

## Summer 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.



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https://extension.wsu.edu/clark/

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https://www.instagram.com/wsuclarkcountymastergardeners/

Small Acreage- <a href="https://www.facebook.com/smallacreageprogram">https://www.facebook.com/smallacreageprogram</a>

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**Clark County** 

Summer 2020



## **4-H Youth Development**

"To Make the Best Better"

The 4-H Youth Development explored a variety of delivery methods to

accommodate a new COVID responsive approach to programming. Program volunteers continued to connect with their 4-H club members through a variety of methods including porch pick-up club activities, virtual showcases, Facebook, zoom, facetime, and other social media outlets and sources.



### Porch Pick-up and Grab & Go Projects

4-H Club volunteers piloted a variety of methods to continue engaging their youth club members. Successful techniques involve "Porch Pick-up" projects where club leaders assemble kits for the youth in their club along with instructions for their project related activities. Club members completed the activities at home and posted pictures on social media of them working on their project. Zoom, Facebook live, facetime, and Instagram live were all used as options for club members to connect and to work on projects together. The Alpaca 101 club leaders provided porch pick-up projects for their

members beginning early on in the pandemic. Club members continued to learn about their alpacas and llamas while staying safe at home.

Missy Cummins 4-H Youth Development Specialist, Faculty

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



### Porch Pick-up and Grab & Go Projects continued

continue to distribute these kits and hopes to identify partners to increase capacity. The 4-H Office staff successfully piloted Grab & Go project kits for youth. The supplies and curriculum were part of a grant program funded through National 4-H Council. The Healthy Living summer kit focused on nutrition and mindfulness activities. Curriculum and supplies for 150 take home learning kits were distributed throughout the region and after the success of the Healthy Living Grab & Go kit, the office will

4-H youth participant in Healthy Living Project
The 4-H Horse The 4-H Horse program conducted a virtual horse show where 4-H members showcased their horsemanship while practicing physical distancing. Youth participated by submitting pictures and videos of themselves demonstrating horsemanship. 4-H members submitted their videos using YouTube. Those videos and pictures were sent to judges who reviewed submissions and scored them the same way they would if they were in person at the Fair or any other show.

#### Virtual Livestock Auction

4-H \*\*

The Clark County Fair Junior Livestock Committee sponsored a virtual livestock auction for 4-H members who raise livestock animals to sell their animals. Despite not meeting in person with members of their 4-H club, youth continue to work on their projects throughout the summer. These youth fed, worked with, and maintained their livestock animals to keep them in market

ready condition. The Junior Livestock Auction raised \$342,590 for 4-H youth in Clark County. There were 171 animals sold to 327 buyers.





Mia, 4-H youth participant in Livestock Auction

"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."



**Clark County** 

Summer 2020

BY THE NUMBERS 2020 Total Reach

105

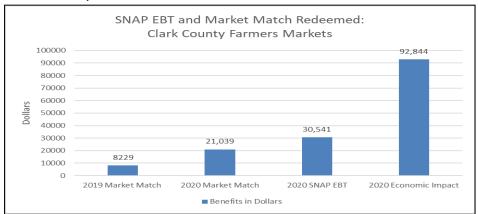


## **Food Safety and Nutrition**

- 24 PIC Food
   Workers trained
- 16 Business
   Impacted
- 7 Diabetes
   Education Classes
- 81 Participants

#### **SNAP Market Match**

WSU Extension provides technical assistance for the SNAP Market Match (<a href="https://www.doh.wa.gov/SNAPMarketMatch">www.doh.wa.gov/SNAPMarketMatch</a>) program for farmers markets in Clark County.



From June 1 through September 30<sup>th</sup>, SNAP customers redeemed \$30,541 in EBT benefits at farmers markets in Clark County and received \$21,039 in free produce from the SNAP Market Match incentive program. This is a 156% increase in use of these benefits compared to the 2019 market season. According to the Food Research & Action Center, each dollar in SNAP benefits generates \$1.80 in local economic activity. This equates to \$92,844 local economic impact from the SNAP EBT and Market Match programs for Clark county.



