



WSU EXTENSION Clark County

Extending Knowledge. Changing Lives



SPRING 2023 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.

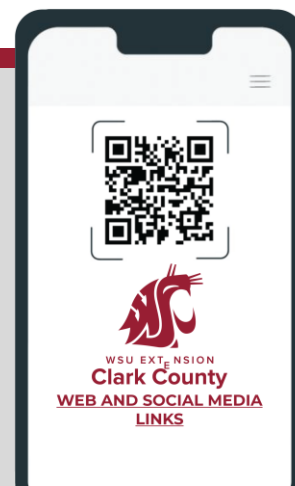
To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs. WSU Clark County Extension also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land

Grant University Extension System. 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 44,393 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
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564-397-5718





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BY THE NUMBERS



Total Reach
Spring Quarter
2023: 633

- 479 Youth Participated in Club Programs
- 113 Trained Adult Volunteers/ Mentors
- 2 Workshops, 12 Participants
- 2 outreach events 14 participants
- 15 Youth Participated in Restorative Justice Programing



[VISIT OUR WEBSITE](#)



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 Summer Art Series

Twelve youth participated in a summer art class series to learn paper quilling and crocheting from 4-H volunteers. The Enchanted Rose Emporium worked with the 4-H program to provide art lessons to youth in the community.



Missy McElprang
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.



4-H Youth Development

"To Make the Best Better"



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 offers an opportunity for youth involved in the juvenile justice system to complete their court mandated community service hours with 4-H while engaging in experiential learning. Youth have enjoyed harvesting spring plantings such as strawberries, herbs, tomatoes, greens, and carrots. We have also enjoyed

barbequing burgers and squash after a day of garden maintenance. Produce harvested in the summer months will be donated to families that are involved with Juvenile Court



What did you like best about helping in the garden today?

"Feeling the plants"
(youth participant, 17 years old)

"Eating carrots"
(youth participant, 17 years old)

4-H Animal Science Club

4-H staff and volunteers partnered with the Prevent Together: Battle Ground Prevention Alliance to bring an afterschool animal science club to Chief Umtuch Middle School. Youth learned about dog care and obedience from 4-H youth, volunteers, and their dogs. 4-H youth brought in rabbits to teach the middle school students about raising and showing rabbits at the Clark County Fair. A 4-H volunteer also presented their 4-H experience with raising and showing llamas and alpacas.

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



[VISIT OUR WEBSITE](#)

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



HEAD



HANDS



HEART



HEALTH



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Total Reach
Spring Quarter
2023: 93

- 1 workshop, 55 participants
- 3 classes, 30 participants
- 1 Policy, Systems and Environment Initiative, 8 participants



GETTING TO THE HEART AND MIND OF THE MATTER:

A Toolkit to Build Confidence as a Trusted Messenger of Health Information

Edition 1 – 2023



Working Together to Prevent Type 2 Diabetes

Health, Wellness and Nutrition

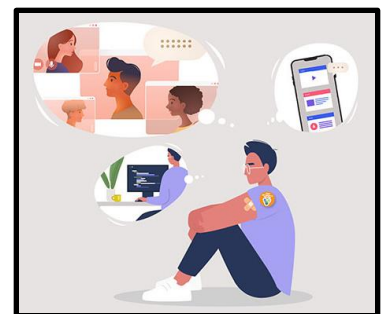
The Health, Wellness and Nutrition Program is a community-based partnership that promotes health where people live, learn, work and play. Our science-based chronic disease prevention, and self-management interventions improve well-being and quality of life.

- **Addressing Land Grant Universities Hesitancy: Getting to the Heart (and mind) of the Matter**

WSU Releases Vaccine Communication Toolkit to support the [CDC](#) funded [Extension Collaboration on Immunization Teaching and Engagement \(EXCITE\)](#).

The Facts:

- Vaccine hesitancy has been identified by the World Health Organization as one of the top ten threats to public health globally.
- Trying to change vaccine hesitancy by simply providing facts may backfire and increase resistance.
- [Current public health communications about vaccines may not only be ineffective but may increase misperceptions and reduce vaccination intention, especially among those most resistant.](#)



Zena Edwards

Food & Nutrition Faculty,
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**Promote health where people live,
learn, work and play.**



Health, Wellness and Nutrition

MOVING BEYOND FACTS:

Zena Edwards, WSU Clark County Extension, and colleagues from the WSU Murrow College of Communication created a toolkit and training integrating Motivational Interviewing, Science Media Literacy and principles of Neuromarketing. Combined, these three approaches leverage and balance the emotions of vaccine decision making.

