small Farms Program

Supporting Local Agriculture



The Small Farms Program strives to support all avenues of the Grays Harbor Food System, from the farmers, consumers, business owners, and fellow food assistance program coordinators.

The Summer was productive with programs such as the Farm to Food Pantry Program. Kiley assisted the program by helping Coastal Harvest source the produce, meat, honey, and other products that are available from local farms in Grays Harbor.



Small Farms Program Coordinator, Kiley Smith, assisted multiple farmers with resources to market availability, pasture management, soil testing, and pest diagnosis. Plants and insects were dropped off at the WSU Extension office to ID and provide resources on how to manage the various pests.

Kiley provided on-site farm visits to help guide farmers on how to manage pastures, crop selection, and discuss options for marketing growth. Kiley also provided education on toxic plants to livestock and how to control or protect their animals from invasive and native plants that can be harmful to their animals.

Several farmers reached out to the Small Farms Program looking for resources and guidance on growing their farm business such as adding agritourism and value added products. Kiley was able to educate the farmers on regulations and the proper steps to growing their businesses.



Kiley Smith
Coordinator

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



Phragmites australis

Noxious Weed Program

Grays Harbor County Noxious Weed Control Board



Knotweed

The Grays Harbor Noxious Weed Program was busy this summer with education, prevention, control, and working with the public to provide resources for controlling noxious weeds.

The summer began with working with the WDFW and the WSDA to control Phragmites australis in the North Bay and knotweed on the Satsop river. Re-visiting and re-treating sites that have been controlled from last year showed success in our efforts. The invasive species had been reduced to small populations and native species starting to grow where noxious weeds had once dominated.



The noxious set up a free-disposal program in which the public utilized bringing truck loads of pulled tansy ragwort. The noxious weed seasonal crew worked to pull flowering tansy off of County roads and worked with landowners to assist with spraying and pulling tansy.

The Noxious Weed program conducted outreach through setting up an interactive booths at the Grays Harbor County Fair and the Lake Sylvia Watershed Festival. Noxious Weed Coordinator, Kiley, worked directly with several landowners to troubleshoot noxious weed control issues

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



Consumer Food Safety and Preservation



Hello!

Did you know that you should have your pressure canning gauge checked annually? Do you know where you can have that done locally?

Pressure canning season has been in full swing with the bounty of green beans from the garden and the beautiful tuna from the Westport Marina. No better time than now to have your gauge checked to make sure that all your hard work pays off with the correct processing pressure! I am available to check your gauges free of charge during the week at the Extension Office. In 2023, I have been able to test 41 gauges so far for community members and to chat with them about what their canning plans are for the season.



With hunting season upon us, I would love to make sure that you are ready to go and your gauge is safe for your preservation needs. Give me a call at (360) 482-2934 if you need a specific time for testing, or swing on by!

Happy Preserving!

Andrea



Andrea Kochrian
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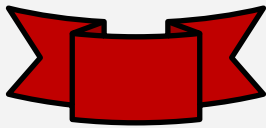


For more resources visit: <https://extension.wsu.edu/foodsafety/>



Have questions? We
can help!

(360)358-0900



Digital Navigator Liz
at the Aberdeen
Sunday Market.



Digital Navigator Program

Over the summer, the Grays Harbor Digital Navigator Corps has been hard at work gaining trust and making a footprint in Grays Harbor. Digital Navigators saw a large overall increase in program interest thanks to a consistent community presence and outreach efforts.

Throughout July, August, and September, Digital Navigators held open office hours and one-on-one appointments with Grays Harbor community members. Community members are invited to visit for free help with devices, digital skills, and assistance enrolling in the Affordable Connectivity Program.

Digital Navigators have held over 50 open office hours this Summer. To date, Digital Navigators have assisted 27 clients and held 34 sessions. Clients worked on topics such as smartphone navigation, accessing online classes, digital resume creation, and more.

Interested community members can follow the Grays Harbor Digital Navigator Corps Facebook page for updates on open office hours and free Digital Skills workshops throughout the community. Community members can schedule and appointment via a call or text to (360) 358-0900, or by visiting tinyurl.com/GHCDigitalNav.

NDIA vision statement: Everyone has the opportunity to use technology to live, learn, work, and thrive.



Grays Harbor County

WASHINGTON STATE UNIVERSITY
EXTENSION

Visit Our Facebook Pages:



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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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