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 supportive of keeping our communities safe. Our Clark office continues to be closed to public access, however the WSU staff is working remotely and providing programming virtually with some in-person activity starting in the Spring. This quarter Extension programs have reached over 2900 community members. To find out more about our current programs and events please contact us through email, phone or go to our website or social media outlets. Stay safe!

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

Follow us on Facebook and Instagram
Agriculture https://www.instagram.com/wsuextensionagswa/
4-H https://www.facebook.com/wastate4h/
Master Gardeners https://www.facebook.com/Wsu-ClarkCounty-MasterGardeners-291957214151636
https://www.instagram.com/wsuclarkcountymastergardeners/
Small Acreage https://www.facebook.com/smallacreageprogram
SNAP-Ed https://www.facebook.com/Clark-County-SNAP-Ed-Program-303821640310561/
4-H Youth Development

“To Make the Best Better”

4-H Horticulture Learning Kits

4-H developed 50 horticulture themed learning kits for justice involved youth in Clark County. The kit activities are focused on healthy living, mindfulness, community connection, and growing food. Each kit includes an activity guide and supplies to complete the activities. The learning kits have been used to connect youth with Juvenile Court staff to enhance youth engagement and connection in the detention alternative programs.

With your Horticulture Kit you literally have brought the Outside In, allowing youth to plant flowers and vegetables in portable containers they can keep inside and watch grow. We are grateful to have a community partner like you, so sensitive to the needs of todays youth, and so willing to help us meet those needs in creative ways.”

Nick Potter, Restorative Community Service Program

Helping, Educating, Listening, Planning, Supporting (HELPs)

The HELPS program is a formal intervention for low-risk (often first time) offenders referred to Clark County Juvenile Court. During a one-hour session, 4-H Program Staff deliver a session called Communication 101. The youth participants and their connected adult(s) learn through a variety of games and activities that foster communication and connection between youth and adults. The sessions are designed with various learning styles in mind and emphasize group interaction.

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

Missy Cummins
4-H Youth Development Specialist, Faculty
missy.cummins@wsu.edu
The WSU Extension Clark County Diabetes Prevention Program (PreventT2) was highlighted on a national webinar: Addressing Healthy People 2030 Diabetes Objectives During the COVID Pandemic: Addressing Healthy People 2030 Diabetes Objectives During the COVID Pandemic Webinar - News & Events | health.gov. In addition to Zena Edwards from WSU Extension, the panel included speakers from the US Office of Disease Prevention and Health Promotion, the Diabetes Advocacy Alliance, the National Association of Chronic Disease Directors, and the WSDOH office of Heart Disease, Stroke and Diabetes Prevention.

HP 2030 objectives that are supported by WSUECC Prevention T2 program include:

- Reduce the proportion of adults who don’t know they have prediabetes (1 out of 3 adults have prediabetes, 9 out of 10 don’t know they do)
- Increase the proportion of eligible people completing CDC-recognized type 2 diabetes prevention programs (WSUECC has a CDC fully recognized program)
- Reduce the number of diabetes cases diagnosed yearly (participating in a CDC-recognized program can cut the risk of developing diabetes in half)

Food Safety and Nutrition programs help families make food and physical activity choices that promote health and prevent disease.
Living a Healthy Life Workshop

A 6-week Living a Healthy Life with Chronic Pain workshop was started in March and co-lead with SeaMar Community Healthy Centers.

The WSU Extension Clark County Chronic Disease and Prevention Program received approval for $44,000 in CDC flow-through money from WSDOH for diabetes prevention and diabetes self-management programs for June 30, 2021-June 30, 2022. This funding will allow for implementation and expansion of a CDC certified blood pressure self-monitoring program.

Courtney Payne, Registered Dietitian Nutritionist with a Master of Science in Nutrition (OHSU) was hired in February as the Health & Wellness program coordinator.

Contact: Courtney Payne, MS, RD
courtney.e.payne@wsu.edu
913-375-3176
IN JANUARY, CLARK COUNTY SNAP-ED PROGRAM STARTED USING THEIR FACEBOOK PAGE AS OUTREACH TO COMMUNITY MEMBERS AND SNAP RECIPIENTS TO SUPPORT THE MESSAGES ABOUT HEALTHY BEHAVIORS THAT ARE TAUGHT BY ALL SNAP-ED PROGRAMS. CONTENT INCLUDES WEEKLY POSTS THAT PROMOTE HEALTHY EATING AND PHYSICAL ACTIVITIES AND HIGHLIGHTING COMMUNITY PARTNER'S WORK. HTTPS://WWW.FACEBOOK.COM/CLARK-COUNTY-SNAP-ED-PROGRAM-303821640310561/

