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.

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 10,461 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

Follow us on Facebook and Instagram
Clark County Extension [https://www.facebook.com/wsuclickextenstn/](https://www.facebook.com/wsuclickextenstn/)
Agriculture [https://www.instagram.com/wsuextensionagswwa/](https://www.instagram.com/wsuextensionagswwa/)
4-H [https://www.facebook.com/wastate4h/](https://www.facebook.com/wastate4h/)
Master Gardeners [https://www.facebook.com/Wsu-ClarkCounty-MasterGardeners-29195721451563](https://www.facebook.com/Wsu-ClarkCounty-MasterGardeners-29195721451563)
https://www.instagram.com/wsuclickcountymastergardeners/
Small Acreage [https://www.facebook.com/smallacreageprogram](https://www.facebook.com/smallacreageprogram)
4-H Youth Development

“To Make the Best Better”

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.

4-H Restorative Community Service Garden Program

The 4-H youth development program and Clark County Juvenile Court’s 4-H Restorative Community Service (4-H RCS) Garden Program is off to a strong start this growing season. In partnership with Clark County Juvenile Court staff and volunteers as well as youth involved in the juvenile justice system, we had our first day of working in the garden and preparing for the growing season. Youth learned about compost and healthy soil, planted carrots, peas, and lettuce, and toured the Heritage Farm.

Teens working in the garden at Heritage Farm
The 4-H RCS Garden offers youth involved in the juvenile justice system with the opportunity to complete their court mandated community service hours with a community partner while engaging in experiential learning.

**Health and Wellness Classes with Clark County Juvenile Court**

In another collaboration with Clark County Juvenile Court, 4-H staff offered the first health and wellness class of the year with youth in the Clark County Juvenile Detention Center. Youth learned about how to create a balanced meal and made spring rolls with fresh produce. Youth involved in the juvenile justice system and the adult staff are excited to have 4-H back to offer monthly sessions with youth in juvenile detention.

**Favorite Quote from Teen Participant**

“I liked everything and learned new things.”
- 15 year old youth (4-H RCS Garden)

---

**How to Join 4-H**

To join a club or volunteer in Clark County 4-H please contact Chantal Krystiniak at (564) 397-5737 or at chantal.krystiniak@wsu.edu in the WSU Clark County Extension office to get started.

---

4-H is the nation’s largest youth development organization.
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 chronic disease prevention, and self-management interventions improve well-being and quality of life.

Diabetes Prevention Group

There are currently three year-long groups running with one in Spanish. This lifestyle change program supports those with prediabetes or at high risk for diabetes.

Participant comments

“My experience with the program has been totally positive and rewarding.”
“The program provides the training and support to change your life.”
“The positive attitude of the coach reinforces, for each of us, that we can overcome any challenge and achieve our goals.”

Health Care Provider Pilot Project

The WSU Extension Clark County Diabetes Prevention Program is 1 of only 4 lifestyle change programs nationally participating in a CDC Division of Diabetes Translation pilot program. Research has shown that nurse practitioners and physician assistants HAVE BEEN OVERLOOKED AS A POTENTIALLY EFFECTIVE SOURCE for health care provider referrals to prevention programs. Locally, our goal is to establish a more formalized closed-loop referral process with The Vancouver Clinic and Battle Ground Health Care clinical practices that already send their patients to our program.

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

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

**Healthy Cooking Demo**

The SNAP-Ed program partnered up with Silver Star Elementary Family & Community Resource Center Coordinator to host a Spanish speaking parents group. SNAP-Ed staff shared with parents some ideas of how to cook for elementary kids. SNAP-Ed and the parents worked together to make an Un-beet-able Smoothie and Garden Vegetable Cakes. They discussed ways to substitute ingredients in both recipes to utilize foods the families have in their kitchen. The parents were very excited to learn some tips, tricks and get new recipe inspiration.
Quotes and Comments

Since the pantry was held outside, the hot Carrot Soup was real success. "It is so good!" "Amazing!" "It is perfect for the cold days like this!", "I like the peppery taste", "I have a lot of carrots at home, I am definitely going to make it today!"
- Ellsworth Elementary Parent

Russian speaking SNAP-Ed staff was able to communicate with Ukrainian refugees at both pantries and help them fill out pantry paperwork, answer questions, and also share resources.

