

Washington State University



Extension

Clark County

Spring 2020



Spring 2020 Quarterly Report

Serving Clark County for more than 100 years

Washington State University Clark County Extension 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 Clark County residents.

WSU Clark County Extension 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.

During this uncertain time WSU Extension is supporting to keep our communities safe. All Extension programming is being provided virtually, postponed, or canceled. Effective March 16, 2020, WSU Extension county offices and WSU Research & Extension Centers will be closed to the public. We are available via email, phone, and web conference



**Kristine Perry, Interim County
Director & SNAP-Ed Manager**
Kristine.perry@wsu.edu
564-397-5718

WSU Clark County Extension
1919 NE 78th St Vancouver, WA 98665
564-397-5733
<https://extension.wsu.edu/clark/>

Follow us on Facebook and Instagram

Agriculture- <https://www.instagram.com/wsueextensionagswwa/>

4-H <https://www.facebook.com/wastate4h/>

Master Gardeners <https://www.facebook.com/Wsu-ClarkCounty-MasterGardeners-291957214151636>

<https://www.instagram.com/wsucClarkcountymastergardeners/>

Small Acreage- <https://www.facebook.com/smallacreageprogram>

SNAP-Ed <https://www.facebook.com/Clark-County-SNAP-Ed-Program-303821640310561/>



Washington State University



Extension

Clark County

Spring 2020

BY THE NUMBERS
2020

Total Reach 1092



4-H Youth Development

"To Make the Best Better"

- ♦ 766 Youth Engaged in 4-H Youth Development Activities
- ♦ 157 Trained Adult Volunteers/ Mentors
- ♦ 8 Workshops
- ♦ 119 Participated in Workshops

YA-4H Program

Youth Advocates for Health is a program designed by university faculty to teach youth the basics of nutrition and physical fitness in an effort to empower them to make healthy choices. The WSU Extension 4-H program received a grant from the Walmart Foundation to offer this health and wellness focused program to youth in the Clark, Skamania, Klickitat region. While this program has traditionally been run as an in-person activity either through camps or sessions at our local schools, the COVID-19 crisis has led to the creation of this virtual opportunity. We are excited to have been able to offer our new 4-H Health at 4:00 virtual series for no cost to local families. To increase the impact of the program, we utilize a teen teaching model.



Caden, 4-H youth participant

Missy Cummins
4-H Youth Development
Specialist, Faculty
missy.cummins@wsu.edu



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

"Caden did have a lot of fun and now reminds everyone how much water they need to drink. Great program!"



"Thank you so much! My daughter is very excited because she gets to do our shopping at the market!"

YA 4-H Program Continues

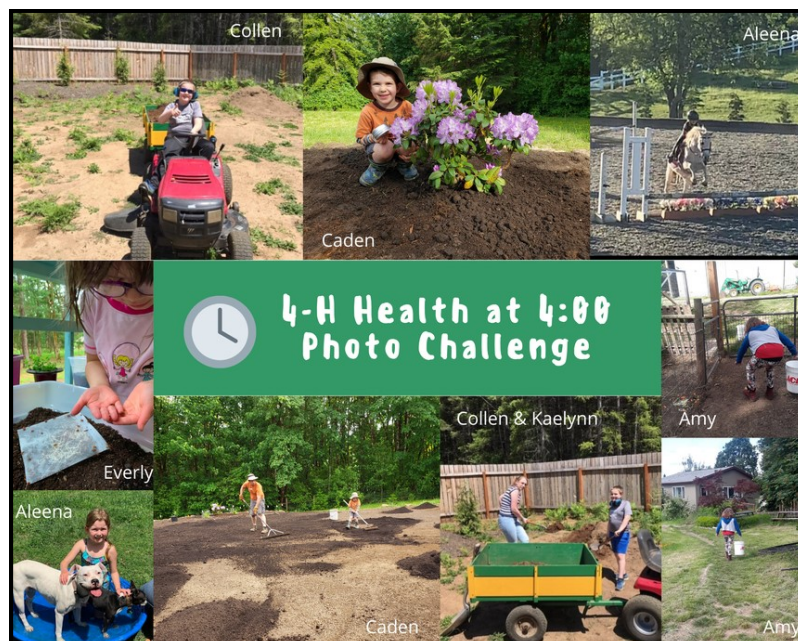
Local teens were recruited and trained to deliver this program with support and supervision of County 4-H staff.

This virtual series was designed for youth ages 5-12. Participants joined for 6 hourly sessions through Zoom for live instruction with our teen Healthy Living Ambassadors. Each session follows a theme and includes exercise or a physical activity along with a story, nutrition lesson, recipe, and a photo challenge. Families received newsletters before each session with login instructions, health tips, and receipts. At the end of the program, they earned a gift certificate for their local farmers market.

