



Washington State University

GRAYS HARBOR COUNTY EXTENSION SPRING 2021



Serving Grays Harbor County for more than 100 years

Washington State University Extension Grays Harbor County helps people put research-based knowledge to work, improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs to improve the lives of Grays Harbor County residents.

WSU Extension Grays Harbor County 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.

Partnerships

Grays Harbor 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 Grays Harbor County.



Other Grays Harbor County partnerships include:

- ♦ *Greater Grays Harbor, Inc.*
- ♦ *Early Learning Coalition*
- ♦ *Timberland Regional Library*
- ♦ *Behavioral Health Resources*
- ♦ *Summit Pacific Medical Center*
- ♦ *ARC of Grays Harbor*
- ♦ *Grays Harbor Fairgrounds*
- ♦ *Senior Nutrition Program*
- ♦ *School Districts—Aberdeen, Hoquiam and Elma*
- ♦ *Community Services Office (CSO)*
- ♦ *Grays Harbor Community Hospital*
- ♦ *Grays Harbor Community Foundation*
- ♦ *GH County Public Health and Social Services*
- ♦ *WorkSource of Grays Harbor and Pacific Counties*
- ♦ *WA State Dept. of Agriculture (WSDA)*
- ♦ *Grays Harbor Conservation District*

WSU Extension Grays Harbor County
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Elma, WA 98541 360-482-2934

Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Grays Harbor County



BY THE NUMBERS 2020/2021

375 youth engaged in
4-H Youth
Development
activities

37 trained adult
volunteers

170 families
engaged through
community outreach
programs and at-home
learning kits



4-H Youth Development

"To Make the Best Better"

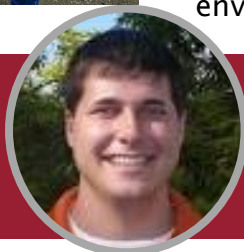
RESUMING FACE-TO-FACE ACTIVITIES

A cautious and gradual reopening of face-to-face 4-H activities began in April. With guidance from WSU and following all national, state, and local government mandates, restrictions, and precautions we are working with volunteers to provide safe and educational in-person 4-H activities.

Prior to hosting an event, certified volunteers are required to participate in a staff-led training, submit an event plan, and host a virtual pre-event meeting with participants. All events require approval by the WSU Extension Director and must include an educational component. To increase safety, we have assembled face-to-face supply kits that are on site for all activities. The kits include extra PPE, sanitizing supplies, required signage, and health attestation forms. This Spring, the Humptulips Valley Hustlers 4-H club community service project focused on helping the environment by collecting clothing, shoes, bedding, and towels from the community and delivering a truckload of these items to a facility to be reused and recycled. At the conclusion of the event there was a unanimous feeling of pride and happiness as youth, parents, and volunteers were thrilled at the opportunity to get outside and help the environment and community.



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QUOTES

"I just love 4-H because it gives my daughter a chance to explore so many projects and discover what she really loves."

Carly, 4-H mom

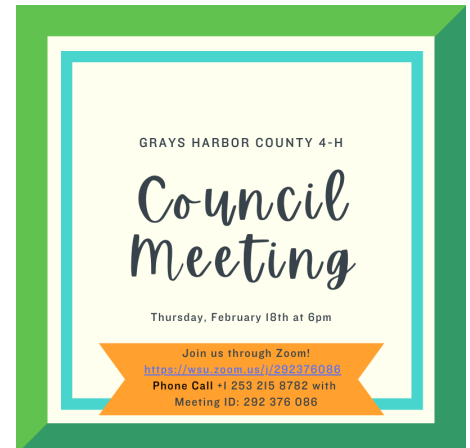


"Thank you so much! We feel so fortunate to have connected with all the opportunities you and 4-H provide."