Zena Edwards
Food & Nutrition
Facuty,
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Youth and Family programs improve the capacity of young people to be successful and strengthens families to support healthy development



Thanks to the amazing efforts from our community partners, 237 responses were received from Clark County residents for this important

survey evaluating how COVID-19 impacted household food security and access. This is a HUGE accomplishment given we had a shorter timeline as compared to the five other large counties (King, Pierce, Snohomish, Spokane, Yakima) originally selected as targets for deployment of the survey. Details about the study and statewide preliminary results can be accessed using by following the link below. Clark County specific results are expected to be available by the end of October.

https://nutr.uw.edu/cphn\_project/examining-impact-of-covid-19-pandemic-on-food-systems-food-security-and-food-access-in-washington-state/

### FoodMania: Kids & Food in a Marketing Driven World

Helping families build critical thinking skills about food messaging can lead to children eating more fruits and vegetables. These and other results were reported in Childhood Obesity (<a href="https://www.liebertpub.com/doi/10.1089/chi.2019.0240">https://www.liebertpub.com/doi/10.1089/chi.2019.0240</a>) and the program was featured in WSU Insider magazine (<a href="https://news.wsu.edu/2020/04/21/media-literacy-can-improve-child-nutrition-family-relationships/">https://news.wsu.edu/2020/04/21/media-literacy-can-improve-child-nutrition-family-relationships/</a>)

FoodMania is a family-based media literacy and nutrition program developed, piloted and field-tested by WSU Extension Clark County in

collaboration with four other WSU Extension locations across Washington state. Local faculty contributors included Missy Cummins, 4-H Regional Specialist and retired Food Safety & Nutrition Faculty, Sandra Brown. Zena Edwards, current Food Safety & Nutrition Faculty, served on the statewide evaluation & research team for the project and is a corauthor on the article.



"I will say this, we didn't really talk about commercials beforehand, before this...and we discuss'em a lot more now. We'll talk about 'em." FoodMania parent



BY THE NUMBERS 2020

Total Reach 218

- 69 Pressure canner gauges tested
- 88 Questions answered on Food Safety Line
- 7 Food Preservation Classes
- 61 Participants in Food Preservation Classes

'I am so thankful you are doing this. I was so worried about the accuracy of my canner' 'Your service is so extremely valuable, I'm so happy you were able to do the testing this year.'

### Master Food Preserver Program

2020 is an unusual year in so many ways, but the number of people growing their own food and then preserving their bounty or others purchasing local foods to preserve has increased substantially. Preserving foods is a good way to have control over what goes into your food, and security of having food in your home. Preserving food can also be dangerous if not done correctly and using safe resources and tested recipes. The Master Food Preserver Program supported our community this Summer with the following activities.

#### **Drive Up Gauge Testing**

Tested 69 pressure canner gauges using no-contact/social distancing protocols. Dial pressure gauges need to be tested annually to reduce the risk of botulism from canning low-acid foods in a pressure canner with too low of pressure.

Of 69 canner gauges testing in the first 3 events, 19 (27.5%) were accurate 26 (37.6%) were out of calibration but could be adjusted to be safely used, 24 (34.7%) needed to be replaced. In summary 72% of the gauges tested were not accurate and could have caused food borne illness or worse.

#### **Food Preserver Question Line**

Answered 88 consumer questions about food preservation via the Food Safety Phone Line. Calls were about how to preserve specific foods, safety concerns with improperly home-canned foods due to human error in the canning process and inquiries about pressure gauge testing. One consumer said 'I am sure glad I called about this as I would have surely made someone sick.'





Cars lining up at Heritage Farm for Extensions Drive up Gauge Testing Clinic



Comments from participants attending You Can Food Preservation Class

"I am so inspired each week to go out and preserve something new"

"These classes have been wonderful. I am so glad I participated and look forward to homing my preservations skills creating safe tasty foods for my family."

"I was glad for the virtual classes as I wouldn't have gone to the in-person classes. This was a great way to learn and found it very valuable."

"I stopped trying to preserve all the convenience foods I see at the store, and now preserve the basics to have more flexibility when cooking, but also less stress to do it all" "These classes have been wonderful."

#### **Market Fresh Articles**

Wrote 22 Market Fresh Find articles for The Columbian between May 22 thru October 16, 2020. Each weekly article featured a locally grown fresh fruit or vegetable likely found at area farmers markets and produce stands. They included a simple recipe and information about how to select, store, prepare and serve the featured item. Erin Middlewood, the Features Editor, said the articles were well received and would like to continue this over 5-year tradition for the 2021 growing season.

https://extension.wsu.edu/clark/healthwellness/ foodpreservation/market-fresh-recipes/ #MF2020

#### **Food Preservation Classes**

Delivered 7 food preservation classes for the public via Zoom: 1) Jams & Jellies, 2) Fruits, 3) Quick Pickles, 4) Fermentation, 5) Tomatoes and Salsa, 6) Dehydration, and 7) Vegetables. Volunteers greatly increase their distance delivery skills and comfort level with using Zoom. Participants were very appreciative. One person said "I was glad for the virtual classes as I wouldn't have gone to the in-person classes. This was a great way to learn and found it very valuable."



