

## Winter 2022 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. 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.

The COVID-19 pandemic continues to bring changes in our community. Clark County Extension stays committed to providing impactful programming to support its residents. Extension staff provide both virtual and in-person education and support. This quarter Extension programs reached approximately 27,087 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 Director, and SNAP-Ed Manager Kristine.perry@wsu.edu 564-397-5718

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

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Agriculture <a href="https://www.instagram.com/wsuextensionagswwa/">https://www.instagram.com/wsuextensionagswwa/</a>

4-H <a href="https://www.facebook.com/wastate4h/">https://www.facebook.com/wastate4h/</a>

Master Gardeners <a href="https://www.facebook.com/Wsu-ClarkCounty-WasterGardeners-291957214151636">https://www.facebook.com/Wsu-ClarkCounty-WasterGardeners-291957214151636</a>

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

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

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



**Extension** 

**Clark County** 

Winter 2022

BY THE NUMBERS 2022

Total Reach by Quarter: 119



## **4-H Youth Development**

"To Make the Best Better"

- 105 Youth
   Participated in
   Club Programs
- 105 Trained Adult Volunteers/ Mentors
- 1Workshops,14 Participants

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.

#### After School 4-H Club

4-H staff from Clark and Skamania counties have continued to partner to offer an after-school animal science and outdoor adventure club to Canyon Creek Middle School in Washougal. Twelve club members have enjoyed learning about various animals of the Pacific Northwest, animal track identification, and wilderness navigation skills.

### Helping, Educating, Listening, Planning, Supporting (HELPS) Program

Through a partnership with Clark County Juvenile Court and the 4-H Youth Development Program, a virtual session of the HELPS program was offered in February. The program is a formal intervention for youth involved in the criminal justice system.

Missy McElprang 4-H Youth Development Specialist, Faculty

missy.mcelprang@wsu.edu



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





#### **HELPS** continued-

During a two-hour session, 4-H program staff deliver a workshop called Communication 101. The youth participants and their connected adults learn through a variety of games and activities that foster communication and connection. The sessions are designed with various learning styles in mind and emphasize group interaction. The goals of the HELPS program include identifying and building on youths' strengths, improving family relationships, and providing a safe space for youth and adults to speak about how they feel.



Students designed their own obstacle course for dogs and tested it out with a volunteer's dog

### How to Join 4-H

To join a club in Clark County please contact the Kellian Whidden at (564) 397-5730 or at kellian.whidden@wsu.edu in the WSU Clark County Extension office to get started.









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



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BY THE NUMBERS 2022

Total Reach by Quarter: 89



## Health, Wellness and Nutrition

- 1 Education Classes, 8 Participants
- 1 Nutrition
   Workshop, 30
   Participants
- 6 Diabetes
   Education, 51
   Participants
- 100 Social Media "likes"

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.

#### **Pulling Together for Wellness- Blood Pressure Checks**

WSU Extension collaborated with Cowlitz Tribal Clinic and the Native American Rehabilitation Association of the Northwest to enroll 15 American Indian/Alaska Natives living in Southwest Washington in the Heart Health Ambassadors, an evidence-based Blood Pressure



Self-Monitoring program for improving blood pressure control.

The purpose of this 4-month program is to support adults with hypertension to lower and manage their blood pressure. Participants measure and record their blood pressure at home as directed by their physician, attend weekly 10-20 minute personalized "office hours" consultation to get coaching on how to properly measure their blood pressure, and attend four monthly *Food for Thought* talks about how food affects blood pressure.

Zena Edwards Food & Nutrition Faculty, zena\_edwards@wsu.edu

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



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BY THE NUMBERS 2022

Total Reach by Quarter- 22,042



## **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.

# 16 Outreach Events, 755 Participants

- 21,287
   Participants
   Reached through
   Policy, Systems
   and Environments
   Initiatives
- 7424 Social Media "likes"

#### **State-wide Farmers Market Trainings**

Even though Farmers Markets were closed for the Winter the Clark County SNAP-Ed program was busy. Farm Managers and SNAP-Ed agencies around the state took notice of Clark's success of the 2021 season of SNAP Market Match Tours. They were most interested in learning about how they might develop their own program. Farmers market tours provide a personal, guided shopping experience for SNAP and P-EBT recipients. The Clark SNAP-Ed program



Happy Farmers Market Shopper

developed and provided trainings about their program at the Washington State Farmers Market Association forum and yearly conference and at a state-wide SNAP-Ed forum. Participants at these trainings learned that providing Market Tours not only increased food access to underserved residents but was a win-win for shoppers, farmers, markets and community partners alike.

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.