WHAT'S COOKING WITH CLARK COUNTY!
ON MARCH 11TH THE SNAP-ED PROGRAM COORDINATED THEIR FIRST "WHAT'S COOKING WITH CLARK COUNTY" FACEBOOK LIVE. THE EVENT WENT VERY SMOOTHLY AND WAS VERY SUCCESSFUL. IT INCLUDED A FOOD DEMONSTRATION OF APPLE NACHOS AND WAS FOLLOWED UP WITH AN INTERVIEW WITH TWO PARTNERS, BECCI READ-RYAN THE HUNGER RESPONSE MANAGER AT SHARE AND MARISOL GARCIA THE MAC MIDDLE SCHOOL FCRC COORDINATOR. EACH PROVIDED INFORMATION ABOUT WHAT SERVICES ARE AVAILABLE FOR PEOPLE EXPERIENCING FOOD INSECURITY AND HOW TO ACCESS THESE SERVICES. THEY PLAN ON HAVING A FACEBOOK LIVE EVENT EVERY MONTH. TO VIEW THIS EVENT GO TO: HTTPS://FB.WATCH/4BFQXZWRP5/

SNAP-ED NUTRITION PROGRAMS FOCUS ON PROVIDING DIETARY QUALITY, PHYSICAL ACTIVITY AND FOOD RESOURCE MANAGEMENT FOR LOW-INCOME ADULTS AND YOUTH.
Farm to School-Heritage Farm Tours

In January, the WSU Clark County Extension SNAP-Ed program created a Heritage Farm introduction video as well as a trifold brochure to be used as marketing materials to promote Heritage Farm tours to low income schools and other eligible community groups. The SNAP-Ed program has been providing these farm tours since 2016. They have been offered to 5th grade students from eligible schools participating in SNAP nutrition education at their school.

The program’s mission is to connect school-age children with their local food system and enhance their understanding of agricultural practices and environmental resources through interactive exploration. Putting food on the table begins well before the grocery store and understanding how it gets from the farm to our table can help youth make more informed food choices and increase their likelihood of incorporating more fruits and vegetables into daily diet. This is especially critical in urban settings where people are further removed from the production of their own food.

The hope is to provide virtual and in-person youth tours by the Fall of 2021.

To view the farm tour video click on the link: 
https://www.youtube.com/watch?v=-gYU0alH5OE&t=1s
EFNEP Program
Expanded Food and Nutrition Education

BY THE NUMBERS
2021
Total Reach by Quarter-25

- 1 Workshop with 3 Class Participants
- 2 Class series
- 22 Youth Participants in the Class Series

Virtual Youth and Adult Nutrition Classes

In the first quarter of 2021, EFNEP started a youth class series with two fourth grade classes from Vancouver Public Schools and started an adult class series with a new partner: Next Success, a development program that helps young adults build skills and find jobs in the Vancouver area. The adult series was also the first time that EFNEP Educators Sara Peitzmeier and Scotty Parrish taught public classes. This co-teaching signified the completion of training for the two newest members of the Clark EFNEP team.

Do online classes really work? In 2020, the EFNEP program shifted from interactive, hands on classes to remote online delivery. Never in the program’s 50 year history had classes been delivered this way. The new format was very different: instead of 90-minute classes for 9 weeks, the online series was just 45 to 60 minutes for 6 weeks. Instead of cooking and moving together, educators shared online recipe videos and led physical activity over Zoom. The online classes were still based on nutrition research and adult learning principles, but it was unknown whether online classes were as effective at promoting healthy behavior change as in-person EFNEP classes.

Laurel Moffat
EFNEP Manager
Laurel.moffat@wsu.edu

Assisting limited resource families in acquiring the knowledge, skills, attitudes, and changed behavior.
Thanks to an analysis of statewide EFNEP data, now we know that online EFNEP classes are just as effective as in-person classes. The state team compared behavior change outcomes for the 365 adults who completed classes online in 2020 during the “Stay Home, Stay Healthy” period to the 760 adults who completed in-person classes in the same time frame the year before. Behavior change outcomes were the same, meaning that online EFNEP classes are as effective as in-person classes in supporting healthy behavior change.

* Satterthwaite two-sample t-test with unequal variance. Other tests were pooled two-sample t-tests.
2956 Master Gardener Volunteer Hours
285 Active Master Gardener Volunteers
8 Workshops
712 Attendees at Workshops
139 Answer Clinic Calls

BY THE NUMBERS
2021
Total Reach by Quarter-851

Master Gardeners Program
Community Horticulture and Natural Resource Stewardship

In just the first quarter of 2021, Clark County Master Gardeners reached 672 residents through educational webinars.

Two-hundred-ninety-two people attended a January 23 virtual workshop on blueberry pruning and care. The talk included instruction how to prune to maximize fruit yield and increase fruit quality as well as to avoid pests and diseases. Techniques and timing for fertilizing, irrigation and non-chemical pest management were also covered.

Workshop participants completed an evaluation to assess their knowledge about topics before and after the talk. Mean average scores before and after the talk increased by at least 1.1 on each learning outcome on a scale of 1 to 5. The workshop received an excellent overall score of 4.8 out of 5.

