

Washington State University



Extension

Clark County

Fall 2020



Fall 2020 Quarterly Report

Serving Clark County for more than 100 years

Washington State University Clark County Extension helps people put research-based knowledge to work, improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs to improve the lives of Clark County residents.

WSU Clark County Extension also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land Grant University Extension System.

During this uncertain time WSU Extension is supporting to keep our communities safe. Though our Clark office is closed to public access, the WSU staff is working remotely while providing most programming virtually. You can contact us through email, phone and web conference. To find out about current programming go to our website or social media outlets.



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

WSU Clark County Extension
1919 NE 78th St Vancouver, WA 98665
564-397-5733
<https://extension.wsu.edu/clark/>

Follow us on Facebook and Instagram

Agriculture <https://www.instagram.com/wsueextensionagswwa/>

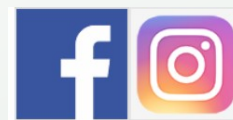
4-H <https://www.facebook.com/wastate4h/>

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/>



Washington State University



Extension

Clark County

Fall 2020

BY THE NUMBERS

2020

Total Reach

816



4-H Youth Development

“To Make the Best Better”

- ♦ 530 Youth Engaged in 4-H Youth Development Activities
- ♦ 70 4-H clubs
- ♦ 204 Youth Enrolled in 4-H Clubs
- ♦ 82 Adults Volunteered in 4-H Programs
- ♦ 4858 “likes” to Date on Facebook

In a year around program 4-H clubs teach youth to engage with their community, schools, peer groups and families in a productive and engaging manner. Through positive relationships and numerous educational opportunities, youth participants build upon their innate strengths while developing leadership skills and confidence while promoting positive outcomes.

4-H Clubs

The club meetings are being conducted by youth members following parliamentary procedures. The youth make the decisions within the club with some guidance from their Volunteer Leader. This year has been a little more challenging with COVID restrictions, but our amazing leaders have adapted and overcome. Many of our clubs are meeting virtually through Zoom Meeting, hosting project parties and educational training virtually.

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.

Missy Cummins
4-H Youth Development
Specialist, Faculty
missy.cummins@wsu.edu



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



"Thank you so much for the Grab & Go kits. My kids had fun with the activities!" -Parent

"This was an amazing box full of surprises. Thank you!" -Parent

"These kits are amazing!!! I'm jealous the kids get to do them!" -Parent

"Great classes. Really well done and helpful. Thank you!" -Parent

"This is an amazing program, thank you. Being honest, this was life changing and I loved the people. They were super nice. I'm very glad I got the chance to be in something like this. Thank you so much." -Youth

(HELPS) continues

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 youth's strengths, improving family relationships, and providing a safe space for youth and adults to speak about how they feel.

The 4-H Youth Development team worked to deliver programming to reach diverse youth populations through at-home, experiential learning activities. Program staff worked in partnership with Clark County Juvenile Court to teach Communication classes to justice-involved youth and their connected adults. Staff also developed and distributed 4-H Grab & Go Project Kits to youth in Clark County.

4-H Grab & Go Project Kits

Project kits were created by 4-H staff in Clark, Skamania, and Klickitat counties to provide youth with opportunities to explore fun, educational activities, and learning experiences at home. By providing hands-on activities for youth to explore fun science, baking, and crafting activities at home, youth had the opportunity to engage in learning in a nonvirtual way during the pandemic. The project kits were available free on a first come-first serve basis. A total of 500 kits have been constructed and distributed to families throughout the region.



Additionally, 30 Healthy Living Grab & Go Project Kits have been distributed to participants in Clark County Juvenile Court Programs and Youth Services. Healthy Living Grab & Go Project Kits were based on the National 4-H Healthy Living Guide and included the supplies necessary for fun, skill-building activities. The guide includes directions for 30 activities that can be completed at home to enhance the health and well-being of youth in Clark County.