64 families with 99 children participated

10 teen teachers taught the lessons and paid \$625 stipends

\$2300 in Farmers Market gift certificates



"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."

Washington State University



Extension

Clark County

Spring 2020

BY THE NUMBERS

2020

Total Reach
259

- ♦ 5 Nutrition Education Classes
- ♦ 60 Participants
- ♦ PIC Food Workers
 - 26 Business Impacted
 - 67 People Trained
- ♦ 10 Diabetes Education Classes
- ♦ 132 Participants
- ♦ 674 Social Media Outreach Contacts



\$32K has been allocated to
Clark County



Food Safety and Nutrition

WSU Clark County Extension is the Technical Assistance Provider for the SNAP Market Match program in SW WA. Customers who use the Supplemental Nutrition Assistance Program (SNAP)/EBT benefits at participating farmers markets can stretch their food budget to buy more fruits and vegetables. Markets match \$10 or more per day. Clark County markets include the Vancouver, Camas and Salmon Creek farmers markets.

Although SNAP Market Match had a slow start statewide due to COVID-19, the program is anticipated to have a big impact on households and the local economy. Respondents to a survey of a similar incentive program last year said that as a result they:

- Shopped at the market more often
- Were better able to afford balanced meals
- And their families ate more fruits and vegetables
- Tried a new fruit or vegetable

According to the Food Research & Action Center each dollar in SNAP benefits generates \$1.80 in economic activity.

The WSU Extension SNAP-Ed and market match programs, Vancouver Farmers Market and the SWW Washington State Farmers Market Association Regional lead collaborated to produce a video to help navigate shopping at the markets during COVID-19 and how to use SNAP Market Match:

https://emailwsu-my.sharepoint.com/:v:/g/personal/scott_c_parrish_ws_u_edu/EXMNgDoqO6pHhzPD71VUYgYBac7JJmcnK9uBCGSOdOMMBg?e=a6pyVr

Zena Edwards
Food & Nutrition
Faculty,
zena_edwards@wsu.edu



Youth and Family programs improve the capacity of young people to be successful and strengthens families to support healthy development

Diabetes Prevention Program

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of type 2 diabetes.

Take the [Prediabetes Risk Test](#) and receive a screening result of whether you are high risk for type 2 diabetes.

One local partnership highlight was coordinating with Battle Ground Health Care and the WiseWoman (<https://www.cdc.gov/wisewoman/about.htm>) administered by WSDOH and PeaceHealth to provide DPP in Spanish to low-income, uninsured, and underinsured woman.

In response to social distancing guidelines for COVID-19, all of our DPP sessions were transitioned to be delivered via Zoom starting in March. After being coached on how to use the technology, participants reported feeling empowered and appreciated the weekly 1-hour sessions as a way to stay socially connected in what could potentially be a very isolating time. From January 1 – June 30 2020, we continued to meet the CDC standards for effective delivery of the program for Full Recognition.

Of the 66 active participants, 64% have met their weight loss goal within 6 months with an average weight loss of 6.9%. For CDC recognition, average weight loss must be at 5% at 12 months.

Here is Tana. She began the program at 213 pounds on September 2019.

This is her today at 130 pounds and holding steady. She is almost 76! Her dentist was inspired by her transformation and she was excited to show the success she has achieved in the program.



Class size limited – Call today!

564-397-5721

Registration required

Food Preservation or Food Safety Questions?
Contact us via our **Food Preservation & Safety Helpline**
564-397-5366 Monday thru Friday

Washington State University



Extension

Clark County

Spring 2020

BY THE NUMBERS 2020

Total Reach
4989



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

- ♦ 7 Youth Classes Taught, in 3rd and 7th Grades
- ♦ Total Youth Reached: 464
- ♦ 30 Outreach Events
- ♦ 2746 Adults Reached
- ♦ 1779 Social Media Outreach Contacts

Health Education Online Delivery

As WSU Extension SNAP-Ed in Clark County seeks to find new and improved avenues for reaching low-income families during the COVID pandemic, they have turned to social media to help meet the need. Over the past several months, they have begun refreshing and expanding their social media channels to keep connected with community partners and the SNAP-eligible population.