“Given that emotions are found to influence vaccine risk perceptions and intentions more strongly than statistical information, vaccine education efforts must move beyond presenting factual information to address emotions surrounding COVID-19.”

-Chou & Budenz, 2020



The toolkit was used as the basis for a [nationwide 3-part webinar series](#) on:

- How to communicate confidently with anyone about adult vaccinations
- Build skills to avoid unpleasant confrontations while maintaining trust and credibility.
- How emotions can provide valuable cues for critical thinking
- Build skills to critically assess emerging data and
- Counter media misinformation.
- How brain science provides key insights to optimize campaign messages
- Build skills for designing messages for key audiences



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Total Reach
Spring Quarter
2023: 40,325

- 13 Outreach Events, 4660 Participants
- 35,665 Participants Reached through Policy, Systems and Environments Initiatives
- 2,124 Social Media "likes"

SNAP-Ed PROVIDERS

WSU Clark County SNAP-Ed is a proud provider for the [Washington State SNAP-Ed](#) and helps local residence with food insecurity increase access to healthy meals.



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.

Afghan Women's Gathering

In May, the Clark County SNAP-Ed program and local community partners hosted an Afghan Women's gathering at the Heritage Farm. This event focused primarily on educating the Afghan Women's group on how to shop at the Farmers Market and use EBT Market Match. SNAP-Ed had an interpreter who spoke Dari and a slide presentation was given along with resource materials. The group was lead on a Farm to Community Heritage Farm tour that highlighted the Community Gardens and discussed sponsoring a plot in the 2024 season for the Afghan women's group. Some husbands also attended and worked with the Food Bank on some planting in the fields. Children had the opportunity to work with 4-H staff on a planting packet activity and at the end of the event everyone came together for an authentic Afghan meal prepared by the participants.



Kristine Perry

SNAP-Ed Manager

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



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program



Market Box Program

SNAP-Ed partnered with Vancouver Farmers Markets (VFM) and Bridgeview Resource Center to continue the Market Box Program. The Market Box is a produce subscription program through VFM that sources local fruits and veggies from multiple local farmers. Bridgeview was awarded funding to procure weekly VFM Market Boxes for 20 weeks for 50 families. Bridgeview connected SNAP-Ed with families who were experiencing food insecurity and could benefit from this pilot program. Each week these families get a Market Box with 4-6 produce items, a newsletter that shares cooking and storage tips, and information on other resources or activities in the community.

School Garden Tour Series

The SNAP-Ed Program is partnering with the Master Garden Program to support elementary school gardens. They have developed educational tools and materials for teachers to use with their students in their school gardens. In April they offered a school garden tour series where participants were invited to take a self guided tour of the two campus gardens showcasing both raised bed food growing spaces as well as native plant gardens.



Celebrating Healthy Eating at School Events

SNAP-Ed participated in many end of year school events while promoting ways to celebrate with healthy eating options. Fircrest Elementary is one of SNAP-Ed's champion Schools when it comes to healthy celebrations. They have been working hard since COVID to comply with the new Healthy Celebration policy change across many of their school activities. One way is by changing their fundraising to healthy movement-based programs as opposed to selling cookie dough. This year they did a Walk-a-thon.



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Total Reach
Spring Quarter
2023: 457

- 13 Class series, 263 Participants
- 6 Outreach Events, 192 Participants
- 2 Participants Reached through Policy, Systems and Environments Initiatives



[Washington State University Extension Expanded Food & Nutrition Education Program](#)



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.

Eating Smart and Being Active Classes

Maria has continued to reach groups of Spanish speaking parents through local school Family and Community Resource Centers. Our nutrition classes go further than learning about the nutrients in foods and cooking, they also learn how to make healthy and balanced meals on a budget. One group learned canned or frozen vegetables can taste just as good as fresh vegetables. Participants really enjoyed learning the skillet lasagna and pasta salad recipe and went home and added even more vegetables. They also started utilizing the recipe book received in class, and it's really made an impact. These classes have left them feeling more confident about their cooking skills and it's helping their children's growth by feeding more balanced meals.



Sara Peitzmeier
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.



EFNEP Program

Expanded Food and Nutrition Education

This quarter EFNEP educator, Scotty taught nutrition series in eight elementary classrooms. His classes had so much fun learning about ways to swap out healthy foods that they voted for healthier options for the next class party. As part the class series, he prepped some healthy veggie dips to try, and it inspired a yummy and colorful vegetable tray with an assortment of healthy dips. This goes to show if students are given the choice, they just might opt for the healthier celebration foods instead of the classic cookies and cupcakes usually offered.



