

Washington State University



Extension

Clark County

Spring 2021



Spring 2021 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.

This Spring brought about much change in how we reach our community. WSU staff continued to work remotely and provide virtual programming. We also began to expand and open up with in-person programming as well. **This quarter Extension programs reached over 31,253 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**
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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/>



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BY THE NUMBERS 2021

Total Reach by
Quarter: 249



4-H Youth Development

"To Make the Best Better"

- ♦ 131 Youth Participated in Club Program
- ♦ 14 Trained Adult Volunteers/ Mentors
- ♦ 2 Workshops with 16 Participants
- ♦ 3 class series with 93 Participants
- ♦ 9 Youth Participated in Restorative Justice Programing

4-H and Cowlitz Indian Tribe Community Wellness Partnership

The Clark County 4-H program is partnering with the Cowlitz Indian Tribe Community Wellness Garden program to support community members in growing and distributing fresh, organic produce in the 4-H Restorative Community Service Garden at Heritage Farm. Four families are currently growing summer crops alongside participants in the Cowlitz Indian Tribe Substance Use Disorder program. The partnership with the Cowlitz Tribe will also allow for expanded educational opportunities in the garden with youth participants in the Clark County Juvenile Court Restorative Community Service program.



4-H and Cowlitz Tribe Participants at Heritage Farm

Animal Science Grab & Go Kit

The 4-H regional staff for Clark, Skamania, and Klickitat counties created an (cont.' on next page)



Missy Cummins
4-H Youth
Development
Specialist, Faculty



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

"Thank you for partnering with us on the garden beds at Heritage Farm. We can't tell you how much it has meant to our club to not only get our hands dirty but also to see each other face-to-face. Our 4-Hers are so excited to be gardening together. My son told me as we left the garden last week that even not fun jobs are fun when you do them with a group."

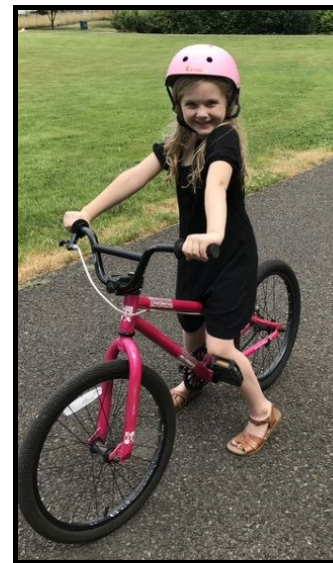
– 4-H Club Leader

Cont.'

Animal Science Grab & Go Learning Kit that offers a variety of 4-H curricula and agricultural resources and includes the supplies necessary to complete six activities. 128 Animal Science learning kits were distributed to youth in the region.

Healthy Habits Program

The 4-H regional team also delivered the Healthy Habits program virtually to 26 youth. Healthy Habits is a program designed to teach youth the basics of nutrition, plant science, mindfulness, and physical fitness to empower them to make healthy choices. In addition we developed and distributed 67 remote learning kits for Healthy Habits participants to learn independently or with their families at home.



Kennedy– 4-H Healthy Habits Participant

4-H Restorative Community Service Garden

The 4-H Restorative Community Service Garden at the Heritage Farm is utilized by the Sow, Bud, and Blossom 4-H club this spring to engage in hands-on learning experiences. The 4-H club has explored plant science and gardening topics, along with contributing to the maintenance and general care of the garden space.



4-H Garden Club at Heritage Farm



HEAD



HEART



HANDS



HEALTH

4-H is the nation's largest youth development organization.

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Food Safety and Nutrition

- ♦ 2 Nutrition Outreach Events with 263 Participants
- ♦ 1 workshop with 22 Participants
- ♦ 5 Diabetes Education Classes with 45 Participants

The Spanish language WSU Extension National Diabetes Prevention Program (NDPP) is growing due to partnerships with WISEWOMAN, PeaceHealth, Battle Ground Health Care, and SeaMar Community Health Centers.

Washington State Department of Health receives funding from the CDC's Division for Heart Disease and Stroke Prevention (DHDSP) WISEWOMAN



program and collaborates locally with PeaceHealth to provide low-income, uninsured and underinsured women aged 40 to 64 years free screenings and counseling about their risk for heart disease and stroke, which includes risk of prediabetes. A cohort of 11 started in January and another 10 in June.