A total of 61 individuals attended at least one of the classes. Eleven attended five or more classes. A total of 83 surveys were completed for all of the classes. On a scale of 1 to 10 (1 = "I don't think I can do it", 5 = "I could do this with some help" 10 = "I am confident I can do this"), the before score was 5.0 and increased on average to 7.4 after taking the classes, with a total of 66 improved scores.



Master Food Preserver volunteers receive 50 hours of college level training and then volunteer to answer consumer questions about food preservation and general food safety, hold classes about food preservation, and test pressure gauges during the summer season



Extension

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### **SNAP-Ed Nutrition**

**Supplemental Nutrition Assistance Program** 



This Summer the SNAP-Ed program teamed up with the Master Gardener program to support the Share the Bounty initiative, in which home gardeners are encouraged to grow an extra row of produce to donate to local food pantries. They offered 11 weeks of research based garden education videos via Zoom. SNAP-Ed then connected gardeners with the local food banks to disseminate information in regards to where, when and how to donate. As produce became available participants donated their extra bounty to help increase the availability of fresh fruits and vegetables to those with food insecurity.

SNAP-Ed also offered informational signage for food pantry shoppers to highlight the fruits and vegetables and raise awareness around the Share the Bounty program. 58 gardeners participated in this initiative with 1065 pounds of fruits and vegetables were harvested and donated.

## Healthy School Celebration Guidelines and School Wellness Training

WSU Extension SNAP-Ed in Clark County has been working with local schools to help create healthier environments for several years. Recently, they have been putting emphasis on Healthy Celebrations, by meeting with school personnel, collecting data, and presenting to school staff, administrations, and the district wellness committee.

58 Gardeners participated

 1065 pounds of produce to food pantries

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.



### Healthy Celebration program continued

This Healthy Celebrations work has been successful and seems to have helped bring about meaningful conversations around school wellness. The SNAP-Ed program was invited by Washington State Office of Superintendent of Public Instruction (OSPI) planning committee to support state-wide school wellness trainings for teachers. This training will provide several hours of professional development to school staff and administrators. Along with several other wellness topics, the training will cover Healthy Celebrations in

schools, and will provide a link to WSU Extension Clark County's Healthy Celebrations toolkit. <a href="https://s3-us-west-2.amazonaws.com/">https://s3-us-west-2.amazonaws.com/</a> wasnap-ed.org/wp-content/uploads/2019/02/Healthy-Celebrations-Toolkit-

pdf.pdf

Washington State SNAP-ED Virtual Education Workgroups

With the need to continue to reach SNAP eligible communities with quality nutrition education and physical activity during COVID-19, the Clark SNAP-Ed program came together with Washington SNAP-Ed providers from around the State to collaborate in work groups to develop virtual nutrition education models to provide for their local schools.

Local SNAP-Ed educators will be working with several Clark county

middle schools to provide virtual nutrition education in the fall.

SNAP-Ed Healthy Food. Healthy Moves.



**Extension** 

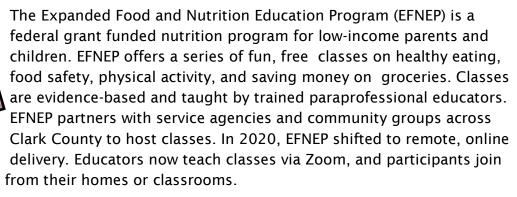
Clark County

Spring 2020



## **EFNEP Program**

### **Expanded Food and Nutrition Education**





After a two-year break, EFNEP restarted in Clark County on July 1, 2020, with the hire of a new county supervisor, Laurel Moffat. Her background

is in food systems and food assistance programs. For two years, Laurel managed a federal nutrition program for children at the Food Bank of North Alabama. She recently completed her Master of Public Health in Nutrition at the University of California, Berkeley with a focus on food systems.

Laurel Moffat EFNEP Manager Laurel.moffat@wsu.edu



Assisting limited resource families in acquiring the knowledge, skills, attitudes, and changed behavior necessary to maintain nutritionally sound diets





This quarter, Laurel began the hiring process for three educator positions with EFNEP, and she started rekindling partnerships with groups that partnered with EFNEP in the past. She connected with Clark County SNAP Ed, the Salvation Army, the Innovative Services NW ECEAP preschool program, and the Department of Social and Health Services Division of Vocational Rehabilitation. In 2020, EFNEP will spend approximately \$60,000 of federal funds in Clark County. Next year, with full staffing and program operations, EFNEP will spend more than \$200,000 of federal funds in Clark County.