"I PLEDGE my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service and my HEALTH to better living for my club, my community, my country and my world."

Washington State University



Extension

Clark County

Fall 2020

BY THE NUMBERS
2020

Total Reach 80



Food Safety and Nutrition

- ♦ 6 Diabetes Education Classes
- ♦ 56 Participants
- ♦ 2 Food Safety Workshops
- ♦ 24 Participants

Social distancing requirements for COVID response provided an opportunity to provide WSU Extension Chronic Disease Self Management and Prevention programs to reach a wider geographical area. The Diabetes Prevention Program, Chronic Disease Self Management, Chronic Pain Self Management and Walk With Ease programs were all modified for Zoom delivery. Participants appreciated the convenience of joining via teleconference, gained self confidence in using technology and benefited from the social contact and support.

Diabetes Prevention Program:

With funding from Southwest Washington Accountable Communities of Health (SWACH), we continued to partner with Battle Ground Health Care and SeaMar Community clinics to increase access to this high need program for low-income patients. Although the number of participants per class was low at times, the benefits realized by the individuals were invaluable. A video of a participants story (with English subtitles) can be seen on YouTube: <https://youtu.be/3x92FrTOUgY>.

WSU Extension Clark County is one of the few organizations in SWW that consistently meets the standards of quality for Full Recognition from the CDC. 16 lifestyle coaches from across Washington state were trained in December to deliver the PreventT2 curriculum.

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



Youth and Family programs improve the capacity of young people to be successful and strengthens families to support healthy development



Chronic Disease & Chronic Pain Self Management Workshops



In partnership with SWACH and SeaMar, both a Chronic Disease and Chronic Pain Self Management Workshop were provided.

Living a Healthy Life with Chronic Conditions is a 6-week workshop for people who want to better manage their heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and other physical and mental health conditions.

Living a Healthy Life with Chronic Pain covers similar topics with an emphasis on situations specific to chronic pain. Participants responding to the pretest/posttest reported an increase in [RAND-36 Quality of Life](#) scores.

Workshops are scheduled through July 2021.
Registration: https://wsu.co1.qualtrics.com/jfe/form/SV_1LmDEcRlpKsnSvj



Walk With Ease

Four University of Portland nursing students took on modifying the Walk With Ease program for Zoom delivery as their community nursing project. After completing the 6-week program, participants on average reported being more confident in being able to manage their joint pain and stiffness. Although average minutes of walking per session did not increase, the number of days of walking did resulting in more minutes walked over the course of a week.

Washington State University



Extension

Clark County

Fall 2020

BY THE NUMBERS
2020

Total Reach
1213



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

- ♦ 3 Youth Classes Taught in 7th Grades
- ♦ 88 Youth Reached
- ♦ 10 Outreach Events
- ♦ 1005 Adults Reached
- ♦ 120 Social Media Outreach Contacts

Farm to School Activities

During COVID-19 the Clark SNAP-Ed program and Evergreen School District Chartwells Nutrition Services continued to look at new ways to increase fruit and vegetable access and consumption to students with Harvest of the Month, Mood Boost tastings events. It has had its challenges; however, progress has been made.

Two elementary school tastings were held in November and December, and plans were made for more throughout the year. We continue to find ways to enhance the farm to table experience for youth and families each time they participated.

At Fircrest and Riverview Elementary parents and caregivers who came to pick up their breakfast and school meals for the week were surprised to see an exciting booth set up outside of their cafeteria. The booth offered free tastings of Brussel sprouts and dried cranberries along with fun facts about the harvest of the month fruit or vegetable and a QR code with the link to the recommended recipes and instructional videos. More Harvest tastings will be offered at various

Evergreen elementary schools throughout the year.



Dried Cranberry tasting



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.

