At Washington State University Clark County Extension, we engage people, organizations, and communities to advance knowledge, economic well-being and quality of life by fostering inquiry, learning and the application of research.

Our Commitment:

• **Innovate:** Faculty and staff create and evaluate educational programs rooted in research and real-world experiences.

• **Collaborate:** Hundreds of volunteers and community partners amplify our efforts.

• **Educate:** Access resources from Washington State University and the National Land Grant University Extension System.

• **Support:** Offering both virtual and in-person education, we deliver impactful programs to Clark County residents.

• **Get Involved:** This quarter, our programs reached approximately **20,609** community members. For more information, contact us via email, phone, or visit our website and social media. Stay safe and informed!

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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 Nutrition Workshops for Juvenile Justice Youth**

4-H collaborates with Clark County Juvenile Court to provide monthly nutrition workshops for young people in the justice system. These hands-on sessions taught 41 youth the importance of healthy eating, balanced diets, and the long-term benefits of proper nutrition. Through interactive learning, participants gain the knowledge to make informed food choices and improve their overall well-being. Through this collaboration, 4-H and the Clark County Juvenile Court strive to support the holistic development of youth in the justice system.
Empowering Youth: 4-H Restorative Community Service Program
The 4-H Restorative Community Service Project, in partnership with the Clark County Juvenile Court, offers a transformative gardening experience for youth involved with the justice system. The program aims to foster personal growth and community engagement by involving these young individuals in the cultivation and maintenance of raised garden beds at the Heritage Farm alongside positive adult role models. Through hands-on activities, 13 youth learned valuable skills such as teamwork, responsibility, and environmental stewardship. The project not only provides positive youth development but also helps them build a sense of accomplishment and connection to their community. By nurturing the garden, the youth contribute to a sustainable and healthy environment, reinforcing the principles of restorative justice and positive community involvement.

Savoring Tradition: The 4-H Food Preservation Club
The new 4-H Food Preservation Club is an anticipated addition to the community, offering youth the opportunity to learn valuable skills in food preservation. The 16 members of the club are enthusiastically diving into hands-on projects, including making jam, baking bread, and pickling vegetables. These activities not only teach practical techniques for preserving food but also emphasize the importance of self-sufficiency and sustainable living. By engaging in these fun and educational projects, participants gain a deeper understanding of where their food comes from and how to prepare it in ways that extend its shelf life while retaining nutritional value.

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

Intuitive Eating Class
Intuitive eating is an approach to nutrition and eating that encourages individuals to listen to their body’s hunger and fullness cues rather than following external diet rules or restrictions.

Although only a small pilot trial, results from the Intuitive Eating for Diabetes Prevention are very promising! After only 12 weeks, all the participants increased in body appreciation and intuitive eating skills.

One participants was so surprised and pleased with the difference it had made in their lives they just had to let us know!

“Initially, I was unsure how Intuitive Eating would work for me; at this point I have tried so many different eating programs. I have to say, this has really been life changing for me. People notice that I am eating differently, and I have only had supportive feedback.

“I wish I had taken this course 20 years ago.”

Intuitive Eating has given me the power to pause and evaluate in the moment, leading to less regret, guilt and shame.”
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.

**Youth Heritage Farm Tours**
The Clark SNAP-Ed program took students from Hazel Dell Elementary and Discovery Middle School on educational tours at Heritage Farm, highlighting food origins and sustainable practices. Partnering with the Green School program, students learned about composting and its eco-friendly benefits. They explored the community garden and heritage orchard, observing diverse plants and trees. The tour concluded with a fresh veggie tasting session, inspiring appreciation for locally grown produce and sustainable practices. Through these hands-on experiences, students not only learned about the journey of food from farm to table but also the significance of making environmentally conscious choices.
Harvesting Hope: How One Ambassador Transformed Access to Fresh Food For Russian Immigrants

In a Clark County neighborhood of Russian immigrants, accessing fresh, nutritious food is a daily challenge. Many struggle with local food systems and attending farmers markets. This changed when Clark County SNAP-Ed hired Irene Ross, a Russian immigrant and registered dietitian, as a Farmers Market Ambassador.

Irene understands her community's barriers, such as language differences, unfamiliarity with programs, and limited transportation. She introduced two key initiatives: the Market Match program and Farmers Market tours. The Market Match program doubles food budgets for fresh produce, matching up to $25 per day. Irene educates her community through information sessions and coordinates market tours, introducing Russian clients to farmers, sharing recipes, and providing tips on selecting seasonal produce.