"You always have such great recipes, I have made some at home." "I think my kid would actually eat this."
- Silver Star Elementary Parent

School Fresh Food Pantries
The SNAP-Ed program supported Vancouver and Evergreen Schools Family and Community Resource Coordinators (FCRCs) hosting fresh food pantries put on by the Clark County Food Bank and Share. For those pantries doing in person shopping SNAP-Ed provides recipes highlighting foods found in the pantries and providing food demos. Each month they chose a different seasonal recipe that highlights pantry foods. For pantries that are drive through, SNAP-Ed provides recipes in food boxes.

It’s Not Just a Cupcake- Healthy Celebrations in Evergreen Schools

With the rising statistics in childhood obesity it is apparent that this major health concern be addressed not just at home but where children spend the majority of their day. Schools are in a unique position to provide a healthy environment, and one way they can do this is with healthy class and holiday celebrations. Constant exposure to low nutrient foods compromises children's health and the ability to learn. School celebrations provide great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nourishing choices at school.

Four schools in the Evergreen School District have done just that. Following the Districts Wellness Policy as a guide, these schools have developed their own policy around classroom celebrations and school holiday events. Utilizing the Clark County SNAP-Ed Healthy Celebration Toolkit, teachers at these schools are helping children realize that wearing a party crown all day or doing a class dance is just as fun as eating cake and ice cream for their birthdays.

School nutrition policies offer a promising avenue by which to promote healthy eating and physical activity. SNAP-Ed will continue to support schools as they shift cultural and social norms around birthday and holiday parties working to normalize healthy choices for our students.
BY THE NUMBERS
2023
Total Reach by Quarter: 440

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.

Nutrition Education for Youth

This quarter EFNEP educator, Scotty has taught our nutrition series in 15 elementary classrooms at five schools across both Vancouver and Evergreen public school districts. EFNEP classes are a positive influence for the entire family. Scotty recently heard a story from a teacher who had a daughter taking EFNEP classes. The teacher told him that her daughter came home each week with recipes she was excited to make and nutrition facts she was eager to share. The whole family made positive changes and the teacher felt the lessons would be a perfect fit to teach in her own classroom. In the end, she shared that she has already spoken to the teaching team, and they all agreed they would like EFNEP lessons in their classroom next year!
Nutrition Education for Teens
EFNEP Educator Liz has worked closely with teens at Daybreak Youth Services and at Evergreen High School. Teens are a great group to work with because they will soon have the autonomy to choose what foods they want to feed themselves. A teen was a few weeks into the EFNEP series when he recognized that foods can be versatile and “boring” foods could be more exciting. Liz found that the recipes they were trying in class were encouraging him to build healthy snacks with the ingredients he had access to at home. With simple combinations like yogurt and fruit he was able to create a tasty smoothie, or by adding a little granola “BOOM” now it was a parfait. These snacks are more nutritious and take just a couple of minutes to make and are arguably more rewarding than grabbing a bag of chips.

Nutrition Education for Spanish Speaking Families
Lastly, Maria has continued to reach groups of Spanish speaking parents through local Family and Community Resource Centers. Our nutrition classes go further than learning about the nutrients in foods and cooking. We also highlight food safety in the kitchen. Here is one parent’s story:

“Rebecca” is the primary cook for her family. When it comes to cooking meat, she would always overcook it to ensure that it was safe to eat. She heard about EFNEP Spanish speaking nutrition classes through her child’s school and was excited to get more tips on cooking meals at home.

