



# Thurston County

WASHINGTON STATE UNIVERSITY  
EXTENSION

## THE EXTENSION CONNECTION

WSU THURSTON COUNTY EXTENSION NEWSLETTER

MAY 2021

Base Layer, Middle Layer - Insulation, Outer Layer

### 4-H PROGRAM

On May 12, 4-H youth members and adult volunteers joined the virtual Sharing the 4-H Trail workshop. 4-H offers a variety of project-based learning experiences including learning outdoor skills and how to enjoy the outdoors with companion animals (such as dogs, pack goats, equine, or llamas). The workshop was offered to help youth prepare to hit the trail with or without their project animals. The Sharing the 4-H Trail workshop included the following topics: planning, getting ready, the 10 Essentials, what to wear, selecting appropriate footwear, wildlife encounters, trail etiquette, Leave No Trace, and what to do if you get lost. As part of the Sergeant First Class (SFC) Killeen Memorial 4-H Summer Outdoor Challenge, Washington State 4-H youth members are encouraged to hike, bike, ride an equine, walk or paddle at least 25 miles outdoors between June 19 and September 26, 2021, to receive recognition and be entered to win prizes. The goal is to complete 25 miles, 50 miles, or 100 miles in 100 days over the summer. For more information about 4-H Outdoor Adventures and the SFC Killeen Memorial 4-H Summer Outdoor Challenge please e-mail [tc4h@co.thurston.wa.us](mailto:tc4h@co.thurston.wa.us).

### SNAP-ED

SNAP-Ed has been busier than ever between supporting 7 different farmer's markets and promoting garden education at Garfield Elementary. Right now we are supporting the markets with nutritional handouts, seed starting kits for kids and our famous Good & Cheap cookbooks in both English and Spanish. The past month we partnered with many of the teachers at Garfield elementary by offering garden tours and garden education. We are so happy to see the kids back in school and be spending time outside doing what we love.



### WSU MASTER GARDENER/MASTER RECYCLER COMPOSTER PROGRAM

Volunteers continue to be busy in the gardens with spring gardening tasks. The Dirt Works food bank garden volunteers have already been harvesting and donating spring greens. Summer crops have been planted. Five more composting piles were created to process the backlog of garden and yard debris.

Gorgeous peonies are in bloom at Closed Loop Park demonstration garden! Closed Loop Park is located next to the dog park at the Thurston County Waste and Recovery Center in Hawks Prairie. The garden is open from 7am to dusk.

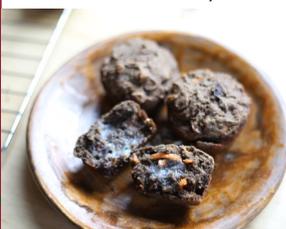
Need plants? Sign-up for an individual appointment to shop at our nursery site. Appointments are available on Wednesdays and select Saturdays through September. WSU Master Gardeners will be there to help answer customer questions and give planting advice while shopping. Click here to sign-up for an appointment, <https://www.mgftc.org/personal-shopping-appointments/>. Once you sign up for a shopping appointment you will receive a confirmation email with instructions -- including the very important COVID rules we must adhere to.

June is a good time to plant warm season crops and fertilize container plants.



### AGRICULTURE PROGRAM

The agriculture program is part of a statewide research project that will evaluate specialty millet and buckwheat grains to diversify school lunches and provide new rotation crops and cover crop seed varieties for farmers. The project, titled Diversifying Northwestern Fields and Palates, was awarded \$350,000 from the USDA Western Sustainable Agriculture Research and Education program, and will run from 2021-2024. Field trials of buckwheat for cover crop seed and culinary grains will be evaluated in south Thurston County and Lewis County. Educational events will include "Field to Flavor" Showcases, in which participants will tour a local school kitchen, grain handling



facility and farm, and taste unique products made from buckwheat and millet flours and whole grains, including focaccia, a multi-grain pancake mix, and other products.