One example includes collaborating with Vancouver farmers market, Camas farmers market, and WSU Extensions Food Safety and Nutrition faculty to design virtual videos to inform SNAP users on the benefits of shopping at farmers markets, how SNAP benefits can be used at farmers markets and how to receive and spend Market Match dollars. It also includes safe shopping tips for using farmers markets during COVID. To see a video, click on the

link. <https://www.youtube.com/watch?>



Kristine Perry
SNAP- Ed Manager
Kristine.perry@wsu.edu

SNAP-Ed Nutrition Programs focus on providing dietary quality, physical activity and food resource management for low-income adults and youth.

Nutrition Education Online Continued

Another example is SNAP-Ed's ongoing partnership with Evergreen Schools' Family & Community Resource Centers (FCRC) and supporting their school pantries. SNAP-Ed helps to promote the use of foods available in FCRC pantries and provide ideas for enhancing the nutritional quality of these foods. The Clark County Food Bank and SHARE Vancouver continuously receive a mass quantity of Generosity Feeds beans & rice packets and distributed them into school FCRCs. Over the past year SNAP-Ed staff was consistently being asked for recipes utilizing these packets. When the stay-at-home COVID orders were



Thumbs up to Yummy Smoothies!

put in place, it seemed like an ideal time to provide virtual resources. To see the video, click on the link. <https://www.youtube.com/watch?v=WPLa3HwmeRY>

Before the emergence of the COVID-19 pandemic, SNAP-Ed provided direct nutrition education in Evergreen Public Schools 3rd grade classrooms. When the pandemic hit the SNAP-Ed team began to brainstorm ways they could continue to provide teachers with remote nutrition education. So, they

decided to create six videos in line with their current curriculum. Each video will be comprised of a food lesson, a physical activity, and a cooking demo. This way, the individual components can be shared on their own, or as a complete package. To see an example of one of the videos, click on the link <https://www.youtube.com/watch?v=HRqtWNvkMz4>

Washington State University



Extension

Clark County

Spring 2020

BY THE NUMBERS

2020

Total Reach 1625

- ♦ 7475 Master Gardener Volunteer Hours
- ♦ 19 Workshops
- ♦ 868 Attendees at Workshops
- ♦ 2 Outreach Events
- ♦ 50 Attendees
- ♦ 1 Class Series
- ♦ 57 Attendees
- ♦ 650 Answer Clinic Calls

"We are worried about so many people who are out of work due to covid-19, and who don't have access to food, especially healthy, local fruits and vegetables."



Master Gardeners

Cultivating Plants, People and Communities

Share the Bounty is a new Master Gardener program born out of a desire to engage Clark County gardeners in growing and donating fresh produce to people in need. It was developed in response to the COVID-19 pandemic and the anticipated resulting ripple effect of increased food insecurity of Clark County residents.

Before the Corona virus pandemic the number of families facing food insecurity in Clark County, WA was high. According to a 2017 report by Feeding America, 13.2% (58,670 individuals) of Clark County Residents are "food insecure." With the loss of jobs as a result of the pandemic, even more people are expected to need supplemental food support this year.

Clark County abounds with backyard gardeners, our mild climate and fertile soils supporting the growing of a wide variety of delicious, highly nutritious fruits and vegetables. Many civic minded gardeners already donate excess produce from their gardens to local food pantries. This effort would allow the Master Gardener program to play a role in increasing the number of people willing to donate.

Erika Johnson
Master Gardener
Coordinator

erika.d.johnson@wsu.edu



Engaging university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental stewardship education



Share the Bounty

- ♦ 59 community members participated
- ♦ 75% had never donated to emergency food system before

"Happy to share any extra food I grow with the community."

"I expanded my garden and increased the amount of vegetables I grow this year, hoping for exactly this kind of opportunity!"

"There is a need and we can help fill that need so why wouldn't we all take part!"

Share the Bounty Continues

Share the Bounty participants receive 11 weeks of garden education classes online in exchange for agreeing to donate produce from their gardens to the emergency food system in Clark County.

The program includes garden instruction, via Zoom, from Master Gardener volunteers. Classes take place from 1 to 2pm every Wednesday on topics such as Growing in containers, Succession planting, Pest management and Soil pH.

Presentations are recorded so those unavailable during the live presentation can view them later.

The WSU Extension SNAP-Ed program provided funding to support a paid coordinator for the program. It also worked with the Clark County Food Bank to support recipients of donated produce in effective use of fresh produce.

The Clark County Master Composter/Recycler Program participated by providing an instructor on the topic of "Composting".

The WSU Extension Food Safety and Nutrition Program participated by providing an instructor on the topic of "Food safety".



Share the Bounty participant, Jen Kootstra, will be harvesting peas to donate to the program

Master Gardener Office Clinic

Email us your question at mganswerclinic@clark.wa.gov.

Call (564) 397-5711.