Supporting Shares Backpack Program



***Backpack meals with
Make it a Meal Recipe***

Share Vancouver has been a long-time partner of the Clark County SNAP-Ed program. During COVID-19 Share continued to supply backpacks every other week to students in the Evergreen School District. Backpacks are often going to students who may be cooking the food for themselves while parents work. Keeping this in mind, the Clark County SNAP-Ed program developed visual recipes. Instead of words, they used pictures to show what you could combine to "Make it a Meal!". Recipes were included in the 650 backpacks that are distributed.

Food Access in School Pop-Up Pantries

The Clark SNAP-Ed program supports the Clark County Food Bank and

Vancouver and Evergreen Family & Community Resource Center in school based pop-up food pantries through designing an informational video to inform families how to access the pantry and what to expect when they arrive.

Go to this link to access the video. <https://www.youtube.com/watch?v=KWv7iOM2yME&t=4s>

They also provide signage and take-home recipes to highlight the foods available at the pantries each week.



***Signage and Recipes at
school pop up pantry***

Washington State University



Extension

Clark County

Fall 2020

BY THE
NUMBERS 2020
Total Reach- 257



EFNEP Program

Expanded Food and Nutrition Education

- ♦ 1 Outreach Event
- ♦ 200 Participated in Outreach Event
- ♦ 2 Workshops
- ♦ 35 Participants in Workshops
- ♦ 2 Adult Class Series
- ♦ 1 Initiative with 20 Participants

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. The EFNEP program in Clark County restarted on July 1, 2020 and continued to grow this quarter with new hires and our first adult classes.

On October 31, 2020, EFNEP Supervisor Laurel Moffat led outreach for EFNEP and other Extension programs at the League of United Latin American Citizens (LULAC)'s Dia de los Muertos Mercado.

LULAC raised funds to purchase produce from local farmers and gave it to 200 local families at their event.



Laurel stands with LULAC President Ed Hamilton Rosales.

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.

Meet the New EFNEP Staff



On November 1, 2020, Sara Peitzmeier and Scott “Scotty” Parrish joined the EFNEP teaching team.

Sara will teach classes in both English and Spanish. She is from Los Angeles but has fallen for the beauty of the Pacific Northwest. When she is not at work, Sara likes to be outside exploring the Columbia River Gorge with her husband and two children, walking her husky, or crafting a DIY project she found on Pinterest.



Scotty is already a member of the WSU Clark County Extension family. In addition to becoming an EFNEP Educator, Scotty is also a Food Safety Instructor and Agriculture Research Assistant with Extension. He has teaching experience as a Certified Food Protection Manager, ServSafe Instructor, and Produce Safety Alliance Lead Instructor. He is also a trained chef with over 25 years of experience as a baker, pastry chef and restaurant manager. After work, if he's not tending to his garden, you'll find Scotty out driving his Model A or playing guitar.

Inspiration from one participant in the
Eating Smart Being Active class

Mona (pseudonym) struggled to find time for exercise. Then her children started joining the Cardio Pyramid during her EFNEP classes. Inspired, she started waking up earlier each morning, putting on her kids' favorite songs, and dancing around the living room together.



Washington State University



Extension

Clark County

Fall 2020

BY THE NUMBERS

2020

Total Reach 2611

- ♦ 53 Master Gardener's Trained
- ♦ 288 Active Master Gardener Volunteers
- ♦ 5441 Master Gardener Volunteer Hours
- ♦ 1 Workshop
- ♦ 60 Attendees at Workshop
- ♦ 100 Answer Clinic Calls
- ♦ 2451 "likes" to Date on Facebook, Instagram and Twitter



Master Gardener Program

Cultivating Plants, People and Communities

The Master Gardener program operates an answer clinic at the WSU Clark County Extension office. The clinic is open Tuesday through Friday year-round for walk-in, email and phone inquiries from home gardeners. Equipped with two computers, a microscope and resource library, two specially trained Master Gardener volunteers respond to a variety of questions on plant and insect identification, plant problems and provide resources and referrals.

COVID-19 restrictions did not impede our ability to serve the public as the program has a robust electronic data collection system volunteers can access from home.

