

Washington State University



Extension

Clark County

Spring 2022



Spring 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.

The COVID-19 pandemic continues to bring changes in our community. 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 approximately 25,103 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**
Kristine.perry@wsu.edu
564-397-5718

WSU Clark County Extension
1919 NE 78th St Vancouver, WA 98665
564-397-5733
<https://extension.wsu.edu/clark/>
[https://www.facebook.com/
wsuc Clark Extension](https://www.facebook.com/wsuc Clark Extension)

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BY THE NUMBERS 2021

Total Reach by
Quarter: 135



4-H Youth Development

“To Make the Best Better”

- ◆ 113 Youth Participated in Club Programs
- ◆ 14 Trained Adult Volunteers/ Mentors
- ◆ 1 Workshops, 16 Participants
- ◆ 11 Youth/Mentors Participated in Restorative Justice Programing
- ◆ 1021 Social Media “likes” to date

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.

Community Service Project: Tree Planting

The Sow, Bud & Blossom 4-H garden club completed a community service project by helping a community member plant 40 trees. Being small in numbers and stature, they reached out to the Prairie Hatchers and Goating Around 4-H clubs to lend a helping hand.

They worked together to dig 40 holes, planted 40 trees and topping them with weed barrier and protective cages. A 4-H Leader said that “we were rewarded by a glimpse of ‘making the best better’. The kids were so happy to be working together. Who am I kidding? We’re all happy to be working together.”



Missy McElprang
4-H Youth Development
Specialist, Faculty
missy.mcelprang@wsu.edu



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



Sparks Program with Chief Umtuch

In partnership with the Prevent Together: Battle Ground Prevention Alliance, 4-H staff offered three animal science sessions to middle school students, focusing on bird and dog science. The 4-H dog superintendent, dog club members, and their dogs facilitated the dog lesson grooming and played dog trivia games with the students.

4-H dog club members also held a dog agility workshop at Rocksolid Community Teen Center. Youth learned about showmanship, agility courses, and dog breeds.



Youth at Rocksolid Community Teen Center taking a 4-H dog through the agility course

Lemonade Day

Three 4-H clubs were represented at the Junior Market at the Vancouver Farmers Market. They brought their homemade items and ran their own businesses for a day. They completed a financial education program sponsored by IQ Credit Union and created their own business models. The youth are excited to participate in future market events.

How to Join 4-H

To join a club or volunteer in Clark County 4-H please contact Kellian Whidden in the WSU Clark County Extension office to get started.

(564) 397-5730 or

kellian.whidden@wsu.edu



4-H youth at the Junior Vancouver Farmers Market for Lemonade Day 2022.



HEAD



HEART



HANDS



HEALTH

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

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Total Reach by
Quarter: 111



Health, Wellness and Nutrition

- ◆ 1 Outreach Events, 12 Participants
- ◆ 1 Workshops, 30 Participants
- ◆ 7 Education Classes, 59 Participants
- ◆ 10 Clinicians trained

To Learn more
about the EXCITE
program go to
excite.extension.org

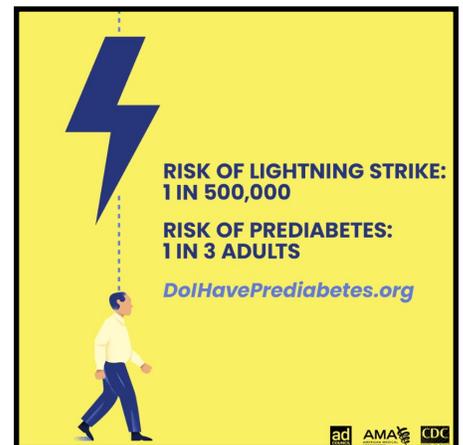
The Health, Wellness and Nutrition Program is a community-based partnership that promotes health where people live, learn, work and play. Our science-based food safety, chronic disease prevention, and self-management interventions improve well-being and quality of life.

National Diabetes Prevention Program

WSU Extension facilitates the National Diabetes Prevention Program. It is a one year program that helps people with prediabetes and/or have a high risk of getting type 2 diabetes, learn ways to change their lifestyle and health. Since March of 2020, the program moved to online only and have been facilitated via a

HIPAA compliant Zoom platform. The program has successfully been able to consistently hold classes with the highest level of care using highly qualified and trained lifestyle coaches and still maintain full recognition by the Centers for Disease Control and Prevention.