The blue orchard mason bee, a native uber pollinator, especially of fruit trees, was the topic of a March 1 webinar attended by 93. The life cycle of this docile bee starts with the emergence of the males and then a few days later, females, from the cocoons in which they've spent the last several months. Attendees learn how to serve as hosts, putting out nesting boxes in which they lay their eggs.

Workshop participants completed an evaluation to assess their knowledge about topics before and after the presentation. Mean average scores before and after the talk increased by at least 1.4 on each learning outcome on a scale of 1 to 5. The workshop received an excellent overall score of 4.9 out of 5.
WSU Master Gardener Program
Cultivating Plants, People & Communities Since 1973

Program Priorities

- Wildfire Preparedness
  - Teaches fire-wise landscaping principles to reduce the risk of loss due to wildfire
- Climate Change
  - Teaches ways to create resilient landscapes that are adapted to our changing climate
- Water Conservation
  - Promotes water-wise gardening and landscaping practices to conserve water
- Plant Biodiversity
  - Promotes stewardship of diverse ecosystems through innovative species management, native species conservation and restoration in landscapes
- Soil Health
  - Encourages building healthy soils to prevent depletion and ensure the long term viability of local food security & natural resources
- Nearby Nature
  - Seeks to increase access to plants, green spaces and public landscapes to benefit the health & well-being of all members of our communities
- Pollinators
  - Teaches ways to help native bees and other pollinators thrive in home and community landscapes
- Local Food
  - Promotes sustainable techniques for growing local food to improve individual & community health & wellness
- Horticulture Skills
  - Teaches research-based horticulture principles and practices for the development of healthy landscapes and to protect our natural resources

Become a volunteer mastergardener.wsu.edu

Master Gardener Office Clinic
Email us your question at mganswerclinic@clark.wa.gov
Call (564) 397-5711.
Progress on two major grant projects dominated Quarter 1’s program activity in 2021, along with work to establish trials and demonstrations at the Heritage Farm for the 2021 growing season. Our project on rose stem girdler, an emerging pest of raspberry and blackberry crops, continued as we collected samples from 6 collaborating growers across Clark and Cowlitz County, and 5 other growers in the northern Willamette Valley in Oregon.

We also continued to develop educational programming for our peri-urban agriculture network project, including setting up interviews with multiple farmers operating in Clark County and northern Willamette Valley, for a video illustrating farmers’ experiences of operating in an urbanizing context. At the Heritage Farm, we prepared for the upcoming season’s forest-cultivated mushroom trials, raspberry trials, edamame bean trials, soil solarization trials, and spelt demonstration plots.

Our program participated as a panelist in a local Farm to Fork Workshop reaching 31 participants, and presented at an international conference on soil health with cover crops reaching with approximately 100 participants.
Agriculture and Natural Resources Continued

We responded to 72 direct local requests for program information. Program outreach efforts reached 388 stakeholders while our social media account garnered 33 new followers and 72 new views. One new grant proposal was submitted in Quarter 1 to support our program’s forest-cultivated mushroom systems research, ($25K), and were also awarded a grant subcontract in value-added grain systems research ($26K), and a program gift of $9K from Clark-Cowlitz Farm Bureau.

Figure 1. (Left) Rose stem girdler-damaged Caneberry canes collected from farms in Clark and Cowlitz County, WA and Washington, Clackamas, and Multnomah Counties, OR. The canes will be used in a lab experiment being conducted at the Heritage Farm. (Right) A freshly cultivated and mustard cover crop-seeded plot at the Heritage Farm in March 2021 that will be used for soil solarization trials during the 2021 growing season.
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, and other water quality topics unique to rural properties. Classes, workshops, tours, and other events are offered throughout the year.

This quarter the program offered virtual education with a Well and Septic System Maintenance Workshop and an Agriculture Entrepreneurship and Business Planning class series. One Ag. Entrepreneur graduate from the living on the land class commented that “The instructors and guests have provided a wealth of information and are so inspiring with taking a passion and making it a successful endeavor.”

Thank you Steven Thalberg, a land steward living in Clark County whom Small Acreage Program recognized through Doing Our Part – Land Stewardship Program.

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

Terry Koper
Coordinator
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Community Gardens
Supporting Local Agriculture

All 88 community garden plots at the Heritage farm have been filled with a diverse group of members from our community. This year we have 13 new gardeners joining us on the farm. Gardeners are busy cleaning up their plots, weeding and tilling preparing the soil for planting. Jodee Nickel the Community Garden Coordinator is excited to see what everyone has planned for the 2021 growing season.

Avid community gardeners Barbara and Sharon getting their plots prepped for the upcoming season.

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!

Jodee Nickel
Coordinator
Jodee.Nickel@wsu.edu
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.

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<td>ESD 112</td>
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### Partnerships and Collaborations continued

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