981 members of the community sought assistance from the answer clinic in 2020. Questions are tracked by topic. *Landscape Plant Problems* ranked highest in terms of number of inquiries, followed closely by *Landscape Trees* and *Fruit Trees*. *Integrated Pest Management* ranked fourth.



MG Answer Clinic Volunteers

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

Washington State University



Extension

Clark County

Fall 2020

BY THE
NUMBERS 2020
Total Reach

8 Research and
Demonstration
Projects

- ♦ 2 Specialty Grain Production
- ♦ 2 Specialty Vegetable Production
- ♦ 2 Specialty Seed Production
- ♦ 1 Soil Health Management in Canberries
- ♦ 2 Forest Cultivated Mushroom Production



Agriculture and Natural Resources

The Southwest WA Regional Agriculture 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 acreage lie within Clark County, where 53% of soils are classified as agricultural, and where the farm density (3.14 farms/sq. mi.) and average USDA-NRCS soil productivity ratings are highest in the state.

Our program efforts aim to bolster the economic viability of our longstanding farms and agricultural economies so that our outstanding agricultural potential continue to sustain returns for our farmers and our community. Research efforts largely center around innovations working to address the need for farm businesses to successfully evolve and adapt to operating within a rapidly urbanizing context. WSU Extension maintains an expanding research and demonstration program at the 78th St.

Heritage Farm facility on four acres of land comprising eight different types of crop systems; this facility 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 our local stakeholders.

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.



*Overwintering
brassica
cover crop trial*



*Cultivating Elwha
River spelt*



Oyster Mushrooms

Agriculture and Natural Resources Continued

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

The majority of program contacts were limited to direct inquiries and social media in Quarter 4 due to COVID-19. Two online presentations on value-added agriculture and Clark County's agricultural potential were also given to stakeholders in October. The bulk of Quarter 4's program efforts on eight research and demonstration projects at the Heritage Farm on specialty grain production (2), specialty vegetable production (2) specialty seed production (1), soil health management in caneberries (1), and forest-cultivated mushroom production (2) were relayed through social media where we garnered 26 additional followers, 31 additional video plays, and 134 new likes. Video/media editing and data analysis on these projects also began in Quarter 4 in preparation for use in web-delivered programs scheduled for winter2021.

Our research program also uncovered new findings on a parasitoid wasp that may help raspberry and blackberry growers manage the emerging pest, rose stem girdler. Two grant proposals were submitted in Quarter 4 to support the commercial agriculture program's forest-cultivated mushroom systems (\$25K) and value-added grain systems research program(\$26K). Three contracts were also negotiated and submitted for approval in December to support the Small Acreage (\$58K) and Master Gardener Programs (\$38K and \$20k).

WSU Extension also provided research-based information upon request to Clark-Cowlitz Farm Bureau, Clark County Food Systems Council, and County government to inform policy decisions with potential to impact farmers, and facilitated The Northwest Center for Small Fruits Research's 2020 priority-setting session for raspberry, blackberry, and specialty small fruits.