EFNEP will begin hosting classes in Clark County in the coming months. In the past, participants have reported saving an average of \$20 per month after taking EFNEP classes in Clark County. Participants have also reported eating better, being more physically active, and using more community resources like WIC and farmers' markets.



FREE Eating Smarting Being Active virtual classes will be starting in the Fall.



**Extension** 

Clark County

Summer 2020

BY THE
NUMBERS 2020
Total Reach



### **Agriculture and Natural Resources**

9 research and demonstration projects

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



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 an 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.



The program is uniquely situated at the 78th St. Heritage Farm facility where WSU Extension maintains a expanding research and demonstration program on 4 acres of land comprising 8 different types of crop systems.

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



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

### **Agriculture and Natural Resources Continued**



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 78th St Heritage Farm.



Our educational program delivery was diminished in quarter three 2020 due to personnel capacity constraints, Coronavirus restrictions, and abundant field research and demonstration activity at the 78th St Heritage Farm. Quarter 3 program efforts focused on 9 different research and demonstration field projects in specialty grain production (2), specialty vegetable production (2) specialty seed production (1), soil health management in caneberries (1), pest management in caneberries (1), and forest-cultivated mushroom production (2). Educational program efforts were redirected to capturing video footage and photo documentation for use in web-delivered programs to be delivered in quarter four of 2020 and for posting on online platforms including social media. A hour-long webinar on forest-cultivated mushroom production was also delivered on September 2020 to ~40 southwest WA forest owners and stakeholders as part of an online event coordinated by the WSU Extension Forestry Program, and included updates on mushroom research at the Heritage Farm.



Program evaluations indicated that 83% of attendees intended to use the information presented and 100% would recommend the program to others. In September we also initiated a \$42,421 grant project (awarded July 2020) to improve management of a pest of caneberries (rose stem girdler) identified by the northwest raspberry and blackberry industries and Clark-Cowlitz Farm Bureau as a pest of priority concern to growers in our region.



**Extension** 

**Clark County** 

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BY THE NUMBERS 2020

**Total Reach 1625** 

- 3776 Master
   Gardener Volunteer
   Hours
- ♦ 8 Workshops
- 325 Attendees at Workshops
- 1 Class Series
- ♦ 65 Attendees
- 230 Answer Clinic Calls
- 2248 Social Media hits to date

"This was a very helpful webinar. There are many important steps in caring for a lawn - and I now have a much better understanding of how each decision/process plays an important role."



## **Master Gardeners**

**Cultivating Plants, People and Communities** 

The Master Gardener program delivered eight workshops this summer reaching 325 members of the public, on topics include sustainable landscaping, sustainable lawn care, raised bed gardening, pollinators, herbs, houseplants and tomato tips. Oregon State University Urban Horticulturist, Weston Miller presented to a virtual audience of 65 while WSU Clark County Extension Master Gardener Janice McBride presented to a group of 41 on landscape plant care.

Both speakers targeted homeowners, emphasizing practices that not only make chores easier, but which are also more environmentally friendly. Examples included practices such as grasscycling, or leaving grass clippings on the lawn, as well as watering techniques like drip irrigation or soaker hoses that minimize water waste and runoff.

Forty-four of 106 attendees completed an evaluation after the presentations. Scores were 4.7 out of 5 (sustainable lawn care) and 4.6 out of 5 (sustainable landscaping) for rating the quality of the talks overall. Respondents indicated a one point or higher increase in knowledge for all three evaluation questions, on a five-point scale.



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



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BY THE
NUMBERS 2020
Total Reach- 161



## **Small Farms Program**

**Supporting Local Agriculture and Natural Resources** 

The Small Acreage program provides educational workshops and other outreach to county 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. Classes, workshops, tours, and other events are offered throughout the year

Classes and workshops that were offered this quarter included:

- An online Backyard Composting Workshop with 38 attendees.
- An online Well and Septic System Maintenance Workshop with 27 attendees.
- The Harvest Celebration (10 farms open to the public on the 3<sup>rd</sup> Saturday in September) was unable to take place as an inperson event this year due to the pandemic. Ten farms were still highlighted on the Harvest Celebration Program on the Small Acreage Program webpage.