Additionally, Extension staff train dietitians, clinicians, and health educators from affiliated clinics to become NDPP Lifestyle Coaches and in March trained ten clinicians.



Zena Edwards
Food & Nutrition
Faculty,
zena_edwards@wsu.edu



Promote health where people live, learn,
work and play.



BY THE NUMBERS 2021

Total Reach by
Quarter-22,785

- ◆ 24 Outreach Events, 1498 Participants
- ◆ 21,287 Participants Reached through Policy, Systems and Environments Initiatives
- ◆ 4,013 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.

Supporting LULAC Mercado

The 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.



Farm to Heart

SNAP-Ed staff supported the Farm to Heart program, a partnership between April Joy Farms and Fruit Valley Elementary Family & Community Resource Center (FCRC). Through grant funds the farm is able to provide weekly you-pick CSA boxes. SNAP-Ed help with food demonstrations to show participants ways to use vegetables they may not be familiar with.



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.



School Wellness Promotion

SNAP-Ed supported school wellness policy work, specifically Healthy Celebrations and Snacks for Sharing, by providing Healthy Celebration baskets at four Elementary Schools in the Evergreen School district. (Orchards, Fircrest, Endeavor, Ellsworth) . These resources provided ways for teachers to enhance their healthy classroom celebrations for the end of the school year. SNAP-Ed also supports school wellness by sitting on both the Evergreen and Vancouver district wellness committees.

Youth Farm Tours at Heritage Farm

SNAP-Ed partnered with the Clark County Food bank to provide Heritage farm tours to 5th graders from Sifton Elementary. The goal of these tours is to create an opportunity for youth in the community to come to the farm and participate in hands-on activities focused on agriculture, environmental resources, learn about the food system and how food gets from the farm to the fork.



Farmers Market Tours

SNAP-Ed staff collaborated with Vancouver and Camas Farmers Market Managers to provide Market Tour training opportunities to DSHS staff and a variety of other organizations that support low-income families. They also gave support on how participants can take advantage of the Market Match program.

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Total Reach by
Quarter: 204



EFNEP Program

Expanded Food and Nutrition Education

- ◆ 9 Class series, 133 Participants
- ◆ 10 Outreach Events, 69 Participants
- ◆ 2 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.

Welcome new EFNEP Staff

EFNEP welcomed Liz Aluesi to the team!

Liz graduated this spring from Brigham Young University-Idaho with a degree in Extension Science. Her focus was youth development and financial skills, and she interned with Clark Extension's EFNEP and 4H programs before she joined full time. Liz is passionate about budgeting and has experience supporting adults and youth in achieving financial independence. With EFNEP, she will continue working with middle and high school students. When she's not working, you can also find her mentoring to Pacific Islander youth in the Portland, OR metro area. She enjoys traveling and spending time with family and friends.



Laurel Moffat
EFNEP Manager
Laurel.moffat@wsu.edu



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

New Partnerships Abound

The EFNEP team forged new partnerships with the Family and Community Resource Centers at Marrion and Ellsworth Elementary schools in Evergreen Public Schools.

The team taught two online class series for parents: one in English and one in Spanish. At Vancouver's Hudson Bay High School, they taught a class for teen parents in the GRADs program. One mom loved the pasta salad recipe so much that she shared her version of it with us. EFNEP continued to partner with Open House Ministries, teaching a class for adults.

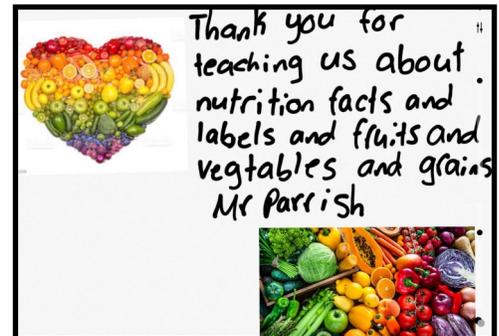


Family Making Healthy Changes

EFNEP staff taught nutrition for Ogden Elementary's 4th grade classes. The students loved it! They created their own cards to say thank you.