WSU Extension Research Activity at Heritage Farms

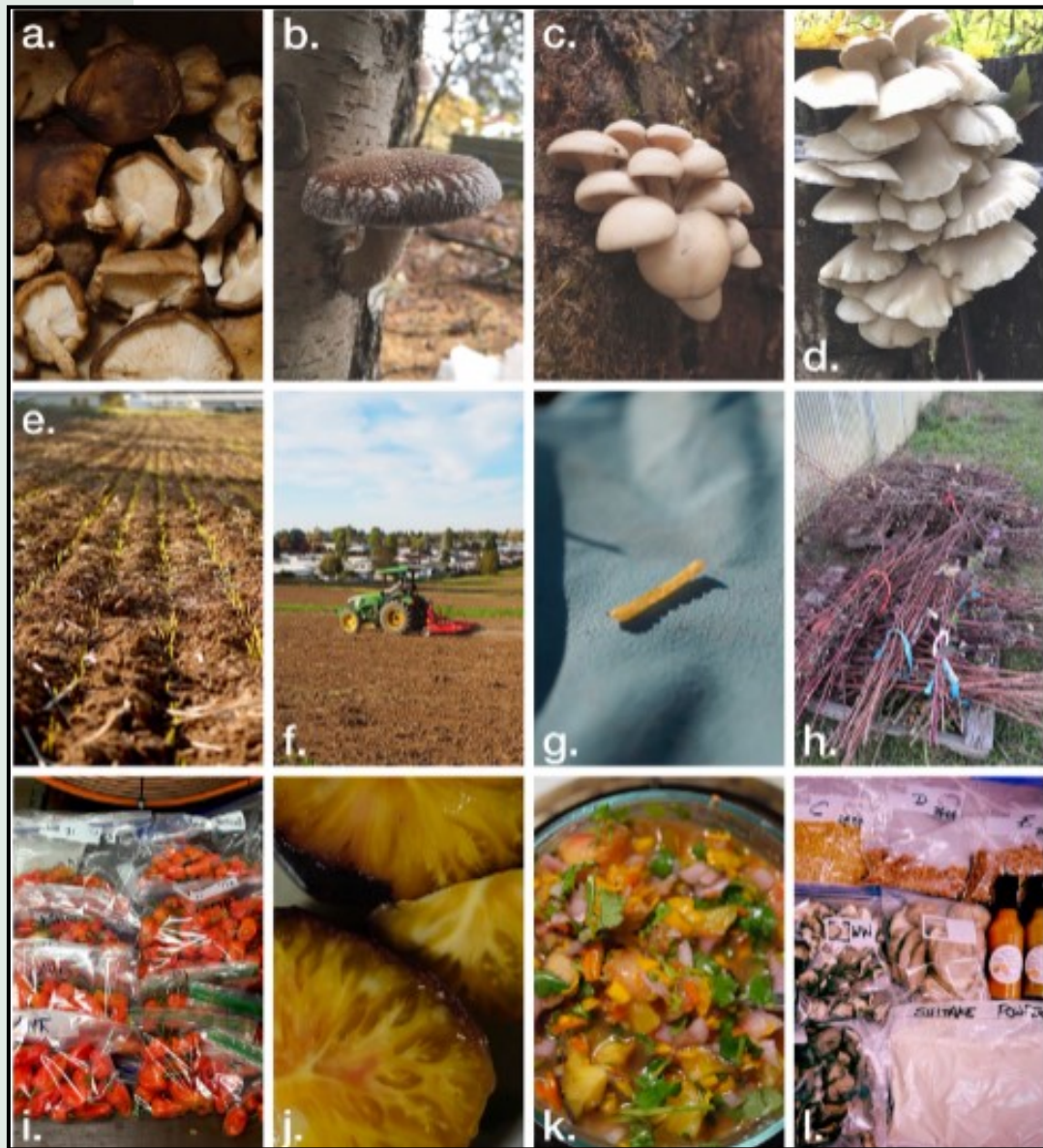


Figure 1. WSU's research activity at the 78th St. Heritage Farm, Oct.-Dec. 2020. a: The last harvest of the 'West Wind' shiitake strain in October, a strain which proved to sustain a month of refrigerated shelf life. b: The cool-weather shiitake strain 'Miss Happiness' began fruiting sporadically in October and into December, predominantly on birch logs. c-d: Oyster mushrooms began fruiting sporadically in late fall through December, with a wide range of yields within a given flush. e-f: A 1.5 ac demonstration plot of WSU's Elwha River spelt emerging (e) and being cultivated (f). This unique, high-value variety of ancestral wheat is the first known hullless spelt to be developed to date. g-h: A rose stem girdler larva (g) and samples of berry canes damaged by the pest that will be used in a lab experiment. i-j: mild habanero peppers (i) and indigo tomatoes (j) produced into November in WSU's high tunnel at the Heritage Farm. k-l: Various value added products were screened from all the specialty crops produced in this year's research trials.

