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.

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

Small Acreage https://www.facebook.com/smallacreageprogram

SNAP-Ed https://www.facebook.com/Clark-County-SNAP-Ed-Program-303821640310561/

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4-H Youth Development

“To Make the Best Better”

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.

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**BY THE NUMBERS**

2020

- Total Reach 816
- 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

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Missy Cummins
4-H Youth Development Specialist, Faculty
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4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.
(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.

“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

“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.”
BY THE NUMBERS
2020
Total Reach 80

Food Safety and Nutrition

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](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 Facuty,
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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.
BY THE NUMBERS
2020
Total Reach
1213

SNAP-Ed Nutrition
Supplemental Nutrition Assistance Program

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.

SNAP-Ed Nutrition Programs focus on providing dietary quality, physical activity and food resource management for low-income adults and youth.

Kristine Perry
SNAP-Ed Manager
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Supporting Shares Backpack Program

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.
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. 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
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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 participate 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.
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.

Erika Johnson
Master Gardener Coordinator
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Engaging university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental stewardship education.
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.
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 winter 2021.

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 hulless spelt to be developed to date.  
g-h: A rose stem girdler larva (g) and samples of berrycanes 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.
Small Farms Program
Supporting Local Agriculture and Natural Resources

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.”
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.

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.

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
- 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 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 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
- Diabetes Technical and Training Center
- DSHS (Dept of Health and Human Services)
- ESD 112
- Evergreen School District/Family and Community Resource Centers
- Clark County Farmers
- Fort Vancouver Regional Library
- Fort Vancouver National Historic Site/Clark
- 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
- Lifeline
- Longview Garden Club
- Master Gardener Foundation of Clark County
- Meals on Wheels People
- 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
- Pearson Field Education Center
- Portland Nursery
- Ridgefield Garden Club
- Salmon Creek Farmers Market
- SeaMar Community Health
- Second Mile Marketplace and Hub
### Partnerships and Collaborations continued

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