

Summer 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 experiencebased 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 Summer continued to bring about much change in how we reach our community. Extension staff continued to work remotely and provide virtual programming. We also expanded and opened up with in-person programing as well. <u>This quarter Extension programs reached approximately</u> <u>28,908 community members</u>. 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!







Summer 2021

BY THE NUMBERS 2021

Total Reach by Quarter: 279



4-H Youth Development "To Make the Best Better"

116 Youth
 Participated in
 Club Programs

- 6 Trained Adult Volunteers/ Mentors
- 3 Workshops, 16 Participants
- 3 class series,
 138 Participants
- 9 Youth
 Participated in
 Restorative Justice
 Programing

The mission of the 4-H Youth Development Program is to help young people grow into responsible, contributing citizens. To reach this goal, 4-H has developed educational materials that emphasize

development of life skills in young people through fun, hands-on projects.

Summer Showcase

Clark County 4-H held a Summer Showcase for their animal projects, including horses, llamas, alpacas, rabbits, dogs, cats, cavies, goats, sheep, pigs, dairy cows and beef, in August at

4-H youth participated in



cows and beef, in August at 4-H youth participate in a rabbit costume contest the Clark County Fairgrounds. at the 4-H Summer Showcase

knowledge-based Quiz Bowl and the chance to showcase the animals they have raised and worked with to participate in fair. Members were then able to choose whether or not to participate in the Washington State Fair.

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.



Healthy Habits Program

The Summer Healthy Habits series wrapped up in August. The 4-H regional staff developed and distributed 32 remote kits to youth in Clark, Klickitat, and Skamania counties to engage with gardening, healthy eating, mindfulness, and physical activities. 4-H staff also delivered programming virtually to 35 participants and in-person to 71 youth.



Photo of Cian and Eamon, participants in the virtual Healthy Habits program

Junior Livestock Auction

One of the most important aspects of a

4-H market animal livestock project is learning to raise a meat animal that is ready to go to the market. Youth take this responsibility seriously as they maintain the quality assurance requirements for these projects. During a typical year, youth participating in a 4-H market animal project can sell their livestock project at the conclusion of the Clark County Fair. COVID-19 created some opportunities for trying things differently and for the second year in a row, the Junior Livestock Auction committee, comprised of community members and 4-H Volunteers, held a

virtual livestock auction for these young people. The auction brought in approximately \$270,000 to support 4-H youth.

Restorative Community Service Garden

The 4-H and Clark County Juvenile Court Restorative Community Service Program hosted youth once a week from July-September. The youth planted fall crops, harvested herbs, and assisted with general garden maintenance.

HEART

HANDS



Photo from Restorative Community Service summer harvest

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

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Summer 2021

BY THE NUMBERS 2021

Extension

Total Reach by Quarter: 139

- 2 Outreach
 Events, 60
 Participants
- 1 workshop, 15
 Participants
- 6 Education Classes, 54 Participants
- 1 Policies, Systems, Environmental Initiatives, 10 Participants



Zena Edwards Food & Nutrition Facuty, <u>zena_edwards@wsu.edu</u>



Health, Wellness and Nutrition

The Health, Wellness and Nutrition Program is a community-based partnership that promotes health where people live, learn, work and play. Our science-based food safety, chronic disease prevention, and self-management interventions improve well-being and quality of life.

WSU Extension has been awarded funding from a national foundation to provide <u>Aging Mastery</u>[®] for rural older adults across Washington state. This evidence-based program from the National Council on Aging is a fun and engaging education and behavior change incentive program for aging well. WSU Extension will be running a 7-week <u>Aging Mastery</u>[®] Book Club starting the first week of November.

The <u>Aging Mastery</u> [®] Book Club helps individuals create their own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. Participants get a chance to meet new friends, provide support and encouragement to their peers, and become more involved in their community.

Individuals can join this 1-hour weekly discussion by Zoom or phone.

Sign up at <u>https://wsu.zoom.us/meeting/register/</u> tJwsce6rqT4vE9JxmtTab8O0JNhinaluBKi7 or email the <u>Aging Mastery®</u>

Program Leader: Susan Lassman- <u>susan.lassman@wsu.edu</u>.



Promote health where people live, learn, work and play.

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Grains

Protein

MyPla

Summer 2021

BY THE NUMBERS 2021

Extension

Quarter-26,367

SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

The goal of SNAP-Ed is to improve the likelihood that families who are eligible for SNAP benefits can make healthy

food choices within a limited budget and choose a physically active lifestyle.

