

# Washington State University



Extension

Clark County

Fall 2022



## Fall 2022 Quarterly Report

Serving Clark County for more than 100 years

Washington State University Clark County Extension 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. WSU Clark County Extension 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.

Clark County Extension stays committed to providing impactful programming to support its residents. Extension staff provide both virtual and in-person education and support.

**This quarter Extension programs reached 42,536 approximately community members.**

To find out more about our current programs and events please contact us through email, phone or go to our website or social media outlets. Stay safe!



**Kristine Perry, Interim Director,  
and SNAP-Ed Manager**

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[WSU Clark County Extension Facebook](#)  
[WSU Clark County Extension Instagram](#)



Agriculture <https://www.instagram.com/wsueextensionagswwa/>

4-H <https://www.facebook.com/wastate4h/>

Master Gardeners <https://www.facebook.com/Wsu-ClarkCounty-MasterGardeners-291957214151636>

<https://www.instagram.com/wsuc Clark County MasterGardeners/>

Small Acreage <https://www.facebook.com/smallacreageprogram>

SNAP-Ed <https://www.facebook.com/Clark-County-SNAP-Ed-Program-303821640310561/>

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Clark County

Fall 2022

## BY THE NUMBERS 2022

Total Reach by  
Quarter: 265



## 4-H Youth Development

“To Make the Best Better”

- ◆ 154 Youth Participated in Club Programs
- ◆ 47 Trained Adult Volunteers/ Mentors
- ◆ 2 Workshops, 34 Participants
- ◆ 2 outreach events 15 participants
- ◆ 15 Youth Participated in Restorative Justice Programming

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.

### Clark County REALTOR Foundation Grant Recipients

The 4-H program received a \$500.00 grant from the Clark County REALTOR Foundation to support the 4-H Restorative Community Service Garden program at Heritage Farm. The grant funds will help increase the amount and quality of fresh produce grown by youth involved in the Clark County Juvenile Justice system and support the horticulture education of youth involved in court ordered diversion programming.



Missy McElprang  
4-H Youth Development  
Specialist, Faculty  
[missy.mcelprang@wsu.edu](mailto:missy.mcelprang@wsu.edu)



4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.



## Cowboy Roundup

Two Clark County 4-H horse clubs, *Painted to Win* and *Galloping Glory*, collaborated to provide fun activities for foster youth at Cowboy Roundup. 4-H youth members and volunteers created and facilitated games for foster youth to play and win prizes. 4-H club members also created an educational display table to talk about 4-H and share information with families that attended the event. Cowboy Roundup also included horse rides, photos with Santa, a clothing drive, breakfast and lunch.



## How to Join 4-H

To join a club or volunteer in Clark County 4-H please contact Chantal Krystiniak at (564) 397-5737 or at [chantal.krystiniak@wsu.edu](mailto:chantal.krystiniak@wsu.edu) in the WSU Clark County Extension office to get started.



HEAD



HEART



HANDS



HEALTH

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

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Extension

Clark County

Fall 2022

## BY THE NUMBERS 2022

Total Reach by  
Quarter: 55

- ◆ 5 Education Classes, 55 participants



## Health, Wellness and Nutrition

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.

### Addressing Land Grant Universities Hesitancy: Getting to the Heart (and mind) of the Matter

Zena Edwards and WSU Extension team have been developing a toolkit to better equip and empower Extension professionals for vaccination education. Although focused on Extension professionals, the toolkit and training have direct applications for any health professionals looking for strategies to reduce vaccine hesitancy and a published version will be available on the [Extension Foundation website](#) Summer 2023



Erica Austin, PI  
Professor & Director Murrow Center  
for Media & Health Promotion Research



Paul Bolls, Co-PI  
Assoc Dean of Graduate &  
Research Studies



Zena Edwards, Co-PI  
Extension  
Associate Professor



Bruce Austin, Co-PI  
Research  
Associate Professor



Pamela Rose  
Former Extension Leader  
Research Consultant



Nicole O'Donnell  
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Shawn Domgaard  
Graduate Research  
Assistant



Di Mu  
Graduate Research  
Assistant



Courtney Payne  
Extension Program  
Coordinator



To Learn more  
about the EXCITE  
program go to  
[excite.extension.org](http://excite.extension.org)

Zena Edwards  
Food & Nutrition  
Faculty,  
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Promote health where people live, learn,  
work and play.



