



## Garfield Cheetahs!

Recipe Challenge: How do you make boxed mac and cheese delicious and nutritious?

**RULES:**

- Must use boxed macaroni and cheese.
- Must include at least one vegetable.

Submit by Friday, March 12th, either online or drop off in the office. There will be prizes! Entry forms available in the office and online

### SNAP-ED

SNAP-Ed continues to support Garfield Elementary with bi-monthly meal kits. The Olympia Food Co-op has assisted this effort by hosting a food drive. One of the main staples we've received from the Co-op is macaroni and cheese. In an effort to engage kids and use up the macaroni and cheese, SNAP-Ed is organizing a recipe challenge! All entries must include at least one vegetable. The recipe challenge will bring attention to the Food Pantry, for those who are not yet aware of the program, as well as engage both parents and students in thinking about simple meals from the pantry. Entry forms are available in the school office or online and due by March 12th. Prizes to top entries will be provided by the PTA.

### WSU MASTER GARDENER/MASTER RECYCLER COMPOSTER PROGRAM

As you begin your winter garden clean-up and plan for your upcoming garden the WSU Master Gardener and Master Recycler Composter volunteers are here to help. Volunteers are available to answer your gardening/composting/recycling questions. Just email them at [master@co.thurston.wa.us](mailto:master@co.thurston.wa.us). Our volunteers are also busy planning new virtual workshops and a modified plant sale. Visit our website or join our listserv to be kept in the loop of all upcoming events. In the meantime, March is a good time to clean up your garden beds from winter debris and fertilize your lawn. It's also a good time to check your compost piles and remove the finished compost. Let it rest for four to six weeks before applying it to your beds.



# Thurston County

WASHINGTON STATE UNIVERSITY  
EXTENSION

EXTENSION ACTIVITIES — FEBRUARY 2021



### 4-H PROGRAM

4-H grows here in Thurston County! During these challenging times, our youth members continue to work towards their project goals and contribute to their communities. The Steamboat Island 4-H Club has been very busy with virtual project activities and working on service projects that can be accomplished while social distancing. The club collected items for the Thurston County Food Bank Birthday Box Program and the Humane Society. They also helped to create a series of food and nutrition educational videos that will be used to teach simple healthy recipes and handwashing virtually throughout the county. For project learning, the club members (kindergarten – high school) all learned how to make cream puffs with choux pastry and cream filling. Yum! February also included a mixed media art project that helped members learn how to paint using a wet on wet technique and a wet on dry technique with watercolor paint and oil pastels. There is still time to enjoy the Thurston County 4-H fun by joining a local club! First step is to e-mail [tc4h@co.thurston.wa.us](mailto:tc4h@co.thurston.wa.us) or check out the "Join 4-H" webpage at <https://extension.wsu.edu/thurston/youth/join/>. Member enrollment fee scholarship are available!

### WATER RESOURCES — NATIVE PLANT SALVAGE

Staff and volunteer leaders developed Covid-safe plans for volunteers to safely collaborate on a forthcoming development site to rescue small native plants prior to clearing. Community members were thrilled to once again be able to participate in this meaningful volunteer commitment—while also happy to recover a few plants to make their own home landscapes more water- and wildlife-friendly! Volunteers were



able to save hundreds of plants, representing 22 individual species of native trees, shrubs, ferns, and herbaceous perennials. To stay within current guidelines, very tiny groups worked in short shifts and spread out over a six-acre parcel. Due to the necessity to gather in small groups, the work of processing the recovered plants by potting them up was managed by other volunteers over the course of many shifts and several subsequent days – work that happened in just one day pre-Covid! After processing, the plants will be cared for at our native plant nursery for 9-18 months to ready them for replanting and ensure survival. Salvaged plants will be distributed to local ecological restoration and green-stormwater projects, as well as via the semi-annual native plant sales that fund the program activities.