Farmer's Market Tours

As part of an ongoing effort the Clark County SNAP-Ed partnered with Vancouver Farmers and Camas Farmers market to continue the Market Match Tour program for 2021. The program offered free tours (in English, Spanish and Russian). They were aimed to inform shoppers about the SNAP



SNAP-Ed staff and youth group at end of tour

matching program and to help familiarize SNAP shoppers with the process of purchasing, storing, and preparing fresh and healthy foods from farmers markets. As part of the incentive for the tour, participants received \$10 of additional Market Match money to be used on a shopping challenge and then they could receive \$10 more dollars on two subsequent visits to the market. These tours typically catered to individuals but this year we partnered with 2 community organizations to provide personal tours to underserved youth.

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.

28 Outreach ٠ Events, 1479 **Participants**

- ♦ 24,888 **Participants** Reached through Policy, Systems and Environments Initiatives
- 158 Social Media "likes"

Total Reach by



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

For July and September SNAP-Ed spotlighted WSU Clark County Extension programs by bringing in EFNEP and the Master Gardeners. EFNEP did a summer food demo and physical activity (in Spanish!). The Master Gardeners did a planting demo and taught participants how to read seed packets. We had so much fun with our colleagues and hope to have them on again in the coming year.



Master Gardener providing a live demo

These events have not only increased interaction with our Facebook page, but they have also been a wonderful experience. While we know a lot about what our community partners do, these events allow us to really dive into their work and highlight the amazing commitment and skills in our community. It has been a great opportunity to develop a stronger bond with our partners and create more meaningful impact through our work.



Scotty Parrish from EFNEP, providing a live food demonstration

To watch the Facebook live recording go to-

https://www.facebook.com/ClarkCountySnapEd/ videos/19438694291

https://www.facebook.com/ClarkCountySnapEd/ videos/290480886177650



SNAP-Ed also partnered with Yolanda Frazier, Chair of the NAACP for a Facebook live on *My Black is Beautiful* Webinar. She hosted local and distant speakers in the dialogue of what "Black is Beautiful" means to them individually and culturally.

https://www.facebook.com/ClarkCountySnapEd/ videos/425509865529708





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Summer 2021

BY THE NUMBERS 2021

Extension

Total Reach by Quarter: 435



EFNEP Program

Expanded Food and Nutrition Education

- 2 Class series, 7 Participants
- 21 Outreach Events, 413 Participants
- 15 Participants Reached through Policy, Systems and Environments Initiatives

The Expanded Food and Nutrition Education Program (EFNEP) is a federal nutrition program for low-income parents and youth that focuses on healthy eating, food safety, physical activity, and saving money on

groceries. Classes are currently offered online and in-person. The EFNEP program in Clark County closed in 2018 due to federal budget cuts and then reopened one year ago.

Nutrition Classes for Parents



Scotty (EFNEP Educator) started an online class series with parents who learned about EFNEP from their local branch of the Fort Vancouver Regional Library system. Sara (EFNEP Educator) taught two online Spanish class series with Evergreen Public School's Family and Community Resource program. The team also completed training to teach in-person classes starting October 2021.

To sign up for these <u>FREE</u> classes go to: https://extension.wsu.edu/clark/healthwellness/nutrition/ efnep-nutrition-education/



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.



Partnering with LULAC

In summer 2021, EFNEP focused on recruiting for classes and health promotion. Staff built new partnerships by advertising classes at various outreach events. The team attended the Latino Community Resources Group's 16th Annual Multicultural Resource Fair, and the ACE Action Alliance's community meeting, and four local food markets hosted by the League of United Latin American Citizens (LULAC). In July, EFNEP was the featured guest in SNAP Ed's monthly Facebook Live event: Scotty taught viewers how to make fish tacos and Sara led a bilingual cardio activity from EFNEP's classes. Through these events and other referrals, the EFNEP team

made six new connections with potential partner agencies.







Scotty (EFNEP Educator) alongside Tara McGinty from WSU Clark Extension SNAP Ed at the League of United Latin American Citizens (LULAC) Mercado Fresco food market on September 25.



Maria at the Latino Community Resources Group (LCRG) 16th Annual Multicultural Resource Fair on September 18.



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Summer 2021

BY THE NUMBERS 2021

Extension

Total Reach by Quarter: 476



Master Gardener Program

4973 Master
 Gardener Volunteer
 Hours

47 Master Gardener Trained

- 15 Outreach Events, 234 Participants
- 3 Workshops, 77
 Participants
- 165 Answer Clinic Calls
- 3016 Social Media
 "Likes" to Date

Community Horticulture and Natural Resource Stewardship

The Master Gardener program engages university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental stewardship education.