Although we said goodbye to our EFNEP Educator Liz this quarter, she had a great time working with highschoolers as well as with some amazing women at a local shelter. At the beginning of the series, they expressed concerns for not having enough money to grocery shop. Throughout the EFNEP classes, participants learned:

- how to better utilize the free resources available to them,
- how to maximize ingredients they had on hand,
- how to save money by sharing meals with each other and splitting the cost of ingredients.

By sharing meals, they were able to grow closer. Liz did an amazing job of not just teaching nutrition classes but also bringing people together and helping to build a stronger sense of community among EFNEP participants



[Recetas en español](#)

[English Recipes](#)





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Total Reach
Spring Quarter
2023: 2495

- 4675 Master Gardeners volunteer hours
- 21 Outreach Events, 1693 Participants
- 26 Workshops, 569 Participants
- 233 Answer Clinic Calls
- 2588 Social Media



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.

\$61,000 Raised at Mother's Day Weekend Plant Sale

For many Clark County gardeners, Mother's Day weekend is synonymous with the Master Gardener Foundation Plant Sale, held in collaboration with the WSU Extension Clark County Master Gardener program - and 2023 was no different. During the Sale, 142 volunteers were on hand helping customers and answering the questions of both experienced and novice gardeners. Even after the event ended, profits tallied and the volunteer hours tabulated, work continued. Key team members gathered to share observations and "lessons learned" to make the next sale better than the last.

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



Master Gardener Program

Community Horticulture and Natural Resource Stewardship



At the three-day Sale, held at the 78th Street Heritage Farm, May 12-14, hundreds of customers strolled through the grounds and greenhouses to select from 23,000 plants. On offer were 575 varieties of shrubs, perennials, Pacific NW natives, annuals, edibles, (including an impressive selection of 49 varieties of tomatoes), herbs, and houseplants all grown by Master Gardener volunteers.

Donated tools, recycled gardening essentials, hand-crafted garden ornamentation and bagged potting soil were sold, as well.

Clara Conner, Hardy Fuchsia greenhouse team leader, reported that enthusiasm was high among customers despite the record breaking 90-degree temperatures and she was delighted to see that shoppers were prepared for the sale arriving with detailed shopping lists in hand.

The sale grossed more than \$61,000 for the benefit of the Master Garden Foundation of Clark County programs. These include contributions to the operating costs of the WSU Extension Clark County Master Gardener program and other community-based horticultural programs in Clark County including the organic demonstration field and the 4-H garden trained community mentors work with juvenile offenders to grow food for the local food pantries and homeless shelters. The Plant Sale's success was achieved through the dedicated efforts of many volunteers, some working year-round. In the months leading up to the Sale, 112 volunteers on eight teams grew plants from cuttings, divisions, seeds and small plugs. A generous donation of plant starts, donated by Terra Nova Nurseries of Canby, OR, were grown to sale size which added a selection of specialty perennials for shoppers to snap up.

Volunteers logged In nearly 2,500 hours For the annual event One happy customer summed up her experience this way, "All the volunteers were lovely and there were so many amazing plants!"



**Master
Gardener
Program**

It's in Your Nature!

**Answer
Clinic**

Tuesday and Wednesday • 10 A.M. to 2 P.M.
Thursday and Friday • 11:30 A.M. to 3 P.M.

Hours for walk-in clients:

We are back in-person but you may wish to call and confirm that we are staffed – 564-397-5711.

[Email us your question at
mganswerclinic@clark.wa.gov](mailto:mganswerclinic@clark.wa.gov)



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- 2 Workshop, 26 Participants
- 3 Outreach Events, 55 Participants
- 37 Technical Assistance to Farmers
- 450 Social Media "Likes"



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.

More Shiitake Mushroom Farmers in Clark County

As part of a 3-year \$175K grant-funded project on shiitake production, an introductory shiitake production workshop was held at the Heritage Farm for 15 farms looking to produce shiitake for market. A follow-up half day training was then held for collaborating new shiitake growers.

"Keep up the great work at the Clark Co. Heritage Farm... [The most effective part of the program was] The hands-on aspect. The ability to see WSU's on-site process and mushroom set up, To be able to ask Justin questions and feel valued in this endeavor... Great workshop, Justin did a really good job at helping us as novices understand the total Mushroom rearing process. I left very much more knowledgeable than prior to the workshop."