Holly, community parent

STAYING CONNECTED WITH 4-H FAMILIES

As we continue to navigate the restrictions of COVID-19, 4-H staff have adapted to a schedule that includes a blend of working both remotely and in the office, depending on the needs of the program. We continue to successfully host events and meetings in a virtual format. Regularly scheduled Office Hours and Council meetings are well attended by both youth and adults via Zoom. We continue to share resources for families to stay connected and engaged in learning throughout this time. These resources are available on our website and Facebook page to all families in our community. While some 4-H clubs have chosen to pause their activities amid the restrictions of COVID, we also have 4-H clubs that are thriving in a virtual meeting setting.



FLOWER FUN & TRIVIA TIME

On May 6th, youth were invited to participate in 4-H Flower Fun & Trivia Time via Zoom. The event was planned and delivered by 4-H volunteers who guided participants through the process of creating spring flowers and butterflies with basic supplies. Supply kits containing items to complete the projects were provided to all participants ahead of time.

Interactive virtual projects are a great way to keep families engaged in the 4-H program and provide a sense of belonging during the restrictions brought on by the pandemic.



Dan Teuteberg
County Director & 4-H
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**4-H empowers youth to reach their full potential,
working and learning in partnership with caring adults.**



4-H PUBLIC PRESENTATIONS

Learning how to communicate your thoughts and ideas to others is an important life skill that 4-H youth members practice throughout the year and during the Public Presentation contest. 4-H volunteers provide guidance and support for youth from the beginner to seasoned presenters. Youth members like Alex choose a subject, gather information, work out a plan, practice, and get ready to deliver a memorable presentation! This year, Alex used the Zoom platform to share great information about caring for his Dutch rabbits!



TRACTOR SUPPLY COMPANY CLOVER DAYS

Thank you to our community members and to the Tractor Supply Company in Aberdeen for supporting the Grays Harbor County 4-H Youth Development Program throughout the year and during the Spring and Fall Clover Days! We are very thankful for the support that Tractor Supply provides to our local 4-H program!

"I PLEDGE my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service and my HEALTH to better living for my club, my community, my country and my world."



Indirect Reach for
Community

3,732

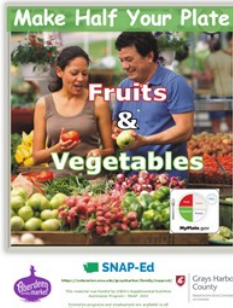
SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

Health Promotion Posters In the Community Feature SNAP Market Match and Local Farmers Market

The pandemic has hit everyone hard, with rising prices for food and unemployment high, but low-income individuals and families have been especially hard hit. Stretching food dollars is paramount in keeping our adults and children well-fed with nutritious, affordable food. One way to do that is for eligible folks to use their EBT/P-EBT allotments at farmers markets that participate in fruit and vegetable incentive programs. SNAP Market Match is one of those programs available at Aberdeen Sunday Market. To help promote the buying power of SNAP Market Match, Grays

Harbor-Mason SNAP-Ed's Michelle Floch designed promotional posters featuring the SNAP Market Match program and Aberdeen Sunday Market. Partnering with Grays Harbor Transit Authority, these posters (in English & Spanish) will be placed on 30 transit buses which run throughout the county. SNAP-Ed will also place these posters at food banks, schools, community centers, and clinics to help increase awareness of the benefits available to SNAP-eligible residents.



Julie Guyton
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SNAP-Ed Participates in Opening Day of Aberdeen Sunday Market

The Aberdeen Sunday Market opened May 16th. Though still working under pandemic protocols, WSU SNAP-Ed provided several resources to low-income Grays Harbor County residents who visited the Market. The self-serve SNAP-Ed brochure

holder was stocked with Oregon State University Food Hero Family newsletters which included recipes and tips on how to select, prepare and store early spring, farm fresh produce. These vegetables included radishes, green onions/chives, lettuces/



Katey Moody mans the Food Access Booth at the Aberdeen Sunday Market

spring mix leafy greens, spinach and asparagus. SNAP-Ed also provided Food Hero coloring sheets matching the vegetables listed above. Flyers from Washington Department of Health (WA DOH) and Washington State Farmers Market Association (WSFMA) were provided for shoppers on how to use Pandemic-EBT at farmers markets along with the WA DOH poster: SNAP EBT at Farmers Markets and Market Match. WA DOH & WSFMA farm vendor flyers regarding Pandemic-EBT and Market Match were supplied to the Market manager, Lauren Garrett, to distribute to the farm vendors.