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.

Working with the Boys and Girls Club Summer Program

Master Gardeners provided garden education programming for 45 youth with the Boys and Girls Club Summer Program this summer. Based at the Hazel Dell School and Community Garden, five to seven Master Gardeners led fun, outdoor garden education activities for about nine youth each week for five weeks. The large education garden, maintained by Master



"Boys and Girls Club youth learning the parts of plants we eat

Gardeners and community partners, includes raised vegetable garden beds, kiwi vines, a native plant garden and a pollinator garden.

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.





Quotes

"Our youth are excited about getting to go out into the garden. The kids got to pick vegetables and take them home to eat." -Boys and Girls Club Staff Person

"Seeing children explore, discover, and learn about growing food is a great experience both for the children and the Master Gardeners." - Barbara Nordstrom, WSU Extension Clark County Master Gardener

Boys and Girls Club cont.'

Activities included a lesson on the 'plant parts we eat' to get children engaged and thinking about which parts of plants they can eat - roots, stems, flowers, leaves or seeds.

Following the lesson, children went on a garden hunt to spot the different parts on plants growing in the garden. Youth performed a garden task such as spreading bark mulch or pulling weeds, working up an appetite for a healthy snack.

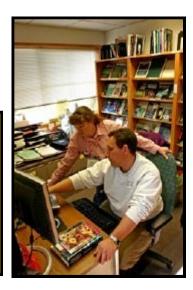
Master Gardeners, under the leadership of Barbara Nordstrom, a 16-year veteran of the Master Gardener program, have been coordinating garden education for the program since 2005.



Youth drawing of the parts of plants we eat

Master Gardener Office Clinic Email us your question at <u>mganswerclinic@clark.wa.gov</u> Call (564) 397-5711

Hours for walk-in clients: Currently closed for walk-ins due to COVID-19 safety procedures. Email us!



Become a volunteer mastergardener.wsu.edu

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Summer 2021

BY THE NUMBERS 2021 Total Reach by Ouarter-175

Extension



SW WA Commercial Agriculture Program

Program Purview, Impact Potential:

1 Workshop, 15 Participants

- 4 Outreach Events, 67 Participants
- 93 Technical Assistance to Farmers
- 471 Social Media "Likes"

Our program develops and delivers research and education relevant to an agricultural community of ~2500 commercial farms operating across 125K acres within Clark, Cowlitz, and Skamania Counties. Approximately 75% of these farms and acreages lie within Clark County; 53% of our soils are classified as agricultural, and our soil productivity ratings and density of farm businesses (3.14 farms/sq. mi.) are the highest in the state.

Program Focus:

Our program efforts aim to bolster the economic viability of farm and food economies that can grow and sustain returns for our farmers and local communities. Our research efforts largely focus on developing strategies that help farm businesses successfully evolve and adapt to operating within an urbanizing context. This includes a research and demonstration program at the 78th St. Heritage Farm facility that is comprised of eight different types of crop systems and uniquely helps us bring in added programming and applied research from WSU statewide, OSU, Clark Conservation District, and multiple other local food and farm groups to directly benefit to local stakeholders.

Program Service:

Our program regularly serves in an advisory role on the County's Noxious Weed Board, on multiple governance committees for the 78th St Heritage Farm, community food and farm systems organizations, and to Clark county government, upon request.

Justin O'Dea Regional Agricultural Specialist Faculty <u>justin.odea@wsu.edu</u>



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



Farm Research and Demonstration Projects



The second year of data collection on our forest-cultivated mushroom project at the Heritage Farm was successfully completed. This \$42K grant-funded project provided important justification within new \$175K project pre-proposal that was selected to proceed with a full proposal submission in Oct. 2021. This project targets development of an innovative, low-input crop option that can help diversified farmers expand and stabilize their businesses and incite new beginning farmer startups in Clark County.

Field data collection on an emerging pest was completed across 10 area raspberry and blackberry farms and the Heritage Farm. Findings from this study will help farmers save time, energy, and money by reducing unnecessary insecticide sprays while still protecting their berry yields and assuring that new berry plantings are not decimated by this pest. Clark County farmers have been one of the most impacted by this pest to date, and this project assures they are first-line beneficiaries in receiving emerging information about how to best manage it.