Happy Farmers Market
Shoppers

The win-win benefits included:

SNAP Shoppers- Learned how to navigate using benefits at markets in a comfortable environment and received extra incentives in purchasing fruits and veggies

Farmers Markets- Provided nutrition education programming at market and found that Savvy SNAP Shoppers = Happy Market Managers!

Local Farmers and Food Vendors- Increased sales from SNAP Market Match usage and fostered repeat customers

Community Partners- Shared resources, expertise, reached target audience and accomplished organizational or grant focused goals



#### **Focus Group Provide Insight into Nutritious Food Access**

The SNAP-Ed program has made it a goal to learn more about barriers to nutritious food access in Clark County. Through the pandemic it has been harder than ever to connect with SNAP-Ed audiences. On top of the distance caused by the pandemic, there was another large barrier-language. The US Census Bureau shows that about 10% of Clark County residents are Hispanic. The team wanted to find new ways to connect with the Spanish speaking population, so they connected with their sister program EFNEP for help. In January, the two programs hosted their first Spanish speaking focus group. Participants were asked questions around the topic of food access and barriers. Some of the main takeaways were-

- Preference for fresh produce over canned
- Pantries felt safe when the coordinator spoke Spanish
- Appreciated the opportunity to volunteer at school's food pantry
- Would like to see Hispanic brand foods and spices at pantries
- Find nutrition classes & recipes helpful and enjoy them

The hope is this is the first of many focus groups to come. While much was gained from this group, it is important to keep asking questions and learning about the barriers low-income families experience. This insight will help to effectively plan food access interventions moving forward.





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Total Reach by Quarter: 286



## **EFNEP Program**

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

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.

#### Back in the Classroom

In Winter 2022, youth nutrition classes exploded! Scotty, one of EFNEP's Educators, taught 9 classes of fourth and fifth grade students in Salmon Creek, Marshall, and King Elementary schools. Classes started online, with him teaching remotely from a big screen in the classroom. The

restrictions eased for the final two classes at Marshall Elementary, and were taught in-person for the first time since the start of the pandemic. In-person classes meant the return of in-class taste testing. Things went smoothly as each group of students built their breakfast parfaits. There was only one surprise when a student misjudged their bite, and a yogurt covered strawberry rolled across the floor.



11Class series,247 Participants

- 3 Outreach Events,15 Participants
- 24 Participants
   Reached through
   Policy, Systems and
   Environments
   Initiatives



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.

Scotty also launched a new relationship with the Boys and Girls Club, teaching classes for middle and high school students in the Teen Turf

Club. As the older teens learned more cooking skills, he invited them to be his sous chefs and lead their groups during the cooking activities.

Maria (EFNEP Educator) continued her relationship with the Free Clinic of Southwest Washington, teaching a series of Spanish classes for parents at the clinic. EFNEP classes were a great opportunity for self-care: parents shared that class was a welcome break from their many responsibilities at home, and it was a treat to take time to focus on their health. Classes were also a place for parents to connect after two years of isolation during the pandemic. At the start, none of the participants knew each other, but by the ninth lesson, parents were chatting and planning to meet up after work.



Maria teaching the class on the importance of whole grains

#### **Stories from class participants:**

Students in "Mrs. Johnson's" 4<sup>th</sup> grade class took their EFNEP lessons to heart. When she walked in with her favorite coffee drink, a student asked, "How much added sugar is in your coffee?" The day before, they had learned that drinks with lots of fat and added sugar were "stop drinks", as in "stop drinking them every day!" Together they looked up her caramel cream coffee and found the nutrition facts label. The students declared it a STOP drink and helped Mrs. Johnson choose a healthier option. A few weeks after switching to a lower-fat and -sugar coffee, Mrs. Johnson shared that she was no longer experiencing an 11:00am 'sugar crash', felt more focused and alert during the day, and also lost a few pounds of extra weight.

\*\*\*\*\*

"Mallory" is a mother of 8. She's had trouble being physically active and getting her kids to eat healthier. She didn't know how to make time for it in her busy schedule. She heard about EFNEP's online classes through her doctor. After taking the classes, she started adding more movement into her day like getting up when watching a show and parking further away from the entrance at the store. She says these classes have really made her think through every decision she makes and helped her feed her kids more vegetables.





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Total Reach by Quarter: 912



### Master Gardener Program

#### 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 Extension 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.

### Volunteers • 6 Outreach Events.

Gardener

256 Active Master

- 541 Participants
- ♦ 4 Workshops, 266 **Participants**
- ♦ 105 Answer Clinic Calls
- 3136 Social Media "Likes" to Date

#### **Blueberry Workshop**

Blueberries are the king of antioxidant foods! According to research, antioxidants protect your body from free radicals, which are unstable molecules that can damage your cells and contribute to aging and diseases, such as cancer -and blueberries are full of them.