Washington State University



Extension

Clark County

Fall 2020



Small Farms Program

Supporting Local Agriculture and Natural Resources

- ♦ 3 Outreach Events
- ♦ 32 Participants
- ♦ 7 Workshops
- ♦ 93 Participants
- ♦ 1 Class Series
- ♦ 25 Participants
- ♦ 19 Technical Assistance to Small Acreage Contacts and Farmers
- ♦ 779 Social Media Outreach Contacts

The Small Acreage program had another successful quarter in providing virtual educational workshops to the community.

Workshops included:

- Forest Management
- Soil Management
- Clark County Wildlife and Habitat Management
- Healthy Watersheds Works
- Well and Septic System Maintenance
- Pasture Management
- Living on the Land class-series

For upcoming classes and workshops go to WSU Extensions website at <https://extension.wsu.edu/clark/naturalresources/smallacreageprogram/>

Living on the Land – Presenter: Patrick Shults on Forest Management and Agroforestry. What the participant found most informative – “The simultaneous uses of land”

Living on the Land – Presenter: Eric Lambert on Healthy Watersheds. What the participant found most informative – “Understanding how many waterways we have and the impact human\dogs have had on them.”

Terry Koper
Coordinator
Terry.koper@wsu.edu



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

Washington State University



Extension

Clark County

Fall 2020



Community Gardens

Supporting Local Agriculture

Where does our food come from? Research has found that when people grow their own food, they have an increased awareness of the importance of locally grown food, an appreciation for local farming and a deeper connection to the land.

The Heritage Farm Community Garden (HFCG), located at the 78th Street Heritage Farm in Hazel Dell, rents eighty-eight 20 by 20 ft. garden plots to community members seeking a place to garden.

Garden plots are available to gardeners year-round, enabling them to grow perennial vegetables, such as artichokes, asparagus, and several small herbs. Unlike annuals, like tomatoes, zucchini and lettuce, which die in the winter, perennials are longer-lived.

The gardens are pesticide-free, and gardeners are encouraged to manage pests and diseases using integrated pest management strategies such as avoiding overhead watering, nurturing beneficial insects and tolerating some damage.



The MasterJohn family

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!

Community Garden Continued

In addition to the aforementioned benefits, the community garden provides a green space to citizens who use it or have visual access to it. Green Spaces have been proven to provide mental relaxation and stress alleviation, while enhancing social cohesion for the communities they are in and those who interact with these spaces. As we continue to face challenges during the COVID-19 pandemic, having access to green spaces is even more important.



Garden plot that has been winterized for the season.

The make-up of gardeners is diverse. This diversity is reflected in the plants they grow, including both traditional and nontraditional fruits and vegetables. Some are growing vegetables solely for donation to local food pantries, helping support the fight against hunger.

This year the program partnered with the Clark County Food Bank, providing a discounted rate to community garden members who completed the Seed to Supper beginning gardener education program.

Other partners include the Master Gardener Foundation of Clark County, WSU Clark County Extension Master Gardener Program and WSU Extension Master Food Preserver Program, providing educational materials, plants, seeds, and expertise.

Highlights for the community garden:

- Created six near-garden parking spaces for those needing accommodation reaching the site.
- Built and erected a predator perch, owl nest box and bat box.
- Added four additional 20x20 feet garden plots.
- Painted the community garden shed and shared tools



Partnerships and Collaborations



Clark County and Washington State University have a long-standing partnership in providing educational programs and research-based information to residents throughout the county. This partnership ensures that resources are committed from Federal allocations and University funds to keep important educational programs available in Clark County.

Our other partnerships and collaborations include–

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



Partnerships and Collaborations

Partnerships and Collaborations continued

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



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