Halfway through the series, there was a topic deep diving into the value of using meat thermometers. She went and purchased one after class and has been using it at every meal ever since. Her proteins are no longer overcooked, which allowed her to gain confidence in her cooking skills. She has her kids help her read what temperature the food should be cooked at, so they are learning as well. She enjoyed the classes and said they had a good impact on her and her family.”
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.

For 26 WSU Extension Clark County Master Gardeners and members of the public, Monday, January 16 was A DAY ON, not a day OFF! The program commemorated the anniversary of the late Reverend Dr. Martin Luther King, Jr.’s “I have a Dream” speech by providing service in the Natural Garden demonstration site at Pacific Park in East Vancouver.

The garden is sectioned into eight smaller vignette gardens, each demonstrating a different natural gardening style or theme. Several volunteers spent their time in the “Edibles and Herbs Garden” where they cut back the large aronia bush, pruned the blueberries and kiwi plant and espaliered the pear trees.

269 Active Master Gardener Volunteers, 3710 Hours served
5 Outreach Events, 345 Participants
30 Workshops, 1710 Participants
125 Answer Clinic Calls
2552 Social Media “Likes” to Date

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.
Others took to digging up creeping raspberry, a spreading ground cover covering too much ground in the “Wildlife Garden”, making way for something more interesting to be planted this spring. In yet another garden, volunteers cut back some of the grasses that died back to the ground over the winter, making way for the new green growth that will soon be emerging.

The demonstration garden was designed and installed by Clark County Public Health Green Neighbors program and its purpose is to inspire and set an example of sustainable landscaping techniques and plant choices.

The Xeriscape Garden is a space that definitely inspires. One of the gardens that greets visitors as they enter from the parking lot, it contains only plants that thrive without supplemental water. And it is gorgeous according to many who visit the garden for ideas. Christine Anderson, WSU Extension Demonstration Garden Maintenance Coordinator, who designed the garden and oversaw its installation back in 2020 said this of the MLK Day event, "This year's MLK service event was just a delight! Great weather and a great bunch of volunteers - we had helpers from age 5 on up! Very impressive group of folks who got a huge amount of work done!"

Supporting time spent in parks and gardens meets Master Gardener Program Priority #9: Nearby Nature, increased access to plants, green spaces and public landscapes to benefit the health and well-being of all.
SW WA Commercial Agriculture Program

**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.
Pest and Berry Research
Results from our $42K project examining control of the rose stem girdler pest of raspberries and blackberries was presented to ~70 growers and berry industry stakeholders hosted by the Northwest Berry Foundation.

Mushroom Research
At least 11 new mushroom growers began implementing forest-cultivated shiitake mushroom production systems on their farms this quarter as a result of our programming and research at the Heritage Farm. All of these growers are participating in a recent $175K grant-funded project and will be mentored by Extension throughout their first three years of mushroom production. New growers and three regional Extension faculty attended a full day introductory training at the Heritage farm in January 2023.

The aforementioned grant project also lengthens and expands our ongoing mushroom work at the Heritage Farm. This quarter approximately 325 logs from 8 different tree species were harvested and brought to the Farm to be inoculated with shiitake mushrooms. Shiitake mushroom production on this new set of logs will be researched at the Heritage Farm over the next 3-5 years as the logs from our initial 2019 and 2020 shiitake trials begin to be phased out of production. Our participating mushroom growers will benefit from being closely linked with results emerging from these trials.