Washington State University



Extension

Clark County

Spring 2020

BY THE NUMBERS 2020 Total Reach

10 research and
demonstration
projects

- ◆ Quinoa
- ◆ 3-Mushroom
- ◆ Mild Habanero Peppers
- ◆ Indigo Tomatoes
- ◆ Edamame Beans
- ◆ Overwintering Brassicas Cover Crop
- ◆ Malting Barley
- ◆ Caneberry Mulch



Agriculture and Natural Resources

The Southwest WA Regional Agriculture Program develops and delivers research and education relevant to the agricultural community of ~2500 commercial farms operating across 125K acres within Clark, Cowlitz, and Skamania Counties. Approximately 75% of farms and acreage lie within Clark County, which has the highest farm density of any county in WA (3.14 farms /mi²), and where 53% of soils are classified as agricultural and hold the highest average inherent USDA-NRCS productivity ratings in the state. Extension programming efforts are directed at bolstering the economic viability of Clark County's longstanding farms and farming economy, and addressing the acute need for farm businesses to adapt and evolve to a rapidly urbanizing context that keeps Clark County's world class soils producing viable economic returns for our farmers and benefits to our community, in perpetuum.



Justin O'Dea
Regional Agricultural Specialist
Faculty,
justin.odea@wsu.edu



The ANR program unit conducts locally relevant applied research in the fields of agriculture and natural resource sciences.



Overwintering brassica cover crop trial

Agriculture and Natural Resources Continued

The program is uniquely situated at the 78th St. Heritage Farm facility where WSU Extension maintains an expanding research and demonstration program on 4 acres of land comprising 8 different types of crop systems. Our program frequently works closely with other WSU Extension colleagues statewide, OSU, Clark Conservation District, and various local food and farm systems groups to leverage resources and deliver enhanced programming to the local community. Our program also serves in a regular advisory role on the County's Noxious Weed Board and on multiple governance committees for the

Heritage Farm.



Getting ready for our first official shiitake harvest

Ten research and demonstration projects at the 78th St. Heritage Farm have been either active, completed, or initiated throughout quarters 1 and 2 of 2020, with video and photo footage being taken for social media outreach and distance delivery events. Our program initiated an Instagram account in April for research and demonstration program outreach updates and to-date has accumulated 120 followers, 115 image likes, and 196 video plays.

Washington State University



Extension

Clark County

Spring 2020

BY THE
NUMBERS 2020
Total Reach- 239



Small Farms Program

Supporting Local Agriculture and Natural Resources

- ◆ 5 Outreach Events
- ◆ 3 Workshops
- ◆ 83 Participants in Farm and Nursery Workshops
- ◆ 50 Contacts of Technical Assistance to Farmers
- ◆ 216 Local Farmers listings on Farm Finder Website
- ◆ 32 Participants in Ag Business Planning Class

The Small Acreage program provides educational workshops and other outreach to residents on how to manage issues such as mud and manure management, fencing and pasture management, and other water quality topics unique to rural properties. This program partners with Clark County Public Works – Clean Water, Clark County Public Health, and numerous others. This program draws on the expertise of speakers from throughout this and neighboring communities.



The Women In Agriculture conference took place in January at the Heritage Farm with 28 attended and 2 local speakers.

Terry Koper
Coordinator
Teresa.koper@wsu.edu



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

Washington State University



Extension

Clark County

Spring 2020



"It is so refreshing to be able to provide food for my family right now because going to the store can be stressful."

-Spring

"I have learned so much working out in the community garden over the years. I love being out there every day it brings me joy". - Liz

Community Gardens

Supporting Local Agriculture

The Heritage Farm Community Garden includes eighty-eight 400 square foot plots providing a place for community members to grow fruits and vegetables for themselves and their families, since 2011. The garden is "pesticide-free" and operates year-round, allowing gardeners to take advantage of the mild climate to grow in all four seasons. Gardeners grow annual and perennial vegetables as well as herbs and flowers, designed to bring in pollinators.

The cost of rental of a plot for one year is \$60. Discounted rates are offered for Clark County Food Bank *Seed to Supper Program* participants. Seed to Supper is a garden education program offered to eligible residents.

The Master Gardener Foundation of Clark County makes plants and seeds available to gardeners and the Master Gardener Program offers information education.



Community Garden Tool Sharing Shed

Jodee Nickel
Coordinator
Jodee.Nickel@wsu.edu



Are you interested in gardening but don't have room to do so at your home or apartment?

The Heritage Farm has a Community Garden with available garden plots for rent!