One 4th grader was excited to learn about nutrition because he was concerned about his father's Type II diabetes. When "Jay" learned about whole grains and fiber, he took the information home to his dad. He urged his dad to make healthy changes, so his dad brought him along next time he went shopping. Jay taught his dad how to find fiber on the

nutrition label. They purchased whole wheat bread instead of white bread, popcorn instead of potato chips, and even found a whole grain version of his father's favorite crackers. It worked! Everyone in his family liked the new whole grain foods and were happy to make these changes to support their father's health. Jay was happy that he could help his father and proud of his father for making changes to manage his diabetes.



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Total Reach by
Quarter: 1354



Master Gardener Program

Community Horticulture and Natural Resource Stewardship

- ◆ 256 Active Master Gardener Volunteers
- ◆ 15 Outreach Events, 631 Participants
- ◆ 18 Workshops, 498 Participants
- ◆ 225 Answer Clinic Calls
- ◆ 3214 Social Media "Likes" to Date

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.

Strawberry Care Workshop

The 78th Street Heritage Farm was the setting for a strawberry care workshop on Saturday, April 9th. Thirty people participated in the interactive course held at the Master Gardener small fruit demonstration site and greenhouse complex.



Participants learning about types of strawberries – June-bearing, day-neutral and everbearing.

"I never realized there were so many different kinds of strawberries! Very informative to learn how to grow and maintain each kind so one can have strawberries when wanted." -Workshop Participant

Erika Johnson
Master Gardener
Coordinator

erika.d.johnson@wsu.edu



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

Such was the reaction of one attendee after listening to Master Gardener Bekah Marten discuss the three different types of strawberries and the maintenance techniques that correspond with each.

One station included demonstrating proper planting technique and participants potted up a bare root plant to take home. “You don’t want to bury the crown.” advised instructor Master Gardener, Deb Weimer, cautioning that doing so could result in rot.



Another station focused on what to do with your strawberries once picked. Master Gardener, Judi Seifert, also a WSU Extension Clark County Master Food Preserver, instructed participants on techniques including dehydrating and making jams and jellies with the sweet fruit.

Learning how to grow your own food can improve your physical and mental health, as well as the health of the environment, according to a blog post from the University of New Hampshire. “The physical activity required in gardening has proven to promote physical health. Involvement in gardening helps to improve cardiac health and immune system response, decrease heart rate and stress, improve fine and gross motor skills, flexibility and body strength.”



The workshop achieves two of the nine Master Gardener Program Priorities, #4: Local Food, which promotes the use of sustainable techniques for growing local food to improve individual and community health and wellness and #9: Nearby Nature, which seeks to increase access to plants, green spaces and public landscapes to benefit the health and well-being of all.



Master Gardener Answer Clinic

Email us your question at 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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NUMBERS
2021

Total Reach by
Quarter-203



SW WA Commercial Agriculture Program

- ◆ 2 Workshop, 40 Participants
- ◆ 9 Outreach Events, 107 Participants
- ◆ 56 Technical Assistance to Farmers
- ◆ 1038 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 78th 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
justin.odea@wsu.edu



The ANR program conducts locally relevant applied research in the fields of agriculture and natural resource sciences.



Peri-Urban Ag Network Website Completed

Our [The Peri-Urban Agriculture Network](#) website was completed to mark the end of our 3-year \$50K project on this subject; by the end of Quarter 2, the website had received 3,306 visits. Additionally, the [Farming on the Urban Edge](#) docuseries from the same project (featuring several Clark County farms) was selected in Quarter 2 to screen at two upcoming documentary film festivals.

Emerging Grain Markets

Field trials for a \$350K statewide project investigating buckwheat and millet crops and emerging markets have been planted at the Heritage Farm. The Heritage Farm trials are the main research and outreach site for the buckwheat portion of this project over the next 2 years.



Berry Pest Research

Through our ongoing \$42K project examining control of the rose stem girdler pest of raspberries and blackberries we were able to successfully develop a pest emergence model, which will critically help growers determine when to manage for this pest. This improvement in accuracy will save growers time, energy, resources, and money that would have otherwise led to unnecessary or ineffective control efforts. Data collected at the Heritage Farm was key to the model's development.