Rob & Rocki Horton of Bee Organic Farm & Apiary show off their mountain of radishes



Ashlee Mitchell displays Sky Island Farm spinach and radishes



Tomato plants from Luna Rana Farm await new homes



Joshua Francy and daughter get ready for shoppers at Aberdeen Sunday Market



Luna Rana Farm provides baby bok choy, beet and Swiss chard starts for Market shoppers

PSE Work Initiated with Quinault Indian Nation

SNAP-Ed met with Quinault Indian Nation Native Garden and healthcare staff in a revitalization of the partnership formed a while ago. Staff concerns regarding their Native members' health included the obesity rate, the increase in sweetened drink consumption, the need to learn cooking skills and healthy eating, food access, increasing affordable physical activity and walking and biking safety. With these mutual goals in mind, SNAP-Ed supplied links to several Community Health Assessment Needs tools provided by the Northwest Portland Area Indian Health Board. Once the Tribe has prioritized its needs, SNAP-Ed will assist and support efforts to achieve the desired goals.



Michelle Floch
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BY THE NUMBERS 2021

MG's offered 5
virtual classes
on vegetable
basics—over 100
people attended

22 youth in
Ocosta schools
planted MG seed
kits and 14
people watched
a soils class via
Zoom

The 3rd Annual
Don Tapio MG
Scholarship
awarded \$1000
to an Elma High
School graduate

Garden Tour/
Plant Sale is
back! July 24th
in the Satsop
area



Master Gardeners

Cultivating Plants, People and Communities

Education for Adults and Youth

Master Gardeners (MG) were limited to offering virtual workshops at this time. We offered five classes on “Vegetable Gardening Basics” via Zoom. Over 100 people in the community participated in the classes from March 18-May 20.

An intern developed collaborative learning planting kits for preschool children in the Ocosta School District. A total of 22 children planted radishes from the kits (pictured above). A Zoom class on soils was offered for youth with eight children and six adults participating.

This year, the Don Tapio MG Scholarship Committee selected an Elma High School senior graduate. She plans on a biology degree and is interested in animals and possibly becoming a veterinarian. Her essay addressed her desire to work for the betterment of her community and her belief in “paying it forward.” The third annual award recipient will receive \$1,000 to go towards college tuition and expenses.

Outreach

Print and Social Media: Grays Harbor Master Gardeners and interns wrote gardening articles for local newspapers. North Beach interns created and posted videos of gardening practices on our Facebook page. Many articles were shared from other pages and websites and reached more than 2,500 people.



Visit our website: pnwmg.org
E-mail: pnwmg@yahoo.com.

Elena Righettini
Coordinator

ASK A MASTER GARDENER

Have a gardening question? Being bugged by bugs?

Send your gardening questions to:

pnwmg@yahoo.com

OR

Visit pnwmg.org

Annual Garden Tour: Master Gardeners will resume their Annual Garden Tour and Plant Sale on July 24 in Satsop this year. Three large private gardens will be open in the Brady/Elma area for viewing by the public. MG docents will answer community members' questions about the plants in the gardens and educate the public on sustainable gardening practices and how vegetables and fruit are integral to beautiful gardens.

Monthly Plant Talk Show: Two Master Gardeners discussed plants, sustainable gardening practices and answered call-in questions from public listeners about plant problems.

Plant Clinic: Trained MGs responded to gardening questions submitted by the public to the Ask a Master Gardener link on our website. As the Stay Home, Stay Safe guidelines relaxed, our MGs went to local Farmer's Markets and Ace Hardware stores to answer questions about gardening and plant concerns in person.