WSU Extension trained four bilingual Spanish staff from Battle Ground Health Care and SeaMar as NDPP lifestyle coaches who then delivered the year-long program. Three more Spanish language coaches will be trained in August to help meet the demands of the program.

Five women have already reached their goal of losing 5% of their starting weight within a year to cut their risk of developing type 2 diabetes in half. This equates to a potential medical cost savings of \$83,760 per year.

All have increased their physical activity; most are reaching the recommended 150 minutes per week and several are getting double or triple that amount. One woman who enrolled in the program in June started walking to and from work to make sure she got in her physical activity!

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



Food Safety and Nutrition programs help families make food and physical activity choices that promote health and prevent disease.

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Total Reach by
Quarter-27,963



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

- ♦ 24 Outreach Events 7,740 Participants
- ♦ 20,223 Participants Reached through Policy, Systems and Environments Initiatives

Clark SNAP-Ed Connects with Youth Experiencing Homelessness

The Clark County SNAP-Ed Program supported an event at Evergreen High School for youth experiencing homelessness. The team lead three breakout sessions, discussing techniques for maximizing nutritional intake while shopping on a budget. Youth were provided recipe grab bags of pre-packaged ingredients to prepare their own food at home with limited kitchen space in mind. The food products in the recipe bags were donated by the Clark County Food Bank and Share. Students expressed excitement at learning food preparation techniques and were excited to take their new skills home to share with their families.

SNAP Farmers Market Match Tours Begin

This June the Clark County SNAP-Ed program kicked off their work with Clark County Farmers Market Managers to provide market tours to people who utilize SNAP benefits. During the tours, SNAP-Ed

emphasized the many benefits of shopping at the farmers market, while helping participants feel more comfortable navigating a different type of shopping experience. Participants learned how to use their EBT cards and receive Market Match at the markets, got tips on how to prepare for and shop at the farmers market, and visited with market managers and local farmers.



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.

Pop-Up Pantry Shopper Quotes

"This is so fun, I will have to try it!" – Pantry shopper at Image Elementary

"I tried the spice blend on potatoes and it was so good!" – Pantry shopper at Crestline Elementary

Sunset Elementary Student Quotes

5th grader: "I love peas and now I get to grow them at home!"

3rd grader: "I didn't know this was how green peas grow."

Farmers Market cont.'

Participant feedback surveys indicated that people enjoyed the tours, especially enjoyed meeting the vendors and tasting fruits and vegetables along the way. Respondents also noted they felt more comfortable using their EBT cards and FreshMatch tokens at the farmers markets and anticipated shopping at farmers markets more often and increasing fruits and vegetable consumption because of the tours.

Spice Kits for Pop-Up Pantries

From April to June SNAP-Ed worked with six Family and Community Resource Centers in both the Vancouver and Evergreen school district and two Churches in support of their pop-up food pantries. Because of COVID food tasting was not an option, instead spice kits were distributed along with recipes. This way, not only did recipients have a recipe to try out, but they got supplies to help make it more flavorful. Spices are a great way to enhance a meal, but often seen as a luxury when on a budget.



Farm to School Harvest Tasting

Before school ended the SNAP-Ed program partnered with the Evergreen School District Nutrition Services to provide a harvest tasting of local snap peas to all of Sunset Elementary school students and families. They also received a planting packet that gave kids an opportunity to plant and grow their very own pea plant at home.



SNAP-Ed and EPS Nutrition Service staff

"What's Cooking with Clark County" Facebook Live Continues!

The SNAP-Ed program continues to do "What's Cooking with Clark County" Facebook Live. It includes a food demonstration and is followed up with an interview with guests about what services are available for people experiencing food insecurity and how to access services.

To watch the Facebook live recording to go-

<https://www.facebook.com/ClarkCountySnapEd/videos/359254195534974>

<https://www.facebook.com/ClarkCountySnapEd/videos/515823609436668>

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EFNEP Program

Expanded Food and Nutrition Education

- ♦ 2 Class series with 49 Participants
- ♦ 2 Outreach Events with 19 Participants
- ♦ 49 Youth Participants in the Class Series
- ♦ 247 Participants Reached through Policy, Systems and Environments Initiatives

Welcome new EFNEP Staff- Maria Camacho

Maria is EFNEP's new Educator with Clark WSU Extension. She teaches classes for youth and adults in English, as well as Spanish classes for adults. She has experience in food safety and working with diverse communities. Maria was raised in Vancouver and loves exploring Washington. After work, Maria enjoys going on hikes, cooking, road trips and spending time with her family.