Farmer Diversification-Shiitake Mushroom Training

Twenty-five individuals from 15 farms attended a two-day *Forest-cultivated shiitake mushroom production for diversified farms and startups* short course at the Heritage Farm in May and June. The project showcased the ongoing trials at the Heritage Farm and focused on growing shiitake mushrooms for market and enterprise development.



Quotes

“Great content, I learned so much and particularly liked the specific focus on how to systematically grow mushrooms for side-business enterprise. It created a lens that made the whole program applicable. I look forward to implementing what I learned.”

“...As a visual and hands on learner this was the best possible way to get me excited about trying forest grown mushrooms.”

-Two different farmers commenting on their experience with the Forest-cultivated shiitake mushroom production for diversified farms and startups short course.



Select program activity, Quarter 2, 2022: *Left-* Our Peri-Urban Agriculture Network website was updated with new resource pages; *top right-* our Farming on the Urban Edge docuseries featuring several Clark County farms and footage from the Heritage Farm was selected in Q2 to screen at two upcoming documentary film festivals; *center right-* the first of two years of buckwheat variety trials were planted at the Heritage Farm to play a leading part of a statewide project; *bottom right-* farmer participants learning about starting a mushroom enterprise at the Forest-cultivated shiitake mushroom production for diversified farms and startups short course at the Heritage Farm.



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Quarter: 135

- ◆ 7 Outreach Events, 61 Participants
- ◆ 1 Farm Tour, 29 Participants
- ◆ 6 Workshops, 45 Participants
- ◆ 29 Requests for Assistance to Small Acreage and Farmers
- ◆ 8,324 Video Clip web views for Small Acreage program

Connect with Local
Growers and Producers



<https://eatlocalfirst.org/>



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.

16th Annual Small Acreage Expo

This year's Small Acreage Expo offered a variety of topics including online workshop topics: Healthy Soil; Livestock and Pasture Management, including Livestock Body Condition Scoring; Regenerative Grazing Practices, and Weeds Management.



Animal Footing Installation

A livestock footing and electric fence installation demonstration showed participants how to reduce mud and improve the health of their livestock. The demonstration showed electric fencing can be useful for rotational grazing and livestock assisted weed management purposes.

There was also ongoing tours highlighting land stewardship practices, such as a 3-bin composting system, drainage, and a vegetated buffer zone along Salmon Creek.

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



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

16th Annual Small Acreage Expo continued..



Mitch and Lily Hensley of Versatile Excavating - installing animal footing



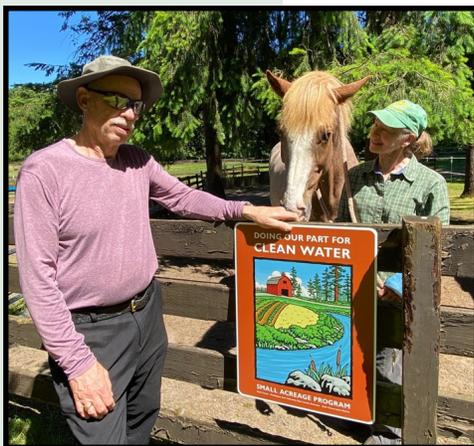
Mud strategy discussion with Mitch Hensley



Relaxing lunch and good conversation in the covered bridge

Doing Our Part for Clean Water

Merrilee and Bruce Howell were recognized for their stewardship practices through the *Doing Our Part for Clean Water*. They are graduates of the Small Acreage Program's Living on the Land class-series. They installed drainage systems, including a vegetated stream buffer, animal footing for their horses, and built a 3-bin covered manure composting structure. The Small Acreage Program is happy to recognize the Howell's for their stewardship efforts!



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2021

Total Reach by
Quarter-176



Community Gardens

Supporting Local Agriculture

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

Spring is here and all the plots are filled! We were able to get a wood chip donation for covering walkways and for safety reasons added a combination lock to the community garden shed. With low temperatures and record rainfall it has been a slow start to the growing season, but gardeners are looking forward to the long summer days.

Quotes-

"I have two foster children and I bring them out to the garden on a regular basis. I feel like it is good for them to get outside but also to take some ownership in taking care of the vegetables by watering and weeding our family garden plot."

-Community Gardener



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





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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