Demonstration Garden: As of April 12th, MG volunteers at the Elma demonstration garden stepped up seedling plant and vegetable production to help our communities better address food insecurity. For the last 3 weeks they have delivered over 600 plant starts (ranging from peas & cabbage plants to strawberries & chives) to local Food Banks. Our volunteers share gardening information to food bank clients who have questions which includes translating vegetable names into Spanish for our Spanish speaking clients.



Squash plants grown at the Elma demonstration garden, are now ready to share with Elma Food Bank clients.

Our Current Focus is to support food banks in their mission of providing food to clients who experience food insecurity. Master Gardener volunteers are growing vegetable starts in the Elma demonstration garden and North Beach MG plant beds in Grays Harbor County to offer to Food Bank clients to grow themselves. A one page "fact sheet" accompanies each vegetable start and provides information on growing the plant. We also increased the number of vegetables we grow this year to donate to local Food Banks. Our educational outreach programs have allowed us to offer classes on sustainable vegetable gardening to those who want more information on growing home gardens.

Cultivating Plants, People, and Communities

Noxious Weed Free Disposal

Tansy Ragwort, Poison Hemlock, Herb Robert, and Gorse can be pulled and disposed of for free by contacting the board for an appointment

Call 360-482-2934.

Common weeds such as blackberry, ivy, and scotch broom are not eligible for free disposal.

Disposal will take place at the Elma Fairgrounds in a dumpster located near the vegetation management shop.



Noxious Weed Program

Grays Harbor County Noxious Weed Control Board

The Grays Harbor Noxious Weed Control Board Program has been busy with education, control, and agency collaborations.

A free disposal program was launched in May. This program allows for landowners to pull high priority weeds and dispose of them for free at the Grays Harbor Fairgrounds, by appointment.

The Noxious Weed Board has been awarded a grant through the Washington Coast Restoration and Resiliency Initiative that will facilitate hiring employees, working collaboratively with agencies, and educating the public about noxious weeds throughout the Chehalis Basin.

In May, the Noxious Weed Board worked with the WSU Bio-control Program to release insects for knotweed at 4 locations around the Harbor. Bio-controls were also released for scotch broom at two sites near Elma and coordinated with the Quinault Indian Nation to release insects for scotch broom on the reservation.

Noxious Weed Coordinator, Kiley Smith, worked along side the Washington Department of Fish and Wildlife to conduct herbicide research trials to control knotweed on the Wynoochee and Satsop Rivers.

The Noxious Weed Program hosted an herbicide training and testing session over two days with WSU and the WSDA. A total of 15 people registered, representing the Conservation District, the City of Aberdeen, the Quileute Tribe, employees of the 10,000 Years Institute, and two cranberry farmers.



GRAYS HARBOR NOXIOUS WEED CONTROL BOARD

Noxious Weed Free Disposal

Tansy Ragwort, Poison Hemlock, Gorse, and Herb Robert can be disposed of for free by contacting the Noxious Weed Board



MAY - SEPTEMBER

Common weeds such as blackberry, ivy, and scotch broom are not eligible for free disposal. Contact the weed board to set up an appointment for disposal at 360-482-2934

Kiley Smith
Coordinator
360-482-2934

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Responsible for encouraging control of noxious weeds and promoting awareness of invasive plants to the public for economic and environmental health



Educational programs to increase the number and foster the success of sustainable small farmers and ranchers in WA.

Small Farms Program

Supporting Local Agriculture

GRAYS HARBOR FOOD ACCESS NETWORK

Are you interested in accessing local food? Would you like to be a part of the Grays Harbor Food System? JOIN US!

Producers, resource providers, health care workers, chefs, farmers markets, local food enthusiasts!
Check out our Facebook page for meeting date and times!
[Facebook/ghfoodsystemnetwork.com](https://www.facebook.com/ghfoodsystemnetwork.com)

The Small Farms Program successfully taught nine weeks of Cultivating Success: Agricultural Entrepreneurship Course to beginning farmers located in Grays Harbor and Mason Counties. Throughout the course, students worked to complete a business plan for their farm. Each week speakers presented on subjects ranging from marketing, book-keeping, insurance, and direct marketing outlets. The class will be offered again in the Fall of 2021.