Sara and Scotty, EFNEP's other Educators, continued connecting with new partner agencies and teaching ESBA classes. Sara participated in Evergreen Public Schools' Semana de la Salud (Health Week for Spanish-speaking parents) and then taught her first Spanish class series for members of Evergreen's Spanish-speaking mother's group. Scotty worked with Brenda Harrison (Spokane EFNEP) to teach two class series for 4th graders at Washington Elementary (Vancouver Public Schools).

Laurel Moffat
EFNEP Manager
Laurel.moffat@wsu.edu



Assisting limited resource families in acquiring the knowledge, skills, attitudes, and changed behavior.

Eating Smart Being Active Class Participant Story

“Sam” was a young adult expecting his first child in a few months. With a baby on the way, he was concerned about being able to afford food on his salary. Sam joined a career development program for young adults, and he heard about EFNEP’s online classes from a case manager. He signed up right away. By the third week of classes, Sam had started using his favorite grocery store’s phone app to plan his weekly grocery shopping trip. He used the app to browse the weekly ads, choose in-season produce and sale items, and clip digital coupons to save money. He already cooked often, but then he learned about fruits and vegetables in class and realized that he was not including any produce in his meals. He started making salads with lunch. By the end of the seven-week EFNEP series, Sam was saving several dollars a week on groceries, saving time, and eating healthier.

Mercado Fresco Event

On June 12, Sara attended the League of United Latin American Citizens (LULAC) Mercado Fresco event to advertise EFNEP classes. The event made fresh, locally grown produce available to local families.



Extension staff supporting LULAC's Mercado Fresco event

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Quarter: 975

- ♦ 4380 Master Gardener Volunteer Hours
- ♦ 285 Active Master Gardener Volunteers
- ♦ 8 Workshops with 489 Participants
- ♦ 201 Answer Clinic Calls
- ♦ 2949 Social Media "Likes" to Date



Master Gardeners Program

Community Horticulture and Natural Resource Stewardship

Master Gardener volunteers deliver science-based information to Clark County communities that helps to conserve and enhance our natural resources while improving the quality of life and wellbeing of residents. WSU Master Gardeners receive over 60 hours of training and give back a minimum of 50 hours of volunteer service to become certified Master Gardener Volunteer Educators. Once certified, Veteran Master Gardeners continue their education and their volunteer service by providing at least 35 hours of service and continuing education each year.

Hands-On Workshops at Heritage Farm

Ninety-three people were in attendance for the hands-on workshops at the Heritage Farm. After an introduction which included details on why pruning is important and tips on how to determine which types of tomatoes require pruning and which do not, attendees broke into small groups to try their hand at some actual pruning under the guidance of trained Master Gardeners.



***Tomato Pruning Workshop
at Heritage Farm***

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.



Tomato Pruning Workshop Outcome Survey

In June of 2021 a follow up survey from those who attended the tomato pruning workshop was sent to 73 attendees who provided email addresses. Thirty-two(44%) people responded.

Attendees were asked to respond to questions on whether or not they experienced increased fruit yield, higher fruit quality, less disease and fewer insect pests as a result of learning to prune their tomatoes.

Sixty-one percent of respondents indicated **increased fruit yield** as a result of learning to prune their tomatoes.

Forty-three percent of respondents indicated **higher fruit quality** as a result of learning to prune their tomatoes.

Forty-seven percent of respondents indicated **less disease** as a result of learning to prune their tomatoes.

Forty-seven percent of respondents indicated **fewer insect pests** as a result of learning to prune their tomatoes.



Become a volunteer mastergardener.wsu.edu

Master Gardener Office Clinic

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

Call (564) 397-5711.

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NUMBERS
2021

Total Reach by
Quarter



SW WA Commercial Agriculture Program

Research and Demonstration Projects

- ♦ 1 Raspberry demo trail
- ♦ 3-Mushroom (shiitake, stropharia, and oyster)
- ♦ 1 Spelt (grain)
- ♦ 1 Rose Stem Girdler (Raspberries and Blackberries)
- ♦ 1-Edamame Beans

Supporting Local Farmers with Impactful Research

The SW WA Commercial Agriculture Program activities during Quarter 2 of 2021 was dominated by field research demands.