## BY THE NUMBERS 2022

Total Reach by  
Quarter: 38,372

- ◆ 29 Outreach Events, 2855 Participants
- ◆ 35,517 Participants Reached through Policy, Systems and Environments Initiatives
- ◆ 1843 Social Media “likes”



## SNAP-Ed Nutrition

### Supplemental Nutrition Assistance Program

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.

#### Market Box Pilot Program

SNAP-Ed partnered with Vancouver Farmers Markets (VFM) and McLoughlin Middle School FCRC Coordinator in creating the Market Box Pilot. The Market Box is a produce subscription program through VFM that sources local fruits and veggies from multiple local farmers. SNAP-Ed and VFM were awarded funding from the PeaceHealth

Foundation to procure weekly VFM Market Boxes for 10 weeks for 20 families. The McLoughlin FCRC Coordinator connected SNAP-Ed with families who were experiencing food insecurity and could benefit from this pilot program. Each week these families get a Market Box with 7-9 produce items, a newsletter that shares cooking and storage tips, and information on other resources or activities in the community.



Kristine Perry  
SNAP- Ed Manager  
Kristine.perry@wsu.edu



SNAP-Ed Nutrition Programs focus on providing dietary quality, physical activity and food resource management for low-income adults and youth.



### SNAP-Ed Partners with LULAC Mercado

League of United Latin American Citizens (LULAC) hosts a Mercado from June-October. At the Mercado shoppers have access to free, local, and culturally relevant foods. SNAP-Ed attends and shows shoppers ways to utilize the fresh foods and shares information about local resources.



### Supporting School Gardens

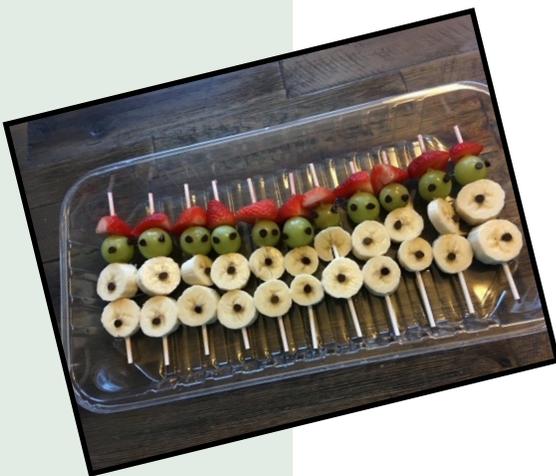
The SNAP-Ed Program is partnering

with the Master Garden Program to support elementary school gardens. They have developed educational tools and materials for teachers to use with their students in their school gardens. One educational tool is providing garden kits containing a classroom sized set of supplies needed for various garden activities and tasks such as gloves, hand tools, watering cans, and more. In addition, the kits included a binder of seasonal activities that can be conducted in the garden with students. Five garden kits have been developed so far.



### Healthy Celebrations in Evergreen Schools

The SNAP-Ed program is working with the Evergreen School District's wellness initiative to support helping to advance the healthy classroom celebration policy. Currently they are working with Principals in four Evergreen elementary schools by attending family nights and giving out healthy food tastings and handing out family friendly materials in English, Spanish and Russian.