"The farm is a special place for my little family. I feel like the garden plot has given my child a chance to embrace the best parts of childhood".
-Missy

"I had a container garden on my patio, until my daughter was born. Then I wanted her to see where food is grown. We started a plot at the Heritage Farm Community Garden and our results varied. I wanted to teach her and show her the plant life cycle. where our food comes from and the hard work it takes. I think this is an invaluable lesson in my kid's development. -Lisa

Community Gardens Continued

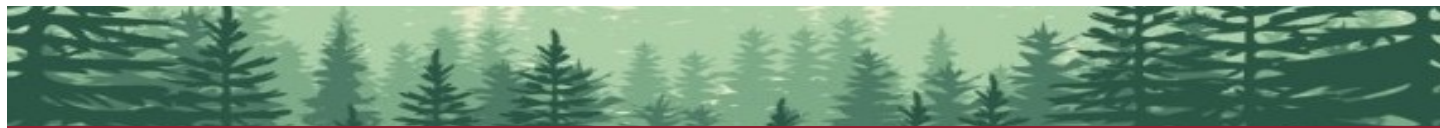
Heritage Farm Community Gardeners are a diverse group of individuals from all walks of life. Many donate the food they grow in their plots to food pantries around the county, helping to help feed hungry families. The garden serves to increase awareness of the origins of food and to increase appreciation of local agriculture, as well as to better connect the local community to the Heritage Farm. The garden also provides green space to citizens, providing mental relaxation and stress alleviation, while enhancing social cohesion. That is very important right now as we are facing challenges due to COVID-19.

Highlights for the community garden

- ♦ Volunteers build and erect predator perch along with a owl box.
- ♦ Added four more 20' x 20' plots.
- ♦ Painted all the community garden tools make it easier to identify.



Community Garden Tool Sharing Shed with new predator perch with owl box



Partnerships and Collaborations



Clark 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 Clark County.

Our other partnerships and collaborations include–

Alliance for a Healthier Generation	Clark County Public Works	IQ Credit Union
Area Agency on Aging and Disabilities	County Public Health	Latino Community Resource Group
Arthritis Foundation Walk With Ease Feet First	Clark Public Utilities	Learning Adventures Child Care
Battleground Health Clinic	Clark County Saddle Club	Lifeline
Bonaventure of Salmon Creek	Community Garden Club of Camas Washougal	Longview Garden Club
Bridgeview Community Center	Community Voices Are Born	Master Gardener Foundation of Clark County
Camas Farmers Market	Connect Evergreen Substance Abuse Coalition	Meals on Wheels People
CASEE	Core Home Fruit Services	National Park Service
CDC Centers for Disease Control and Prevention	Diabetes Technical and Training Center	NatureScaping of SW WA
Chartwells Food Service	DSHS (Dept of Health and Human Services)	Nautilus Inc.
City of Camas	ESD 112	OSPI (Office of Schools and Public Instruction)
City of Vancouver	Evergreen School District/Family and Community Resource Centers	OSU Extension Service
Clark County Event Center	Clark County Farmers	Parks Foundation of Clark County
Clark County Environmental Health Food Safety Program	Fort Vancouver Regional Library	Partners in Careers
Clark County Fair	Fort Vancouver National Historic Site/Clark	PeaceHealth
Clark County Farm Forestry Assoc.	Goldendale Farmers Market	Pearson Field Education Center
Clark County Food Bank	Hardy Plant Society of Oregon	Portland Nursery
Clark County Food System Council	Hazel Dell Elementary School	Ridgefield Garden Club
Clark County Green Schools	Hewlett-Packard	Salmon Creek Farmers Market
Clark County Juvenile Justice	Hubert Prescott Bluebird Recovery Project	SeaMar Community Health
	Illahee Elementary School	Second Mile Marketplace and Hub



Partnerships and Collaborations

Partnerships and Collaborations continued

SHARE House	Vancouver School District	Washington State Dept of Agriculture
Skamania Farmers Market	WSU Edward R Murrow Center for Health Comm. Research and Promotion	Washington State DOH SNAP Market Match
SWW Accountable Communities of Health	WSU Nutrition & Exercise Physiology Program	Washington State Farmers Market Association
SWW Health Living Collaborative	Washington State VetCorp	West Van for Youth Substance Abuse Coalition
The Gardner School of Arts and Sciences	Waste Connections	WIC (Women, Infant and Children)
Truman Elementary	White Salmon Farmers Market	Wise Woman
Underwriters Laboratory	WaferTech	Yacolt Primary School
USDA	Washington Green Schools	
Vancouver Farmers Market	Washington State Chronic Disease Leadership Network	
Vancouver Garden Club		
Vancouver Housing Authority		