



WSU EXTENSION
Thurston County

The Extension Connection

EXTENDING KNOWLEDGE. CHANGING LIVES.

January 2023

QUARTERLY NEWSLETTER

1st Quarter 2023



Winter Break Kids in the Kitchen 4-H Day Camp. December 2022

What's
COMING UP IN
EXTENSION?

Southwest Washington Grazing School

Multi-day intensive held in Tenino, WA
April 21 - April 23
Email bramwell@wsu.edu for more information.

FREE Composting Workshops

Free and open to the public. No advance registration is required for in-person workshops. Links to register for workshops on Zoom are provided on our website.

Experience 4-H!

Try something new and find your spark! Free virtual classes are open to youth ages 5-18, unless otherwise specified. Pre-registration required. Go to the 4-H Calendar for live registration links, or like the Explore 4-H with WSU Extension Facebook page at <https://www.facebook.com/Explore4HWSUExtension> for updates on all offerings.

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CAHNRS FOR



Thurston County WSU Extension builds the capacity of individuals, organizations, businesses and communities, empowering them to find solutions for local issues and to improve their quality of life. Extension collaborates with communities to create a culture of life-long learning and is recognized for its accessible, learner-centered, relevant, high-quality, unbiased educational programs.

DIVERSITY | EQUITY | INCLUSION



Connect with us:



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4-H YOUTH DEVELOPMENT PROGRAM

Emily Killeen



Joanne K., the judge, and her cavy (guinea pig) earning Second Runner-Up (third best in show) at the National ARBA Convention. November 2022



Members of the Thurston County 4-H Unlimited Club with their completed holiday craft projects. December 2022

The 2022-2023 4-H year kicked-off on October 1, with new programs and opportunities. Over the summer months, Thurston County 4-H qualified 5 teens to represent Washington State at two national competitions that were held in October and November. Joanne K. participated in the American Rabbit Breeders Association (ARBA) Nation Convention and Youth Educational Contests in Reno, Nevada, placing Second Runner-Up (third Best in Show) with her cavy. The Thurston County 4-H Hippology Team (Baeya K., Charlotte P., Stella H., Solana S. with Coach Molly P.) attended the Eastern National 4-H Horse Roundup in Louisville, Kentucky, and placed Fifth High Team Overall with team members earning several individual top ten placings as well.

Thurston County 4-H launched a new 4-H Shooting Sports program offering both archery and shotgun (trap shooting at clay targets). Youth age 8 to 18 (as determined by age on October 1, 2022) are eligible for the 4-H Shooting Sports project. Partnerships with Archery World and the Evergreen Sportsmen's Club are providing youth the opportunity to learn communication skills, decision-making, problem-solving, and working as a member of a team while developing an appreciation for outdoor recreation. Youth are looking forward to putting on an archery demonstration at the 2023 Thurston County Fair. The new 4-H Shooting Sports offering has been very popular and is currently at capacity. Thurston County 4-H is maintaining a waitlist for the next round of participants. Please contact tc4h@co.thurston.wa.us to request placement on the waitlist for youth (age 8 to 18) or to find out how to become a 4-H Shooting Sports adult volunteer.

Thurston County 4-H wrapped up 2022 with holiday celebrations, bonding with friends, and opportunities for "learn by doing" (the 4-H Slogan). Activities included making sock snowmen, 3-D snowflakes, nature crafting with natural resource products, cookie decorating, and group games. Over Winter Break a two-day Kids in the Kitchen camp was offered to teach Kindergarten through 8th grade youth nutrition and simple meal preparation. The Kids in the Kitchen day camp was financially supported with Walmart Healthy Living grant funding.



WSU WATER RESOURCES & NATIVE PLANT SALVAGE PROGRAM

Erica Guttman

For Martin Luther King, Jr. Day of Service, WSU Water Resources/Native Plant Salvage staff and volunteers partnered with Olympia Coalition for Ecosystems Preservation for tree planting and mulching with 200 students and adult volunteers from Marshall Middle School on the Cooper Crest clear-cut site. Adults from the two organizations, together with the school's science teachers, provided education to the students on watershed ecology, benefits of revegetation, attributes of the native plants used for the project. Then the students planted over 1,000 native trees and shrubs, while learning how to plant and mulch effectively for long-term survival.

The WSU Water Resources/Native Plant Salvage program also plans to teach its Winter Twig Identification Field Course on January 22, 2023. This popular "walking workshop" has been taught annually since 1994, except for 2021-22, when the pandemic made this activity unsafe. Learning this unique skill has many applications, including plant propagation, transplant, and salvage; identification of plants defoliated by pests or disease; wintertime survival counts on ecological restoration projects; and enjoying the subtle beauty of this form of botany, thereby enhancing nature walks during the gloomy and gray months of winter!



Students and volunteers from Marshall Middle School planting trees and mulching at Cooper Crest clear-cut site.



*Native Plant
Salvage*
FOUNDATION



SNAP-ED

Amanda Leoni



SNAP-Ed has continued to strengthen the relationship between Garfield Elementary & The Freedom Farmers at Olympia High School. The high school students have worked in the Garfield garden consistently this Fall and will continue for the rest of the school year. They have made a tremendous difference in making sure the garden is ready for Spring.