Utilizing social media and her health blog, Irene expands her outreach, posting about the Market Match program, market tours, and healthy eating tips. Her online presence helps spread the word quickly among the Russian community.

Irene's dedication is transforming her community, making healthy food accessible with the right support and resources.

Growing Minds: School Garden Adventure with Local students

In partnership with WSU Master Gardeners, SNAP-Ed engaged 2100 students from Hazel Dell, Truman, Sarah J. Anderson, Martin Luther King, Emerald and Yacolt. Using SNAP-Ed’s Garden Kits, they explored healthy soils, insects, bats, trees, sunflowers, and vegetables, and created a decomposer station. At the end of the school year, they enjoyed a harvest party while tasting fresh veggies salads straight from the school garden.
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.

**EFNEP Program**

**Expanded Food and Nutrition Education**

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**Youth Education Classes**

Scotty, an EFNEP educator continues to make a significant impact on our community's health, as exemplified by the story of Jennifer, a 4th-grade student recently diagnosed with type 2 diabetes and obesity. Through EFNEP's classroom initiatives, Jennifer learned about nutrition and healthy lifestyle choices, replacing her daily sodas with fruit spritzers and swapping sugary desserts for nutritious alternatives like "Banana Ice Cream." The program's hands-on approach and practical recipes empowered Jennifer to make healthier choices, resulting in lower blood sugar levels, weight loss, increased physical activity, and improved sleep. Jennifer's progress demonstrates EFNEP's effectiveness in addressing childhood obesity and diabetes, showcasing how education and simple dietary changes can lead to meaningful health improvements in our young population.
Adult Nutrition Education
EFNEP's commitment to community health extends beyond the classroom, as demonstrated by educator Maria's bilingual adult nutrition classes at local Family Resource Centers. These classes have been transformative for participants like Mary, a busy mother of two struggling with weight and self-confidence. Despite her hectic schedule, Mary found time to attend EFNEP classes, where she learned valuable nutrition lessons and engaged in physical activities. The program's supportive environment, including a friendly weight loss challenge among participants, helped Mary stay motivated. As a result, she lost 5 pounds and implemented significant dietary changes at home. The protein lesson had a particularly profound impact, leading Mary to switch from processed and fatty meats to leaner options, a change her family now embraces. Mary also increased her physical activity, taking more frequent walks in the park with her children. EFNEP's practical approach has not only improved Mary's health and energy levels but has also empowered her to model healthier habits for her children, creating a positive ripple effect in her family's overall well-being.

Maria's class making a Veggie Quesadilla

We are excited to launch EFNEP's new Instagram, now reaching 70 accounts in Clark County. Follow us for nutrition and physical activity tips, event updates, and resources to benefit the community.

Recetas en español
English Recipes
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.

**Buzzing with Knowledge: Mastering Wasp Management with Integrated Pest Management**

Some Clark County residents venturing outdoors to enjoy the nice weather this spring have concerns about pests such as wasps and other stinging insects. In some cases, they may instinctively reach for chemical options, such as insecticides, to address concerns that may be more effectively and safely managed without them.

Yellow jacket (Vespula sp.)
Integrated pest management, also known as IPM for short, is a process used to solve pest problems while minimizing risks to people and the environment. It was the focus of a presentation entitled *Common Stinging Wasps Around the Home: Management Options*, by Entomologist Jennifer Snyder at the Three Creeks Library on April 20.

The workshop aimed to help attendees learn to identify the two main types of stinging wasps in our area and to understand their natural history to be empowered to make the best management decisions possible when confronted with wasp concerns.

After sharing about the important ecological roles of wasps, the presenter moved on to techniques for identifying different common wasps, including how to tell them from bees, flies and other potential lookalikes.

She then went on to describe the different nest types, so those structures could assist in performing wasp identification. The rest of the talk focused on Integrated Pest Management techniques including prevention, trapping and organic pesticides.

According to a survey following the event, 97% of 36 respondents indicated that they would be more likely not to remove wasp nests on their properties found far from where human activity occurs.

92% of respondents said they’d be more likely to avoid leaving wasp attractants such as pet food, fallen fruit and open garbage cans out, because of what they learned.
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.