The Aberdeen Farmers Market launched May 16th, with over 25 vendors! The opening day hosted a record number of market attendees. At least three new farms are featured at the market as well as several artisan booths such as honey, wine, hummus, hot sauce, coffee, and many more. The market will take place every Sunday from 10am-3pm, from May through September.

The Small Farms Coordinator recently adopted the coordinating efforts for the Food Access Network, which is comprised of farmers, WSU Master Gardeners, and community garden organizers. The group has been working to expand participation to other food system contributors such as nutrition educators, chefs, the Mutual Aid Network, and market coordinators. The group hopes to collaborate on projects that educate the public on sourcing local food as well as developing programs and community gardens that allow Grays Harbor residents to have access to fresh local food.

The Farm to Food Pantry Program is under way with Coastal Harvest purchasing fresh vegetables from a local farm to provide produce to the food pantries throughout the Harbor. This program is made possible through a grant from the Hunger Coalition.

WASHINGTON STATE FARM to FOOD PANTRY PARTNERSHIP

WASHINGTON STATE
DEPARTMENT OF AGRICULTURE

Kiley Smith
Coordinator
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Supporting small local farmers through education, marketing support, and statewide program implementation

DIABETES PREVENTION PROGRAM (DPP)



Stephanie Rangel
Lifestyle Coach
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We currently have
nine participants
in the Grays
Harbor DPP.

June 1st will mark
week 16 where we
transition from
weekly Zoom
meetings to every
other week.

The participants
have lost a com-
bined total of 81
pounds or 3.7%.

Participants
average 275.35
minutes of
moderate activity
weekly.



Community Connections

Diabetes Prevention and Food Safety/Preservation Programs



Food Safety and Preservation Program

We are pleased to continue testing pressure canner gauges for the public. We have tested eight gauges to date, compared to one this time last year and four the previous year. All of the extra gardening during the worldwide COVID-19 pandemic helped create a shortage of canning lids which is still evident by the empty spaces on store shelves today. Hopefully, this is remedied before canning season is in full swing this year. **Don't forget to schedule your gauge testing!**

We receive all types of calls. Here are some recent examples: *We have a gallon-size can of chili dated best by 2007—can we eat it; All I can find on the store shelves is "PUR" brand of canning lids—what do you know about them; I am getting a new pressure canner gauge. Should I have it tested and how do I go about that; Do I have to pre-cook corned beef before canning it; Why did the bottom side of the canning lids on our homemade sauerkraut turn black; I saw a Presto electric canner for sale at a local store. Does WSU approve its use; I purchased a Martha Stewart Dutch oven "as is" with no box or instructions—can I run it through the dishwasher; Can I freeze steamer clams; I need a refresher on canning bone-in chicken pieces; I just made apple pie filling, so how do I adjust the recipe to make blueberry and blackberry pie fillings; Why didn't my apple pie filling set; What is "Clear Jel" and where do I find it; and lastly, Can I freeze cherries without adding sugar.* Every question is taken seriously, and we strive to deliver the most current information along with friendly customer service.

Working for a healthy
Grays Harbor

Sue Sparkman
Office Manager/Food Safety & Preservation
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360-482-2934





Grays Harbor County

WASHINGTON STATE UNIVERSITY
EXTENSION

Visit Our Facebook Pages:



WSU Extension-Grays Harbor County

Grays Harbor County 4-H

Grays Harbor Noxious Weeds

WSU Small Farms Grays Harbor

WSU SNAP-Ed Grays Harbor

WSU Master Gardeners of Grays Harbor and Pacific Counties



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[HTTPS://EXTENSION.WSU.EDU/GRAYSHARBOR/](https://extension.wsu.edu/graysharbor/)

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