Each fall we celebrate the Taste of Washington with all the students at Garfield. This year classrooms came out to the garden to explore what we had growing in the garden. During the tour we highlighted the school lunch menu for the Taste of Washington that day. Students were excited to eat local, grass fed beef chili with zucchini bread (made with zucchini grown by the freedom farmers). The lunch was delicious! Around Halloween, the first graders came out to the garden to harvest pumpkins and plant trash from their lunches in hollowed out pumpkins. On Earth Day we will dig up the pumpkins and see what the trash looks like. The students made predictions and are excited to see how this experiment turns out. This event was especially fun because Lattins Cider Mill donated fresh cider for the students to drink and Earthling Food Company donated pumpkin seeds for a snack.

SNAP-Ed started a 6-week Food Smarts class with the 5th graders at Garfield Elementary. The students loved learning about MyPlate, the five food groups, the importance of eating a variety of different colored fruits and veggies and above all, the cooking lessons at the end of class. We wrapped up this series right before Winter Break.

The Westside Olympia Food Coop is hosting a food drive for Garfield Elementary. Please consider donating to help restock our food pantry. The food drive will continue until the end of January.



Judging beef cattle body condition as part of a forage quality assessment workshop at Colvin Ranch

AGRICULTURE PROGRAM

Stephen Bramwell

The last quarter of the 2022 year in Extension Ag program was packed. Annie Salafsky wrapped up Covid recovery ag grants having helped 51 farmers with \$498,000 in grants. WSU Ag specialist Sierra Smith helped the SW Washington Grazing Association with workshops including a soil health pasture walk at the Veterans Ecological Trades Collective Farm and a Famacha Certification workshop. WSU Ag specialist Stephen Bramwell helped the SW Washington Food Hub (distribution cooperative) close the year with \$233 thousand in sales, \$70 thousand over projections; and land a \$498,000 grant for hiring employees and funding the Haki Collective and Empower Next Generation to translate grower resources into Spanish, conduct outreach to farmers in minoritized populations, and build trust.

We secured \$130,000 in federal Dept of Defense funding to develop demonstration plots for conservation grazing and grassland biodiversity on County owned property south of Tenino, WA; we also shared conservation funding opportunities through three community meetings. Thurston County's new Habitat Conservation Plan has significant funding for farmers interested in protecting their grasslands, often without much or any change to current farming practices.

Closing out the year, Annie helped the SW Washington Food Hub launch a multi-farm box program, blowing past a goal of 60 subscribers to nearly 70. This program draws produce from >20 farms, and the hub teamed up with partner businesses in Olympia and Chehalis as drop points. Thank you Headless Mumby Brewery, Three Magnets, Whitewood Cider Taproom, and Nature Nurture Farmacy.



Multi-farm program vegetables distributed by the SW Washington Food Hub



Students managing spring greenhouse greens, The Evergreen State College Organic Farm



WSU MASTER GARDENER & MASTER RECYCLER COMPOSTER PROGRAM

Cori Carlton

As the garden sleeps, our programs continue to grow. We have filled our 2023 WSU Master Gardener new volunteer training class with 35 trainees. Current WSU Master Gardener and Master Recycler Composter volunteers have completed the 2023 commitment process to keep their certifications and remain active in our programs.

2023 is an exciting year as the WSU Master Gardener program turns 50 years old. The Master Gardener program started in King & Pierce counties 50 years ago and has since spread internationally. This year we will have extra special events celebrating this exciting milestone. Events will be added throughout the year so check our website for further details.

<https://extension.wsu.edu/thurston/gardening/community-events-and-outreach/>

The Master Recycler Composter program has set 2023 dates for their monthly composting workshops. Visit our website for more details.

<https://extension.wsu.edu/thurston/gardening/composting/>

Gardening, Composting, Recycling Question/Answer Clinic – Do you have a gardening, composting, or recycling question? Our WSU Master Gardener and Master Recycler Composter volunteers can help. Please email your question to: master@co.thurston.wa.us

Subscribe to our quarterly e-newsletter, The Program Post – Our newsletter has announcements for upcoming events and activities hosted by the WSU Master Gardener and Master Recycler Composter Programs of Thurston County. Your contact info will not be shared, and you can unsubscribe yourself at any time. Click the link to subscribe to the listserv. http://eepurl.com/hl_pTl



2023 FREE Composting Workshops

Presented by the Thurston County Master Recycler Composter Program

| Date | Location | Topic | Time |
|--------------------|----------------------------------|--|--------------|
| Tuesday, April 4 | Zoom | Introduction to Home Composting | Noon-1pm |
| Saturday, May 6 | Closed Loop Demonstration Garden | Food & Yard Waste Composting | 10-11am |
| Saturday, May 6 | Closed Loop Demonstration Garden | Worm Composting | 11 am-Noon |
| Wed, June 14 | Dirt Works Demonstration Garden | Food & Yard Waste Composting | 11am-Noon |
| Sunday, July 9 | Closed Loop Demonstration Garden | Food & Yard Waste Composting | 6:30-7:30 pm |
| Tuesday, August 22 | Dirt Works Demonstration Garden | Food & Yard Waste Composting | 6:30-7:30 pm |
| Saturday, Sept 9 | Dirt Works Demonstration Garden | Food & Yard Waste Composting (Fall focus) | 10-11am |
| Saturday, Sept 9 | Dirt Works Demonstration Garden | Worm Composting (Fall focus) | 11 am-Noon |
| Tuesday, Oct 10 | Zoom | Introduction to Home Composting (Fall focus) | Noon-1pm |

For more information and location directions visit: extension.wsu.edu/thurston/gardening/composting/

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office. If you require special accommodations please contact the Thurston County Master Recycler Composter office at least two weeks prior to the event at rust.narban@co.thurston.wa.us

Workshops are free and open to the public. No advance registration is required for in-person workshops. Links to register for workshops on Zoom are provided on our website.