



EXTENDING KNOWLEDGE

*Changing
Lives*



SUMMER 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.

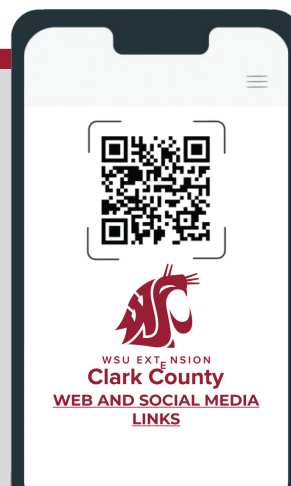
To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs. WSU Clark County Extension also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University 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 30,230 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





WSU EXTENSION Clark County

Extending Knowledge. Changing Lives

SPRING 2023 QUARTERLY REPORT

Serving Clark County for more than 100 years

BY THE NUMBERS



Total Reach
Spring Quarter
2023: 250

- 250 Farmers Participated throughout the state
- 15 Farmers Participated in Clark County



WASHINGTON STATE UNIVERSITY
EXTENSION

[VISIT OUR WEBSITE](#)



Community Economic Development

**Dedication To Making A Positive Difference In Individuals' Lives
And Clark County Communities**

Keeping Farmers Safe

Washington State University Extension (WSU) was awarded a \$890K grant through the Washington State Department of Agriculture to support Washington specialty crop producers, packers, and employees through distribution of COVID-19 relief supplies. The goal is to directly provide safety supplies to keep farm workers and/or processing facility workers safe and indirectly keeping the public safe by stopping the spread of COVID-19 across the State.

Clark WSU Extension, the lead grant administrator, worked with 17 County Extensions across Washington to provide farmers with these essential personal protective equipment (PPE) supplies. 15 Clark County farmers applied and received these supplies. Some of the supplies included handwashing stations, food grade surface sanitizer, gloves, goggles and respirators.



Kristine Perry
Interim Director and
SNAP-Ed Manager
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**Assisting Washington communities meet
their economic, environmental and social
goals.**



SPRING 2023 QUARTERLY REPORT

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BY THE NUMBERS



Total Reach
Spring Quarter
2023: 3167

- 486 Youth Participated in Club Programs
- 116 Trained Adult Volunteers/ Mentors
- 2 Class series 36 participants
- 1 Workshops, 14 Participants
- 2 outreach events 2500 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.

Clark County Fair 2023

After a year of working with their projects, 4-H youth showcased their hard work at the Clark County Fair. Projects included sewing, baking, cooking, food preservation, robotics, plant science, computer science, shooting sports, photography, pets, and livestock. Many 4-H youth, families, and volunteers also attended the Washington State 4-H Fair, a collaborative community event, showcasing and promoting the achievements and talents of youth as they work toward building their successful futures.



4-H pickling competition

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"



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.

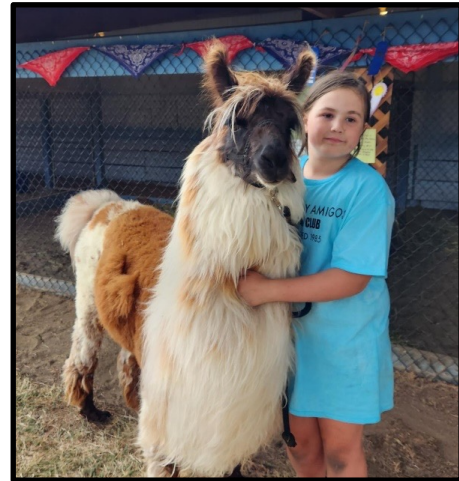


[VISIT OUR WEBSITE](#)

Clark County Fair 2023



4-H youth participating in and being judged during a cooking activity at the Clark County Fair



4-H youth and her alpaca at the Clark County Fair

4-H Nutrition Program

Clark County 4-H staff partnered with Clark County Juvenile Court staff to offer nutrition programming for youth involved with the juvenile justice system. Youth learned to make various recipes using fresh produce including fruit and veggie smoothies and black bean sweet potato quesadillas. 4-H provided over 30 pounds of garden-fresh produce for nutrition programming.



Clark County Juvenile Court mentor and youth making quesadillas at the Clark County Food Bank.

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



HEAD



HANDS



HEART



HEALTH



SPRING 2023 QUARTERLY REPORT

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Total Reach
Spring Quarter
2023: 23,410

- 41 Outreach Events, 999 Participants
- 22,411 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.

Fourth Plain Forward's Art in the Park

The SNAP-Ed Program partnered with Fourth Plain Forward in their Art in the Park Event. SNAP-Ed staff provided a food demo of grilled marinated vegetable where families received samples, easy to follow recipes and learned other ways to cook their summer vegetables.