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Clark County

Fall 2022

## BY THE NUMBERS 2022

Total Reach by  
Quarter: 433



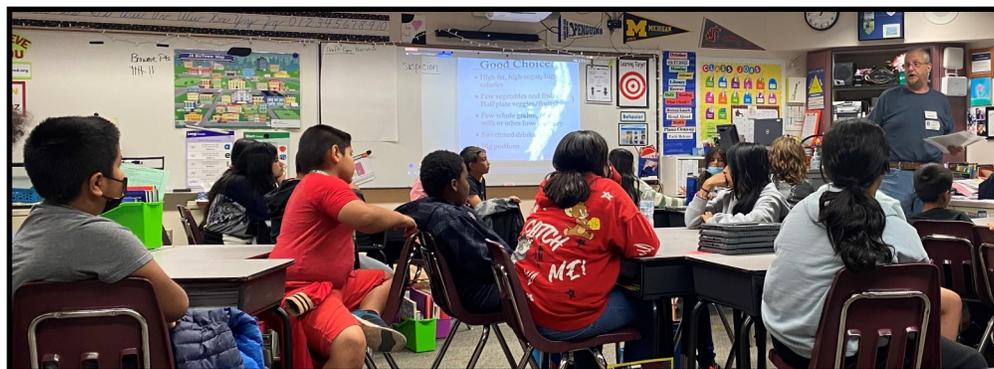
## EFNEP Program

### Expanded Food and Nutrition Education

- ◆ 17 Class series,  
349 Participants
- ◆ 13 Outreach Events,  
62 Participants
- ◆ 22 Participants  
Reached through  
Policy, Systems and  
Environments  
Initiatives

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.

This quarter EFNEP educator, Scotty ramped up his 4<sup>th</sup> grade series of nutrition classes at Roosevelt Elementary school. He is also continuing his great work at Open House Ministries. These adult classes have continued to insure all the participants and their families are aware of the resources available, like the food pantry. He has taken it a step further and showed them how to create impromptu healthy and delicious meals using the skills they'd learned throughout the 9-week series of ENEP classes.



Sara Peitzmeier  
EFNEP Manager  
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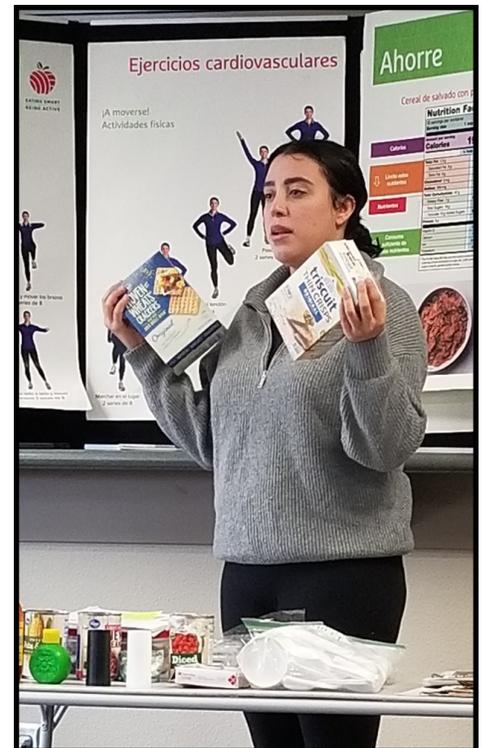


Assisting limited resource families in acquiring the knowledge, skills, attitudes, and changed behavior necessary to maintain nutritionally sound diets.

EFNEP Educator Liz has focused her efforts on middle school and high schools within Vancouver Public Schools. These students are learning about how to put together simple meals and snacks for themselves like fruit pizzas. And are trying new foods with healthy recipes such as tabouleh.



Lastly, EFNEP Educator Maria has reached a group of Spanish speaking adults with our ongoing partnership at the Free Clinic of SW Washington. The group of participants have built a sense of community for each other and have created their own accountability programs where they meet up and go on walks together outside of class. In class they also get to try new recipes that their whole family will love. The Cowboy Caviar, a crowd favorite, is pictured below.



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Fall 2022

BY THE NUMBERS  
2022

Total Reach by  
Quarter: 713



## Master Gardener Program

*Community Horticulture and Natural Resource Stewardship*

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.