Not only that, but blueberries grow very well in the moderate climate of Southwest Washington. Figure 1: Workshop attendees They are among the most popular small fruits grown in the home garden. Forty-two people visited the WSU Extension Clark County Master



getting hands-on experience pruning blueberries.

Gardner program's blueberry demonstration field on January 22<sup>nd</sup> and February 12<sup>th</sup> for instruction and hands-on practice in pruning blueberries (Fig. 1).

Erika Johnson **Master Gardener** Coordinator

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





#### Quotes

Of the opportunity to spend a rare bright, sunny winter day in the company of fellow blueberry lovers in the 78th Street Heritage Farm blueberry demonstration site, said one participant, "I am learning so much! I had no idea what I was doing before. I can't wait to get home and prune my plants!"

-Participant from Blueberry workshop Attendees viewed an instructional video prior to the visit, to learn about the importance of pruning in avoiding pests and diseases that can thrive in dense, unpruned plants.

Participants learned that they can expect a higher yield of the sweet, delicious fruit, too, if they prune each winter and take other measures to ensure good health of the plants. Instructors demonstrated sanitary techniques such as disinfecting cutting tools between plants to avoid spreading infection. And they encouraged growers to pick up fallen leaves and fruit at the end of the growing season, also a disease and pest mitigation measure homeowners can take to minimize problems.

Getting the opportunity to practice making "the right cuts" under the tutelage of a

Master Gardener, in a small group setting provided an invaluable experience to participants (Fig. 2).

The workshop achieves two of the nine Master Gardener Program Priorities, #4: Local Food, which promotes the use of sustainable techniques for growing local food to improve individual and community health and wellness and #9: Nearby Nature, which seeks to increase access to plants, green spaces and



Figure 2: Workshop participants learning to make "the right cuts".



Figure 3: Workshop participants enjoying the chance to be in-community with other blueberry lovers.

public landscapes to benefit the health and well-being of all (Fig. 3).

Master Gardener Answer 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!



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BY THE NUMBERS 2022

Total Reach by Quarter-3215











### **SW WA Commercial Agriculture Program**

- 3 Workshop, 90 Participants
- 3 Outreach Events, 51 Participants
- 8 Technical Assistance to Farmers
- 642 Social Media views



#### Program Purview, Impact Potential:

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 county government, upon request.

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



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

#### Quotes

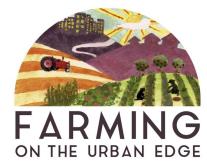
"The video was priceless! Specifically hearing about the adaptations and strategies that 3rd generation farmers used to stay in business and their concerns about the future."

-Food System
Stakeholder comment
from online
conference

- "I would love to see this continue and put together a strategy to communicate with decision makers and create spaces where farmers voices and stories are heard."
- -Ag Resource provider comment from online conference
- "The film was poignant almost to the point of being hard for me to watch. As a farmer, I also feel many of these problems and frustrations."
- -Farmer participant from online conference

#### **Program Highlights**

Our Farming on the Urban Edge online conference continued with the last three of five sessions with ~130 participants. A minimum of 24 post-conference survey respondents indicated that they'd already applied knowledge gained by the end of the conference, with 96% of those individuals also indicating that those



changes were already proving to have a positive impact on their businesses or their work with farms and food systems stakeholders.

• Three more *Farming on the Urban Edge* docuseries videos were produced in quarter 1 to complete the series; they were premiered within each conference session, and posted online:

#### https://www.periurbanagriculture.org/docuseries.

In quarter 1 the series reached at least 2671 individuals and garnered 36 hours of viewing through 362 views; associated pre view videos posted on Instagram reached an additional 395 individuals and incited 280 more views.

 A new \$29K grant-funded trial at the Heritage Farm added new research equipment to WSU's research program capacity at the site in preparation for the trial beginning this summer and lasting through 2024. The trial examines new buckwheat varieties, novel use of buckwheat in food products and emerging value-added markets for buckwheat.



Thriving buckwheat field at the Heritage Farm



Select Qtr. 1 program activity: Clockwise from left- Screenshots of our Peri-Urban Agriculture Network website links to the full "Farming on the Urban Edge" series documenting the challenges and opportunities of farming in urbanizing regions; top right, two examples of maps being developed by a GIS student intern at WSU Clark County Extension (via Portland Community College) which will help illustrate Clark County's agricultural potential and the effects of urbanization on farming; upper center left- social media outreach showing heritage farm activity in quarter 4 and preview videos of the "Farming on the Urban Edge" docuseries; lower center right, a heat map overlay showing damage patterns to our raspberry trials at the Heritage Farm from a pest being researched at there; bottom right- map overlay showing the field trial design for a grant-funded buckwheat project being beginning summer 2022 at the Heritage Farm.