In August, Justin and other researchers will be taking a tour in Japan to learn more about shiitake production.



Justin O'Dea
Regional Agricultural
Specialist Faculty
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The ANR program conducts locally relevant applied research in the fields of agriculture and natural resource sciences.

SW WA Commercial Agriculture Program



Clark WSU Extension Brings Agriculture Voice to County Needs

With the updating the 2023 Farm Bill underway, WSU Extension Agriculture Specialist, Justin O'Dea brought his local agriculture expertise to the table for several important gatherings. These included feedback for the Clark County Agriculture Commission proposal and the County's revision of the Rural Event Facilities Code. He spoke at a listening session with US House Rep. Gluesenkamp-Perez and US Deputy Secretary of Agriculture Torres-Small on USDA's-NIFA's Value-Added Produce Grant initiatives as it relates to Clark County Agriculture.



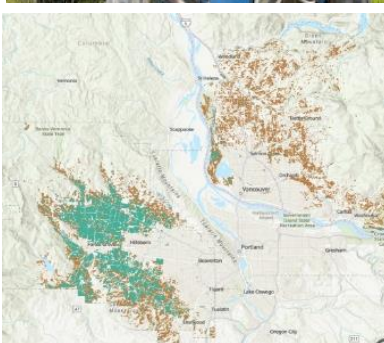
Buckwheat Production Trials

It is the second year of buckwheat production trials at the Heritage Farm as part of a \$350K statewide research project on buckwheat and millet production and market development. A field day will be held in September to showcase this emerging alternative crop for growers in our region.



Mapping of our Farmer land in Clark County

Clark WSU Extension's GIS intern developed an online tool for mapping and calculating 1) farmland conservation and loss, and 2) agricultural economic opportunity potential and loss in urbanizing counties. This tool will help to better inform agricultural policies and initiatives that work towards optimized agricultural economic development and long-term food security near urban areas.



Photos: **1)** 118 of 368 total logs inoculated with shiitake spawn were added to ongoing production trials at the Heritage Farm. **2)** farmers interested in growing shiitake mushrooms for market learn about timber selection for shiitake production at a workshop at the Heritage Farm. **3)** second year of buckwheat production trials at the Heritage Farm were successfully seeded and established. **4)** map from an online tool developed by our GIS interns over the past two years showing patterns of farmland currently active in Clark County, WA.

Justin O'Dea, Project Lead, WSU Clark County Extension
IN 2021 THE WSU FOOD SYSTEMS DOCUSERIES CREW SET OUT FOR THE PORTLAND, OR AND SEATTLE, WA-METRO AREAS TO TALK WITH FARMERS FIRST-HAND ABOUT THEIR EXPERIENCE FARMING IN AN URBANIZING REGION.





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Total Reach
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- 1 Outreach Events,
8 Participants
- 1602 Video Clip
web 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 Eat Local First Collaborative is made up of regional partner organizations from around the state including WSU Small Acreage Program that are working together to facilitate connections between consumers and farm/food businesses across Washington through one easy-to-use, searchable platform.



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



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



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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.



50 community gardeners came to a spring meet and greet potluck. The inside of the community garden shed received a makeover and the individual mailboxes were removed to make room for a garden lending library.

Ringo Nickel
Coordinator
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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!



4-H

AGRICULTURE
PRODUCTIONCOMMUNITY & ECONOMIC
DEVELOPMENT

FAMILY & HOME



FOOD & NUTRITION

AGRICULTURE AND
NATURAL RESOURCESAGRICULTURE AND
NATURAL RESOURCESWSU FACULTY
AND STAFF

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 Center
 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 Association
 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

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)
 Educational Service District 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

Clark County Saddle Club



WSU EXTENSION
Clark County



4-H

AGRICULTURE
PRODUCTIONCOMMUNITY & ECONOMIC
DEVELOPMENT

FAMILY & HOME



FOOD & NUTRITION

AGRICULTURE AND
NATURAL RESOURCESAGRICULTURE AND
NATURAL RESOURCESWSU FACULTY
AND STAFF

Partnerships, Collaborations and Cooperations

Partnerships and Collaborations continued

- National Park Service
- Nature Scaping 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
- 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
- Washington State VetCorp
- 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
- Disease Leadership Network
- West Van for Youth Substance Abuse Coalition
- WIC (Women, Infant and Children)
- Wise Woman
- Yacolt Primary School

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



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Clark County