### Becoming Master Gardeners

Fifty individuals completed 12 weeks of intense horticulture education during the 2022 annual Master Gardener training course. Logging 72 hours of classroom and hands-on education, plus completion of at-home reading and quizzes, trainees learned about growing vegetables, fruit and ornamental plants, soils, trees, lawn, insects, plant problems and more, toward the goal of sharing their knowledge, experience and passion for gardening and sustainable landscaping with others.



Master Gardener trainees learning the life cycle of the codling moth, an insect pest of tree fruit.

- ◆ 50 Master Gardeners Trained
- ◆ 3 Outreach Events, 198 Participants
- ◆ 8 Workshops, 438 Participants
- ◆ 77 Answer Clinic Calls
- ◆ 3613 Social Media “Likes” to Date

Erika Johnson  
Master Gardener  
Coordinator

[erika.d.johnson@wsu.edu](mailto:erika.d.johnson@wsu.edu)



Engaging university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental



Each volunteer will be required to complete 50 hours of service to the community in the next year through one or more Master Gardener projects. Projects include youth education, public presentations, staffing an answer clinic, demonstration garden maintenance, outreach booth tabling and more.

### Kindergarteners Love Worms

One such example of Master Gardener service was the recent "I Like Worms" lesson, presented to about 100 kindergarteners at Daybreak Primary School. Students learned about different kinds of worms and their role in soil ecology. With the help of a giant worm puppet, Master Gardeners told some jokes, read a story, and presented a lesson and worked with students in pairs exploring a pile of compost in search of worms and other soil-building organisms.



In the weeds; Master Gardener trainees learning to tell dandelion apart from false dandelion.



Master Gardener trainees planting and pruning ornamental community trees.

## Master Gardener Answer Clinic

Email us your question at [mganswerclinic@clark.wa.gov](mailto:mganswerclinic@clark.wa.gov)

Call (564) 397-5711

Hours for walk-in clients: Currently closed for walk-ins due to COVID-19 safety procedures. Email us!

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Clark County

Fall 2022

BY THE  
NUMBERS  
2022

Total Reach by  
Quarter: 782



## SW WA Commercial Agriculture Program

- ◆ 3 Workshop, 196 Participants
- ◆ 4 Outreach Events, 568 Participants
- ◆ 18 Technical Assistance to Farmers
- ◆ 1722 Social Media “Likes”



### ***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.

### ***Program Focus:***

Our program efforts aim to bolster the economic viability of farm and food economies that can grow and sustain returns for our farmers and local communities. Our research efforts largely focus on developing strategies that help farm businesses successfully evolve and adapt to operating within an urbanizing context. This includes a research and demonstration program at the 78<sup>th</sup> St. Heritage Farm facility that is comprised of eight different types of crop systems and uniquely helps us bring in added programming and applied research from WSU statewide, OSU, Clark Conservation District, and multiple other local food and farm groups to directly benefit to local stakeholders.

### ***Program Service:***

Our program regularly serves in an advisory role on the County’s Noxious Weed Board, on multiple governance committees for the 78th St Heritage Farm, community food and farm systems organizations, and to county government, upon request.

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.



### Farming on the Urban Edge

Our [Farming on the Urban Edge](#) docuseries from (featuring several Clark County farms, and footage from the Heritage Farm) from the [The Peri-Urban Agriculture Network](#) a received “Merit of Awareness” and “Best Director Debut” awards after screening at two film festivals in Q4. The first episode in the series was also screened at the Clark Cowlitz Farm Bureau’s Annual Dinner to an audience that including the statewide Farm Bureau president and several other statewide representatives. The series was also the subject of a radio interview aired over the Pacific Northwest Ag Network’s 25 affiliate stations in October.