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Winter 2022

BY THE NUMBERS 2022

Total Reach by **Ouarter: 248** 

- 2 Outreach Events, 147 Participants
- 1 Class Series, 54 participants
- 1 Workshop, 23
   Participants
- 24 Requests for Assistance
- 1,100 Program
   Video views



## **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.



The Small Acreage program also co-facilitated the WSU's Cultivating Success: Agricultural Entrepreneurship and Business Planning class-series that supports beginning farmers with topics such as bookkeeping, marketing and taxes. 54 people participated.



Find Local Food- the Washington Food and Farm Finder will connect you with local food growers and producers eatlocalfirst.org

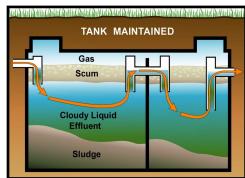
Terry Koper Small Acreage Coordinator terry.koper@wsu.edu



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

#### Well and Septic System Maintenance Workshop

One Well and Septic System
Maintenance Workshop was offered
this quarter with 23 participants. The
workshop gives Clark County
residents the opportunity to not only
learn how to maintain their wells and
septic systems, but individuals with
conventionally gravity-fed septic



systems may get certified to self-inspect their own system every-other-time their inspections are due. This can be a cost savings of around \$100 for residents saving the cost of hiring a professional inspector. This workshop also help residents learn how to protect their family's health and keep their systems well-maintained, which ensures long-term cost savings. These workshops provide residents practical ways to help keep our watersheds clean.



Salmon Creek- Brumigan Farm

In rural parts of the county leaking septic systems are among some of the most common polluters of our creeks and in rivers.

#### **Ouestions?**

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

- Seeking advice on putting in a 3-bin composting system for livestock manure
- How do I get my pond water tested to see if it is safe for my animals?
- What can I do to improve my wetland area?
- Advice on building a chicken run that is protected from harsh weather.





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BY THE NUMBERS 2022

Total Reach by Quarter-176



## **Community Gardens**

Supporting Local Agriculture

The 78<sup>th</sup> Street Heritage Farm Community Garden provides a place for community members to grow food for themselves and their

> families. There are 88, 20ft by 20ft garden plots at the farm and is one of the most diverse programs. The garden is a pesticide free, year around community garden that does not till up plots at the end of the growing season. Benefits of this method include gardening year around as well as planting perennial vegetables such as artichokes, asparagus and several small herb varieties.

During the height of the growing season the community garden partners with the Supplemental Nutrition Assistance Program (SNAP-Ed) program to set up a donation station called Share the Bounty. This enables gardeners to donate any of their excess produce to the Clark County Food Bank.

Heritage Farm community gardeners

In the 2021 season gardeners donations made up 923 meals that went to hungry families in our community.

**Jodee Nickel** Coordinator Jodee.Nickel@wsu.edu



Are you interested in gardening but don't have room to do so at your home or apartment? The Heritage Farm has a Community Garden with available garden plots for rent!



The program will resume in June with it being one of four locations in Clark County.

This year we have 13 new community gardeners joining us! It will be exciting to see their plots transform over the season.

Some goals this year include quarterly meetings, keeping materials and tools safe and weekly garden updates and education.

## Benefits of Community Gardening

- Increase awareness of the origins of food and appreciation of local agriculture.
- Recycle organic wastes back into the soil
- Provide a place for gardeners to retreat from the noise and commotion of urban environments



Heritage Farm community winter garden plots

- Promote a sense of community
- Provide families with fresh, local fruits and vegetables



### 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.

Allianco	fora	Healthier	Cana	ration
Alliance	tor a	Healthier	Gene	ranon

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 Farmers** 

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 County Master Food Composters** 

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

Cowlitz Indian Tribe

Diabetes Technical and Training Center

DSHS (Dept of Health and Human Services)

**ESD 112** 

Evergreen School District/Family and

**Community Resource Centers** 

Fort Vancouver Regional Library

Fort Vancouver National Historic Site

Fourth Plain Forward

Friends of Heritage Farm Foundation

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

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





### Partnerships and Collaborations

#### Partnerships and Collaborations continued

PeaceHealth

Pearson Field Education Center

**Portland Nursery** 

Ridgefield Garden Club

Salmon Creek Farmers Market

SeaMar Community Health

Second Mile Marketplace and Hub

**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** 

United States Department of

Agriculture

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 University-

Vancouver

**Waste Connections** 

White Salmon Farmers Market

WaferTech

Washington Green Schools

Washington State Chronic
Disease Leadership Network

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** 