Video Interview with Farmers

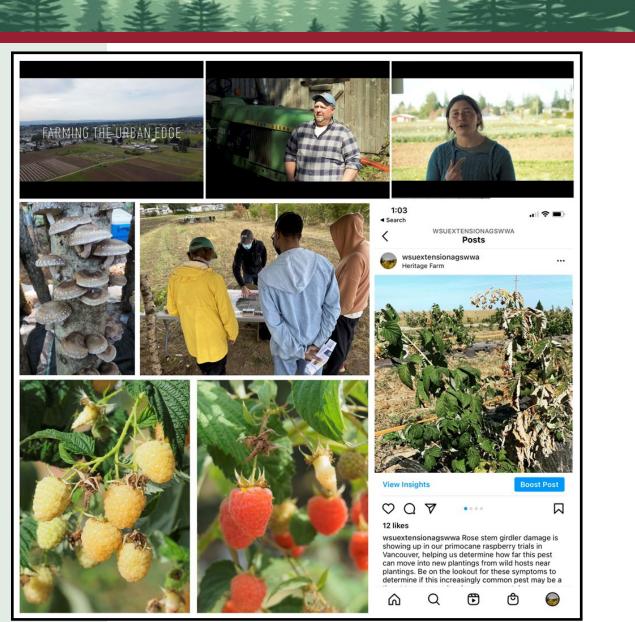
11 video interviews of peri-urban farmers (including Clark County farmers), and two researchers at the Heritage Farm are being formulated into videos that will be premiered at monthly intervals beginning in mid-November 2021. Clark County farmers are strongly challenged by urbanization pressures and urgently need strategies to adapt those pressures and capitalize on new opportunities presented by urbanization. WSU Extension's involvement of Clark County farmers in this project brings them into a national spotlight that will help increase understanding the experience of farmers operating in urbanizing regions and allows our farmers the most direct opportunity to benefit from adaptation strategies shared through it.



Grant Funding for New Project Research

A new \$28K project to expand buckwheat production, processing, and markets began in August and will include field trials at the Heritage Farm in 2022 and 2023.





Select program activity during Quarter 3, 2021: *Top*- Screenshots of our upcoming "Farming on the Urban Edge" film docu-series including Clark County farmers and footage from the Heritage Farm; *center left*- our mushroom production trials at the Heritage Farm have yielded two-full years of harvest yield data so far, allowing us to develop a preliminary, conservative estimate of \$16,200 in raw crop value return potential from an acre of forestland over three years; *center* – Harvest Fest attendees learn about our program research at the Heritage Farm; *bottom left, center* – yellow and blush-colored raspberries produced their first crop this fall from our new ¼ acre trial with unique fresh -market varieties at the Heritage Farm; *bottom right* – The aforementioned raspberry trials at the Heritage Farm also provided us with important information about the damage patterns of a new pest impacting raspberry and blackberry growers in Clark County.





Extension

Clark County

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Summer 2021

BY THE NUMBERS 2021

Total Reach by Quarter: 773

3 Outreach Events, 23 Participants

- 31 attended Land Stewardship Tour
- 1 Class,
 74 Participants
- 9 Workshop,
 621 Participants
- 24 Request for Assistance to Small Acreage and Farmers
- 746 Video Clip web views for Small Acreage program



https://eatlocalfirst.org/ wa-food-farm-finder/

Terry Koper Coordinator terry.koper@wsu.edu



Small Acreage Program

Land-based Economic Development and Stewardship

The Small Acreage program provides educational workshops and other outreach to county residents on animal, land and water stewardship, such as: mud and manure management, fencing and pasture management, and other water quality topics unique to rural land. The Small Acreage Program works in partnership with Clark County Public Works Clean Water Program.

Cultivating Success Class

A virtual class was held entitled "Is a Small Farm in Your Future?" It was co-hosted with Cultivating Success, a WSU statewide Small Acreage online educational program that offered both Spanish and English instruction. One participant noted, "*I am so thankful that you*

offer these Zoom workshops. They are a great way to stay connected and offer lots of food for thought, as I pursue my plans for the future."

Land Stewardship Tour

Get to Gather Farm was highlighted for this Summer's Land Stewardship tour. They were recognized by WSU Extension's Doing our Part for Clean Water program for their extensive restoration of a riparian area near the river by revegetating with Native plants.



Hayride at Get To Gather Farm -Land Stewardship and Farm Tour



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





22nd Annual Harvest Celebration

This annual celebration is where multiple farms open their gates to the public to show the bounty of local agriculture in Clark County. In spite of a major rainstorm that day nearly 300 area residents braved the weather and came out to participate. There were a variety of fun-filled events such as animal petting, hay rides, self-guided tours, u-pick produce, family-fun games, and photo ops with alpacas. The farms offered tours and sold farm fresh products.