Serendipity Alpaca Ranch

2 Workshops

- 67 participants in workshops
- ♦ 5 Outreach Events
- 57 Participants in Outreach events
- 5 Contacts of Technical Assistance to Farmers
- 216 Local Farmers listings on Farm Finder Website
- 32 Contacts of Technical Assistance to Small Acreage owners

Terry Koper Coordinator Teresa.koper@wsu.edu



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



**Extension** 

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## **Community Gardens**

**Supporting Local Agriculture** 

The 2020 growing season is coming to a close. Many of the community gardeners are putting their plots to bed for the winter. Some will be winter gardening but not many. We have a short waiting list at the moment. Community gardeners can sign up for their 2021 garden plot starting in January.



Three years ago, William Smith was driving along 78th street when he saw the sign that said community garden plots available. It was then that he got the idea of having his own garden plot and growing his own vegetables. That year he only grew tomatoes and donated over half of them to the Clark County Food Bank. Little did we know that three years later William would be our main community garden volunteer.

This year William has donated 700 pounds of vegetables to the Clark County Food Bank a value of over \$900.00. He also donated 95 hours of his time in supporting community garden work valued over \$2,000. William has painted the shed and shared garden tools and helped add four more community garden plots. He has also assisted in weeding and woodchipping the community garden walkways as well as many other helpful tasks.

Thank you William for all that you do to support a thriving community garden at the 78th Street Heritage Farms.

aint job on

New paint job on community tool 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!



### 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

Area Agency on Aging and

Disabilities

Arthritis Foundation Walk With Ease Feet

First

Battleground Health Clinic

Bonaventure of Salmon Creek

**Bridgeview Community Center** 

Camas Farmers Market

**CASEE** 

CDC Centers for Disease Control and

Prevention

Chartwells Food Service

City of Camas

City of Vancouver

Clark County Event Center

Clark County Environmental Health Food

Safety Program

Clark County Fair

Clark County Farm Forestry Assoc.

Clark County Food Bank

Clark County Food System Council

Clark County Green Schools

Clark County Juvenile Justice

Clark County Public Works

County Public Health

Clark Public Utilities

Clark County Saddle Club

Community Garden Club of Camas

Washougal

Community Voices Are Born

Connect Evergreen Substance Abuse

Coalition

Core Home Fruit Services

**Diabetes Technical and Training Center** 

DSHS (Dept of Health and Human Services)

ESD 112

Evergreen School District/Family and

**Community Resource Centers** 

**Clark County Farmers** 

Fort Vancouver Regional Library

Fort Vancouver National Historic Site/Clark

Goldendale Farmers Market

Hardy Plant Society of Oregon

Hazel Dell Elementary School

Hewlett-Packard

**Hubert Prescott Bluebird Recovery Project** 

Illahee Elementary School

**IQ** Credit Union

Latino Community Resource Group

Learning Adventures Child Care

Lifeline

Longview Garden Club

Master Gardener Foundation of Clark

County

Meals on Wheels People

National Park Service

NatureScaping of SW WA

Nautilus Inc.

OSPI (Office of Schools and Public

Instruction)

**OSU Extension Service** 

Parks Foundation of Clark County

Partners in Careers

PeaceHealth

Pearson Field Education Center

**Portland Nursery** 

Ridgefield Garden Club

Salmon Creek Farmers Market

SeaMar Community Health

Second Mile Marketplace and Hub





### Partnerships and Collaborations

### Partnerships and Collaborations continued

**SHARE House** 

Skamania Farmers Market

SWW Accountable Communities of

Health

SWW Health Living Collaborative

The Gardner School of Arts and

Sciences

**Truman Elementary** 

**Underwriters Laboratory** 

**USDA** 

Vancouver Farmers Market

Vancouver Garden Club

Vancouver Housing Authority

Vancouver School District

WSU Edward R Murrow Center for Health Comm. Research and

Promotion

WSU Nutrition & Exercise

Physiology Program

Washington State VetCorp

**Waste Connections** 

White Salmon Farmers Market

WaferTech

**Washington Green Schools** 

Washington State Chronic Disease Leadership Network Washington State Dept of

Agriculture

Washington State DOH SNAP

Market Match

Washington State Farmers

**Market Association** 

West Van for Youth Substance

**Abuse Coalition** 

WIC (Women, Infant and

Children)

Wise Woman

Yacolt Primary School

### A BIG Thank You to our WSU Extension Volunteers

Over 4000 volunteer hours were tracked this quarter.

We wish to extend gratitude to our volunteers for all that they do. Your willingness to give freely of your time and talent is greatly appreciated, and your efforts are making a difference in this community.