WSU Medical Students visit Heritage Farm

The SNAP-Ed program hosted 20 WSU 2nd year medical students for an introduction to SNAP benefits and a brief tour of the 78th Street Heritage Farm. The goal of the day is to engage medical students about the profound connections between good nutrition, local food and positive health outcomes for communities that typically experience health disparities.



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.



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

Planting the Seeds of Trust with Refugee Families

Refugee families often face challenges in accessing fresh and culturally appropriate food upon resettlement. Farmers markets offer an abundance of produce, but language barriers and unfamiliarity with the local food system can hinder refugee's ability to utilize these resources effectively. Clark County SNAP-Ed set out to address those barriers with the development of a Farmers Market Tour Ambassador Pilot program. With help from Spanish, Russian and Dari speaking ambassadors, the market tour program emerged as a potential solution to bridge these gaps and enhance food access to marginalized and refugee communities.

Tours were not just about showcasing fresh local produce; they were a celebration of culture and the power of community. During the tours, bilingual navigators and local farmers often shared coveted family recipes and anecdotes from their own lives.



Market Tour Ambassador Halid



SNAP-Ed staff Grazina providing food tasting

Farm to Heart

SNAP-Ed partnered with April Joy Farms and Fruit Valley Family and Community Resource Center. Through grant funds the farm was able to provide weekly you-pick CSA boxes from June 2023-October 2024 to food insecure families. SNAP-Ed helped with food demonstrations and showed participants ways to use unfamiliar vegetables.

"I am delighted to report that FOUR people selected eggplant this week as one of their six items. That's remarkable given it's not been an item anyone selects in past seasons. I chalk it up to the excellent taste testing last week and delicious recipes." - April Thatcher, farmer at April Joy Farm



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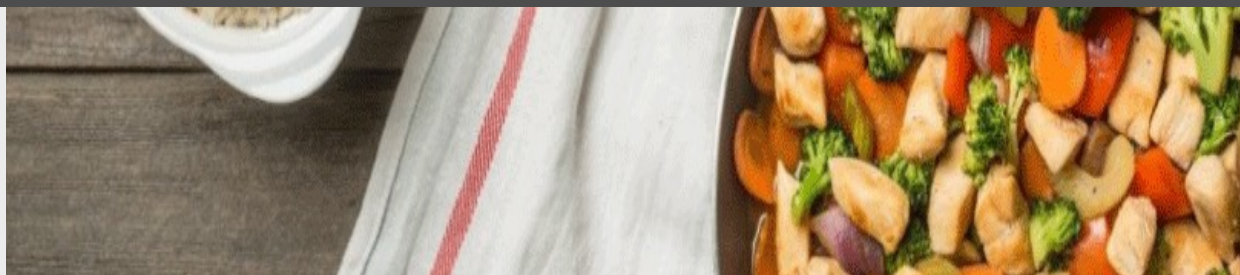


Total Reach
Spring Quarter
2023: 457

- 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.

Youth Farm Tours

This Summer, The EFNEP program taught youth classes in the Vancouver Parks Summer Playgrounds program. As a grand finale to the lessons, the students got to take tours with the SNAP-ED staff at the Heritage Farm. On the farm tour, they learned about how important preserving green spaces is to the climate, composting, and how community gardens work, and finished it off with some delicious veggie dips and fruit spritzers.



Sara Peitzmeier

EFNEP Manager

sara.peitzmeier@wsu.edu



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

Youth Farm Tour cont.

The benefit of seeing your food being pulled from the ground and having the chance to eat it is long-lasting. Some of the parents even approached staff to let them know it had been a struggle to get their child to eat any sort of vegetables. After the farm tour, however, they were asking for them! We hope to continue and potentially extend this program out to other youth in our county.



Making a Difference One Family at a Time

The EFNEP program continues to work closely with the SW WA Free Clinic where they have the opportunity to meet participants where they are and help them make the healthy choice not so intimidating.

A single father of two came into the classes thinking this was just something else to add to his already busy life. Instead, he left with some cooking tips and a cookbook filled with recipes that can be made in under 30 minutes the entire family would want to eat.

He also realized living an active lifestyle didn't have to take time and energy away from his children but instead could be incorporated into the things he was already doing daily. It didn't have to be a rigid 1-hour block of his day and instead could be split up throughout the day. A 10-minute morning and evening walk with the kiddos, add in a 10-minute dance party somewhere and BOOM! That's 30 minutes of fun physical activity.



[Recetas en español](#)
[English Recipes](#)





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Total Reach
Spring Quarter
2023: 2510

- 4144 Master Gardeners volunteer hours
- 27 Outreach Events, 1622 Participants
- 34 Workshops, 618 Participants
- 270 Answer Clinic Calls
- 2635 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.