Intern from Portland Community College
Our program gained a new paid GIS intern from Portland Community College. They will be working on building a web application which maps and calculates farmland conservation and loss patterns and metrics, and agricultural economic opportunity potential and loss metrics. The results will be used to better inform agricultural policies and initiatives that work towards optimized agricultural economic development and long-term food security near urban areas.
Select program activity, Quarter 1, 2023: Top, center- the process of harvesting ~350 logs across multiple sites cut from red alder (Clark County), garry oak (Adair, OR), paper birch (Whatcom County) western beaked hazelnut (Clark County), common hazel, cherry, gray birch (Heritage Farm), vine maple, and cascara trees (Camp Bonneville) and moving them all to the Heritage Farm where they will be inoculated with shiitake mushrooms and researched for the next 3-5 years; Bottom – new mushroom growers and Extension faculty attend a shiitake mushroom production training at the Heritage Farm in January, 2023; right – a Clark County farm inoculating logs for their first crop of shiitake mushrooms being produced for market.
Small Acreage Program

Land-based Economic Development and Stewardship

The Small Acreage program provides educational workshops and other outreach to 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 program works in partnership with Clark County Public Works Clean Water Program.

Cultivating Success: Agricultural Entrepreneurship and Business Planning

This class was co-facilitated with other statewide coordinators to offer it online. This allows for more folks throughout Washington, especially those in remote locations, to participate. These events are offered with Spanish translation.

Well and Septic System Maintenance workshop give 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 $100. This workshop helps residents learn how to protect their families health, keep their systems well maintained, which saves money, and helps keep the water clean in our watersheds. Leaking septic systems are among some of the most common polluters of our creeks and rivers in our rural lands.

BY THE NUMBERS
2023
Total Reach by Quarter: 2621

- 3 Outreach Events, 19 Participants
- 1 Class Series, 89 Participants
- 1 Workshop, 35 Participants
- 20 Requests for Assistance to Small Acreage and Farmers
- 2458 Video Clip web views for Small Acreage program

Washington State University
Extension Clark County Winter 2023

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

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

Www.eatlocalfirst.org

Stream Health Monitoring Workshop
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 and provide a retreat from the noise and commotion of urban environments.

The Community gardens also recycle organic wastes back into the soil.

This year we welcome 12 new garden plot holders, and their families. Many Gardeners have already been out on the farm planting and cleaning up their plots.

In the 2023, our goal is to put a lending library in the shared community garden shed with books on gardening techniques, garden stories and healthy living.

Ringo Nickel
Coordinator
Ringo.Nickel@wsu.edu

Extension has been coordinating the Heritage Farm Community Garden site since 2017.
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
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 Conservation District
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
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
PeaceHealth
### Partnerships and Collaborations continued

<table>
<thead>
<tr>
<th>Pearson Field Education Center</th>
<th>Vancouver School District</th>
<th>Washington State Department of Agriculture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ridgefield Garden Club</td>
<td>WSU Nutrition &amp; Exercise Physiology Program</td>
<td>Washington State Farmers Market Association</td>
</tr>
<tr>
<td>Salmon Creek Farmers Market</td>
<td>Washington State University-Vancouver</td>
<td>West Van for Youth Substance Abuse Coalition</td>
</tr>
<tr>
<td>SeaMar Community Health</td>
<td>Washington State VetCorp</td>
<td>WIC (Women, Infant and Children)</td>
</tr>
<tr>
<td>Second Mile Marketplace and Hub</td>
<td>Waste Connections</td>
<td>Wise Woman</td>
</tr>
<tr>
<td>SHARE House</td>
<td>White Salmon Farmers Market</td>
<td>Yacolt Primary School</td>
</tr>
<tr>
<td>Skamania Farmers Market</td>
<td>WaferTech</td>
<td></td>
</tr>
<tr>
<td>SWW Accountable Communities of Health</td>
<td>Washington Green Schools</td>
<td></td>
</tr>
<tr>
<td>SWW Health Living Collaborative</td>
<td>Washington State Chronic Disease Leadership Network</td>
<td></td>
</tr>
<tr>
<td>The Gardner School of Arts and Sciences</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Truman Elementary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Underwriters Laboratory</td>
<td></td>
<td></td>
</tr>
<tr>
<td>United States Department of Agriculture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vancouver Farmers Market</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vancouver Garden Club</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vancouver Housing Authority</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>