Thank you to the eight farms who participated this year!

Get To-Gather Farm - Dilish Farm - 78th St. Heritage Farm Baurs Corner Farm - Serendipity Alpaca Ranch - Gather and Feast Farm Coyote Ridge Ranch - Gift of the Planet Farm







Questions?

Every quarter Terry, the WSU Extension Small Acreage Coordinator, offers technical support answering questions from local land caretakers. Here are some examples.

- I have an algal bloom in my pond and I want to identify the algae because I don't want my animals or kids to get sick from toxic algae.
- I would like to sample my hay and send it in to the lab, can you tell me how and where to send it? Plus, where can I find a hay probe?
- I have a pasture and would like advice on how to renovate it (which means reinvigorate it), because it is full of weeds or the grass is no longer productive or it is just bare ground that is compacted and muddy.
- I am having concerns about my soil and I would like to know how to get my soil tested.
- o I am concerned that my chicken have Avian Flu? What should I do?



CLARK COUNTY EXTENSION

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Summer 2021



BY THE NUMBERS 2021 Total Reach by Quarter-264

Extension

Community Gardens Supporting Local Agriculture

All 88 community garden plots at the Heritage farm are filled with a diverse group of members from our community. The gardens provide a

place for people to grow food for themselves and their families.

"I get so much joy taking care of my community garden plot here at that farm. It is a home away

from home."



During the 2021 growing season the Heritage Farm Community Garden partnered up with the Supplemental Nutrition Assistance Program (SNAP-Ed) to help feed hungry families in our community by asking plot holders to donate extra produce at the onsite donation station. As of October 1st the Heritage farm <u>donated 956 pounds of fresh vegetables to the Clark</u> County Food Bank.





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, Collaborations and Cooperations



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
Area Agency on Aging and Disabilities	Clark County Public Works
	County Public Health
Arthritis Foundation Walk With Ease Feet First	Clark County Master Food Composters
	Clark Public Utilities
Battleground Health Clinic Bonaventure of Salmon Creek	Clark County Saddle Club
	Community Garden Club of Camas
Bridgeview Community Center	Washougal
Camas Farmers Market	Community Voices Are Born
CASEE	Connect Evergreen Substance Abuse
CDC Centers for Disease Control and	Coalition
Prevention	Core Home Fruit Services
Chartwells Food Service	Cowlitz Indian Tribe
City of Camas	Diabetes Technical and Training Center
City of Vancouver	DSHS (Dept of Health and Human Services)
Clark County Event Center	ESD 112
Clark County Environmental Health Food	Evergreen School District/Family and
Safety Program	Community Resource Centers
Clark County Fair	Fort Vancouver Regional Library
Clark County Farmers	Fort Vancouver National Historic Site
Clark County Farm Forestry Assoc.	Goldendale Farmers Market
Clark County Food Bank	Hardy Plant Society of Oregon
Clark County Food System Council	Hazel Dell Elementary School
Clark County Green Schools	

Hewlett-Packard Hubert Prescott Bluebird Recovery Project Illahee Elementary School IQ Credit Union Latino Community Resource Group Learning Adventures Child Care The League of United Latin American Citizens Lifeline Longview Garden Club Master Gardener Foundation of Clark County Meals on Wheels People NAACP 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

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Partnerships and Collaborations

Partnerships and Collaborations continued

Pearson Field Education Center	Va
Portland Nursery	W
Ridgefield Garden Club	fo
Salmon Creek Farmers Market	Pro W
SeaMar Community Health	Ph
Second Mile Marketplace and Hub	W
SHARE House	Va
Skamania Farmers Market	W
SWW Accountable Communities of Health	W
SWW Health Living Collaborative	W
The Gardner School of Arts and Sciences	W
Truman Elementary	W Dis
Underwriters Laboratory	
United States Department of Agriculture	
Vancouver Farmers Market	
Vancouver Garden Club	
Vancouver Housing Authority	

ancouver School District VSU Edward R Murrow Center or Health Comm. Research and romotion VSU Nutrition & Exercise hysiology Program Vashington State Universityancouver Vashington State VetCorp Vaste Connections Vhite Salmon Farmers Market VaferTech Vashington Green Schools Vashington State Chronic Washington State Department of Agriculture

Washington State Department of Health SNAP

Washington State Farmers Market Association

West Van for Youth Substance Abuse Coalition

WIC (Women, Infant and Children)

Wise Woman

Yacolt Primary School



WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.