### Pest and Berry Research

Results from our \$42K project examining control of the rose stem girdler pest of raspberries and blackberries was presented at the annual Northwest Center for Small Fruits Research Conference. Data collected at the Heritage Farm was key to this project, with implications that will not only protect growers in Southwest WA but also will help safeguard the greater raspberry and blackberry industry on the west coast against the effects this pest. Driscoll berries recently contacted us for information on Rose Stem Girdler so that they could reduce risk of the spread this pest from the PNW into California after finding it on infested nursery plants.



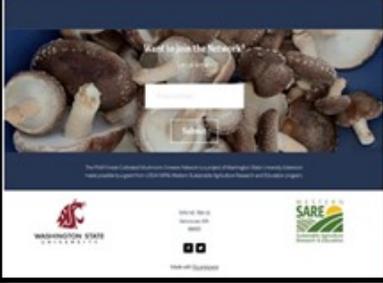
### Buckwheat Trials at Heritage Farm

Our part in a \$350K statewide buckwheat production project which includes field trials at the Heritage Farm was showcased to approximately 500 attendees at the annual Sagra de Radicchio event; this popular event targets connecting researchers, farmers, and food businesses throughout the Portland-Vancouver -metro area, helping to develop new markets for local farmers.



### Mushroom Research

A \$175K project to lengthen and expand our ongoing mushroom work at the Heritage Farm. This project will additionally allow us to directly mentor ten new mushroom growers, connect local mushroom growers with current mushroom production research in Japan, and form a Pacific Northwest Forest-Cultivated Mushroom Growers Network.



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Fall 2022

## BY THE NUMBERS 2022

Total Reach by  
Quarter: 1652

- ◆ 2 Outreach Events, 37 Participants
- ◆ 2 Stewardship Tours, 18 Participants
- ◆ 1 Class Series, 19 Participants
- ◆ 4 Workshops, 62 Participants
- ◆ 8 Requests for Assistance to Small Acreage and Farmers
- ◆ 1508 Video Clip web views for Small



Acreage program



## 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 program was busy this Fall providing a variety of workshops and educational opportunities to Clark County residents.

These included:

- ◆ Living on the Land class-series
- ◆ Weeds Management workshop
- ◆ Stream Monitoring (BMP) Onsite workshop
- ◆ Land Stewardship and Farm Tour
- ◆ Two Well and Septic System Maintenance workshops

Terry Koper  
Small Acreage  
Coordinator  
terry.koper@wsu.edu



Supporting local land caretakers through education,  
marketing support, and statewide program implementation.

## Land Stewardship Tours

This Fall through WSU Extension's Small Acreage Program the community had an opportunity to tour two local on-site small acreage residents in Battleground and Salmon Creek. They learned first hand about recognized stewardship practices like composting manure, stormwater drainage, septic systems, animal husbandry and wildlife habitat.



Land Stewardship Tours: Riparian Wildlife presenter Ashley Smithers of Clark Conservation District

## Stream Monitoring (BMP) Onsite workshop

Protecting our watersheds in SW Washington is vital. Through this workshop participants learned about how to monitor stream health and what to look for when determining waterway health and ways to improve water quality. Water quality and natural resource specialist, Benjamin Joner, of Clark County Public Health was on hand to demonstrate and discuss water quality monitoring techniques on-site at Mill Creek, near WSU-Vancouver in Vancouver, WA.



Presenter: Ben Joner of Clark County Public Works Clean Water



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Fall 2022

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2022

Total Reach by  
Quarter: 264



## Community Gardens

Supporting Local Agriculture

All 88 community garden plots at the Heritage farm are filled with a diverse group of members from our community. The gardens provide a place for people to grow food for themselves and their families and provide a retreat from the noise and commotion of urban environments.



The Community gardens also recycle organic wastes back into the soil. Extension has been coordinating the Community Garden site since 2017.



### In-kind donations:

Volunteer time **\$748.75**

Wood chips donation

**\$1,500**

Master Gardener program

**\$300.00** of seeds

Re-stoking first Ade kit

**\$50.00**

Other donations **\$2500.00**

This growing season the 78th Heritage Farm Community Garden partnered up again with the SNAP-Ed program to help feed hungry families in our community.