Highlights included:

- Data collection on the first harvest of the 2nd year of our forest-cultivated mushroom project at the Heritage Farm. Our mushroom logs are still producing commendable yields of shiitake mushrooms, which is promising for Clark County diversified farmers and farm startups looking to produce high-value mushrooms for their businesses.
- Scouting and data collection on the new rose stem girdler pest on 10 raspberry and blackberry farms and the Heritage Farm. Five of these farms are within Clark and Cowlitz counties, where the rose stem girdler pest has become widespread and been notably impactful. The data we have collected so far will help farmers save time, energy and money by reducing unnecessary insecticide sprays while still protecting their berry yields and assuring that their new berry plantings are not decimated by this pest.
- Completed 11 video interviews of peri-urban farmers for our peri-urban agriculture network project. These included interviews of 3 Clark county-based farmers and work based at the Heritage Farm. These videos are being compiled to help others understand the experience of farmers trying to operate in urbanizing regions, and to compile strategies that can help farmers successfully adapt to urbanization.

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.



Select program activity at the Heritage Farm during quarter 2, 2021: *Top left, top center* - some of the first harvest of shiitake mushrooms in the 2nd year of mushroom production trials; *top right*- Stropharia mushrooms coming up in our wood chip; *center left* - a rose stem girdler emerging from a Himalayan blackberry at the Heritage Farm; *center* - a rose stem girdler trap; *center right* - a rose stem girdler adult on a blackberry leaf, *bottom left* - the high tunnel soils get treated to a mustard cover crop in June; *bottom center* - a new ¼ acre planting of unique fresh market varieties of raspberries; *bottom right* - a 1.5 acre demonstration planting of WSU's new spelt grain variety beginning to mature in June.

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Total Reach by
Quarter: 1109

- ◆ 14 Outreach Events
- ◆ 190 Participants
- ◆ 25 Requests for Assistance
- ◆ 894 Sm. Acreage Videos Viewed
- ◆ 165 Acres Impacted



[https://
eatlocalfirst.org/wa-
food-farm-finder/](https://eatlocalfirst.org/wa-food-farm-finder/)

Connect with local
farms and food in
Clark County using
this online portal, the
Washington Food &
Farm Finder.



Small Acreage Program

Land-based Economic Development and Stewardship

The Small Acreage program provides educational workshops and other outreach to county residents on how to handle issues such as mud and manure management, fencing and pasture, and other water quality topics unique to rural lands. Classes, workshops, tours, and other events are offered throughout the year.

The Small Acreage Expo was online this year.

Workshops offered:

- Septic System Maintenance
- Pasture and Livestock Management
- Rural Land Stewardship
- Regenerative Soil Practices

Partner organizations introduced their programs at the beginning of each workshop, including from the Watershed Alliance, Clark Conservation District, Department of Ecology, and Clark County Food Systems Council.



Haggerty Family-Dilish Farm

Terry Koper
Coordinator
terry.koper@wsu.edu



Supporting local land caretakers through education,
marketing support, and statewide program implementation.

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2021

Total Reach by
Quarter-264



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. Gardeners are busy cleaning up their plots, weeding and tilling preparing the soil for planting. We have added a donation station for community gardeners to donate excess produce to the Clark County Food Bank.



*The Masterjohn family first ever
cabbage harvest*



Community Gardeners Peggy and Rosanne

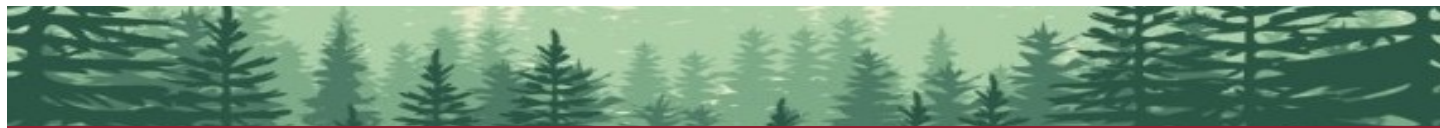


Share the Bounty Donation Station

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.

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



Partnerships and Collaborations

Partnerships and Collaborations continued

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



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