Economic Impact of Sustainable Shiitake Production
As part of our three-year $175K grant-funded project on forest-grown shiitake production, we held three public workshops for growers, with two at Heritage Farm and one at Headwaters Farm Incubator, attended by 65 people. New growers began harvesting their first shiitake crops for market, and we also saw our first harvests from the latest trials at Heritage Farm in.

Additionally, our recently concluded buckwheat research at Heritage Farm received media coverage in WSU’s CAHNRS News.

New Shiitake Farmer's feedback from the workshop:
“[Participant’s feedback on their experience and harvesting results]"

“Some of the most effective parts of the program for me were seeing the actual growing area, process, and doing the inoculation in person. Forest and timber choices and ID helpful as well. Handout materials excellent to reference as we start later in year. Thank you so much!”

BY THE NUMBERS

Total Reach
Spring Quarter 2024: 839

- 3 Workshop, 65 Participants
- 5 Outreach Event, 53 Participants
- 20 Technical Assistance to Farmers
- 701 Educational Video Views
- 102 Social Media views

Spring 2024 QUARTERLY REPORT
Serving Clark County for more than 100 years

Extending Knowledge. Changing Lives

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.
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.

Top left- Our shiitake mushroom production research efforts at the Heritage Farm provided invaluable information as we moved into the first harvests from our most recent expansion of trials.

Top, center, & lower right- We held three hands-on shiitake production workshops attended by 65 people at the Heritage Farm and Headwaters Farm Incubator.

Bottom left- Our recently concluded buckwheat trials at the Heritage Farm were featured in an article in WSU’s CAHNRS News.
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 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 17th Annual Small Acreage Expo**

A fun full-day event took place at the 78th St. Heritage Farm. This longstanding community event brings those with small acreage together to learn about land stewardship practices. Workshops took place throughout the day, including Mud and Manure Management, Small Acreage Biochar, Prescribed Fencing, Septic System Maintenance, Soil Health, Regenerative Homesteading Practices, and Pasture Management. There were demonstrations on using a manure spreader and temporary fencing. There was also a biochar kiln on-site. Two tours of the 78th St. Heritage Farm were guided by Master Gardeners. Participants also enjoyed lunch and lots of raffle prizes.

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**Total Reach**

Spring Quarter 2024: 1538

**4 Workshop, 90 Participants**

**2 Farm Tours, 16 Participants**

**1 Outreach Events, 11 Participants**

**20 Technical Assistance to Small Acreage and Farmers**

**1401 Educational Video view**

**1991 social media views**

**16 Volunteers, 64 hours**

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**Terry Koper**

Small Acreage Coordinator

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Supporting local land caretakers through education, marketing support, and statewide program implementation.
The community garden provides a place for community members to grow food for themselves and their families. There are 88 plots, 20ft by 20ft each. It is the most diverse program here at Heritage 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.

Success of the Natural Garden Tour
The Heritage Farm Community Gardens was highlighted as one of the nine stops for the Natural Garden Tour, held on Sunday, June 23, from 10 am to 3 pm. Despite varying weather, gardening enthusiasts explored gardens across Clark County, showcasing sustainable gardening techniques. The self-led tours of the Community Gardens, We Compost Community Hub, and the Composter Recycler Demonstration site at the farm were particularly popular, attracting 244 visitors that day.

The tour emphasized the environmental and health benefits of natural gardening, including supporting wildlife, buffering extreme weather, and reducing pollution. Thank you to everyone who made this event a success!
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  
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)  
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
Partnerships, Collaborations and Cooperations 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
- TSMC Washington
- Underwriters Laboratory
- United States Department of Agriculture
- Vancouver Farmers Market
- Vancouver Garden Club
- Vancouver School District
- Vancouver Housing Authority
- 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
- 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

Notice of Non-Discrimination:
In matters of admission, employment, housing or services, or in the educational programs or activities it operates, WSU does not discriminate or permit discrimination by any member of its community against any individual on the basis of race, color, national or ethnic origin, sex and/or gender, disability, age, sexual orientation, gender identity or expression, religion, creed, genetic information, marital status, protected veteran status, honorably discharged veteran, member of the military, disability, or immigration or citizenship status (except as authorized by federal or state law, regulation, or government contract). WSU is required by federal and state laws and regulations, including Title IX of the education Amendments of 1972, to not discriminate in such a manner. WSU provides equal access to the Boy Scouts and other designated youth groups.