Summer Garden Program with the Boys & Girls Club

Seven Master Gardeners spent their summer sharing their love of gardening with youth from the Boys and Girls Club of Southwest Washington. Volunteers provided lessons on plant parts, honeybees and seeds and taught about proper tool use and safety and garden etiquette.



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



Master Gardener Program

Community Horticulture and Natural Resource Stewardship

Summer Garden Program with the Boys & Girls Club cont.'

Located in the Hazel Dell School and Community Garden each Wednesday for four weeks, approximately 15-day campers chose to spend time in the learning garden. Activities included gardening of course, but also involved games, story time, snacks and a bit of service. Kids pulled weeds, spread wood chips and removed leafy greens that bolted due to the heat.

Starry Night at the Farm

Several Clark County families participated in a unique educational experience at the 78th Street Heritage Farm on the evening of August 22. *Starry Night at the Farm*, put on in collaboration with the Rose City Astronomers, gave 31 attendees an opportunity to use high powered telescopes to view sky objects and to use sky maps to learn about the stars, constellations and planets.

Being outside in the dark and learning to get around without the aid of white light was a new experience for many.

The event started just before dark with a look at some nocturnal creatures – bats and moths – and a chance to tell time using the farm's human sundial. Attendees made moth masks and learned the difference between butterflies and moths and took a true/false quiz on bat facts. The site's human sundial offered a chance to use an ancient but surprisingly accurate technique to tell time as well as predict where the sun will rise and set on the horizon.



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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Total Reach
Spring Quarter
2023: 172

- 2 Workshop, 71 Participants
- 1 Outreach Events, 81 Participants
- 20 Technical Assistance to Farmers
- 511 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.

Exploring Shiitake Horizons: Insights and Connections Fueling Future Research and Growth

In July, as part of a 3-year \$175K grant-funded project on shiitake production, Justin O'Dea led a 10-day tour of shiitake mushroom production sites across four prefectures in Japan. The information gained will directly inform the shiitake trials happening at the Heritage Farm and is being disseminated to new shiitake growers. Connections gained with Japanese researchers will benefit our future shiitake research and area shiitake growers.

In September, a *Field to Flavor* event at the Heritage Farm showcased the shiitake and buckwheat trails and included meals prepared by area chefs using our mushrooms and buckwheat.

The second and final year of a \$350K millet and buckwheat project concluded at the Heritage Farm.

Justin O'Dea

Regional Agricultural
Specialist Faculty
justin.odea@wsu.edu



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

SW WA Commercial Agriculture Program

"We've been to these type of events for forestry also but would have to say this was the best event overall. Very well put together and it was nice to be able to talk to the chefs using the products... It was very useful to see an actual stand of buckwheat grown in this climate, and some of the tools used to process it... Most of all I'm proud of Justin for sharing his great research, coordinating with other people at WSU Extension and OSU. It is wonderful that Heritage Farm is involved in research to help sustainability and grow products that benefit us all."

- Participants from the New Grains Northwest buckwheat, millet & shiitake field day & tasting event, Sept 21, 2023



Select program activity, Quarter 3, 2023: *Top* – Our September buckwheat and shiitake “field to flavor” event at the Heritage Farm featured dishes from six different food business owners containing buckwheat, millet and shiitake mushrooms grown in our trials there; *top center, bottom* – we traveled to four different prefectures in Japan to meet with forest-grown shiitake producers, researchers, and industry representatives to inform our research and our new local shiitake growers on lessons learned from Japan, where this production system is used on a scale larger than anywhere else in the world.

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
Spring Quarter
2023:



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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Total Reach
Spring Quarter
2023: 264



Community Gardens

Supporting Local Agriculture

The community garden provides a place for community members to grow food for themselves and their families. There are 88, 20ft by 20ft plots. It is the most diverse program here on the farm. We have families from Botswana, Korea, Thailand, Mexico and many of the Eastern European countries. This pesticide free, year-round community garden is highly sought after.

This was another successful summer! Gardeners shared that having a plot at the farm helps them save money and brings them joy by being able to grow food for their family and friends. Virginia from plot 60 commented that our family is more physically active. Krista from plot 85 said that her family knows I been at the farm because she comes home glowing after tending to garden.

The garden partnered again with the SNAP-Ed Share the Harvest project that sets up a station for Gardner's to donate excess produce to help feed hungry families.. As of the end of September 128 pounds were donated.



Ringo Nickel

Coordinator

Ringo.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!



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
- Connect Evergreen Substance Abuse Coalition
- Clark Public Utilities
- Clark County Saddle Club
- Community Garden Club of Camas Washougal
- Community Voices Are Born
- 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



WSU EXTENSION

Clark County



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.



WSU EXTENSION
Clark County