Community garden participants donated their extra produce at on site share the bounty donation stations. The Share the Bounty project donated about **\$1,500** worth of fruits and vegetables that **fed 50 hungry families in our community.**



Jodee Nickel  
Coordinator  
Jodee.Nickel@wsu.edu



Are you interested in gardening but don't have room to do so at your home or apartment?

The Heritage Farm has a Community Garden with available garden plots for rent!



## 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                   | Clark County Green Schools                                      | Hewlett-Packard                                 |
| Area Agency on Aging and Disabilities                 | Clark County Juvenile Justice                                   | Hubert Prescott Bluebird Recovery Project       |
| Arthritis Foundation Walk With Ease Feet First        | Clark County Public Works                                       | Illahee Elementary School                       |
| Battleground Health Clinic                            | County Public Health  | IQ Credit Union                                 |
| Bonaventure of Salmon Creek                           | Clark County Master Food Composters                             | Latino Community Resource Group                 |
| Bridgeview Community Center                           | Clark Public Utilities  | Learning Adventures Child Care                  |
| Camas Farmers Market                                  | Clark County Saddle Club  | The League of United Latin American Citizens    |
| CASEE   | Community Garden Club of Camas Washougal                        | Lifeline  |
| CDC Centers for Disease Control and Prevention        | Community Voices Are Born                                       | Longview Garden Club                            |
| Chartwells Food Service                               | Connect Evergreen Substance Abuse Coalition                     | Master Gardener Foundation of Clark County      |
| City of Camas   | Core Home Fruit Services  | Meals on Wheels People                          |
| City of Vancouver                                     | Cowlitz Indian Tribe  | NAACP   |
| Clark County Conservation District                    | Diabetes Technical and Training Center                          | National Park Service                           |
| Clark County Event Center                             | DSHS (Dept of Health and Human Services)                        | NatureScaping of SW WA                          |
| Clark County Environmental Health Food Safety Program | ESD 112   | Nautilus Inc.                                   |
| Clark County Fair                                     | Evergreen School District/Family and Community Resource Centers | OSPI (Office of Schools and Public Instruction) |
| Clark County Farmers                                  | Fort Vancouver Regional Library                                 | OSU Extension Service                           |
| Clark County Farm Forestry Assoc.                     | Fort Vancouver National Historic Site                           | Parks Foundation of Clark County                |
| Clark County Food Bank                                | Goldendale Farmers Market                                       | Partners in Careers                             |
| Clark County Food System Council                      | Hardy Plant Society of Oregon                                   | PeaceHealth                                     |
|   | Hazel Dell Elementary School                                    |   |



## Partnerships and Collaborations

### Partnerships and Collaborations continued

Pearson Field Education Center	Vancouver School District	Washington State Department of Agriculture
Portland Nursery	WSU Edward R Murrow Center for Health Comm. Research and Promotion	Washington State Department of Health SNAP
Ridgefield Garden Club	WSU Nutrition & Exercise Physiology Program	Washington State Farmers Market Association
Salmon Creek Farmers Market	Washington State University-Vancouver	West Van for Youth Substance Abuse Coalition
SeaMar Community Health	Washington State VetCorp	WIC (Women, Infant and Children)
Second Mile Marketplace and Hub	Waste Connections	Wise Woman
SHARE House	White Salmon Farmers Market	Yacolt Primary School
Skamania Farmers Market	WaferTech	
SWW Accountable Communities of Health	Washington Green Schools	
SWW Health Living Collaborative	Washington State Chronic Disease Leadership Network	
The Gardner School of Arts and Sciences		
Truman Elementary		
Underwriters Laboratory		
United States Department of Agriculture		
Vancouver Farmers Market		
Vancouver Garden Club		
Vancouver Housing Authority		



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