

Washington State University



Extension

Clark County

Summer 2022



Summer 2022 Quarterly Report

Serving Clark County for over a 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 approximately 57,863 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/>

[WSU Clark County Extension Facebook Page](#)

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Heritage Farm Community Garden <https://www.facebook.com/profile.php?id=100064721436165>

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

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

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

<https://www.instagram.com/wsuelarkcountymastergardeners/>

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

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



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BY THE NUMBERS 2022

Total Reach by
Quarter: 5674



- ◆ 659 Youth Participated in Club Programs
- ◆ 106 Trained Adult Volunteers / Mentors
- ◆ Over 5,000 Community members reached at Clark County Fair
- ◆ 15 Youth Participated in Restorative Justice Programing



4-H Youth Development

“To Make the Best Better”

The 4-H youth development program is guided by research-based curriculum and follows an experiential education approach, which means youth learn by doing. 4-H enables youth to develop the knowledge, attitudes, and skills they need to become competent, caring, and contributing citizens of the world. These life skills include positive self-esteem, effective communication, teamwork, leadership, healthy life choices, problem solving, and much more.

Harvest Celebration at Heritage Farm

The 4-H Sow, Bud & Blossom Garden Club held a beneficial bug demonstration at the 4-H Garden during the Harvest Celebration at Heritage Farm.

Community members stopped by to learn more about the 4-H program from the club leaders and members and could participate in experiential learning with lady bugs and worms. At the end of the event, the lady bugs were released into the garden with the help of club members and other youth from the community.



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.



The Fair is Back!

It was worth the wait for the return of the Clark County Fair! The 4-H program had 648 exhibitors and 2844 exhibits at the Clark County Fair this year. There were 65 superintendents, adult certified volunteers for each project area, that helped to make this year's fair possible, along with the help of additional certified volunteers and adults. Youth celebrated a year's worth of learning, creating, and discovering through 4-H

experiences with their families and community by showcasing their projects and presentations. Through 4-H projects, youth develop leadership skills, empathy, teamwork, and character building as they work together with their club toward common goals.



How to Join 4-H

To join a club or volunteer in Clark County 4-H please contact the Kellian Whidden at (564) 397-5730 or at kellian.whidden@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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BY THE NUMBERS 2022

Total Reach by
Quarter: 199

- ◆ 7 Cohorts
- ◆ 24 Education Classes, 77 Participants
- ◆ 122 individuals screened

1 out of 3 adults has prediabetes.

8 out of 10 don't know.



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



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.



Diabetes Prevention Program

We received a 3rd year of funding (\$50,000) from Washington State Department of Health to support the prevention and delay of type 2 diabetes in our community by promoting the CDC-recognized lifestyle change program.

This allows us to partner with local community and health care organizations so high-need populations can benefit from this proven program.

We build community capacity by providing technical support for:

1. Facilitation of screening and referrals
2. Enrollment and retainment of participants
3. CDC-approved Lifestyle Coach Training

"The changes that happen in people's lives are significant,"

"It's been shown and proven. So what we've been doing, working closely with WSU Extension is how it is that we are actually going to keep people interested and connected and coming back and staying, you know, through the course of a year." Battle Ground Health Care Executive

Director Sue Neal.



30 adults cut their risk of type 2 diabetes in half.

A potential savings of \$13,700 per person per year in medical costs



BY THE NUMBERS 2022

Total Reach by
Quarter: 49,255

- ◆ 27 Outreach Events, 2773 Participants
- ◆ 46,482 Participants Reached through Policy, Systems and Environments Initiatives
- ◆ 29,096 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.

Farm to Heart

Farm to Heart is 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 from May-October to food insecure families. The SNAP-Ed program supported this endeavor by providing food demonstrations to show participants ways to use less familiar vegetables.



Healthy Budget Friendly Grilling

The SNAP-Ed program partnered with Women in NAACP to support Fourth Plain Forward Art in the Park event. Staff grilled up healthy options for community to sample and provided a cooking demonstration.



<https://www.facebook.com/ClarkCountySnapEd/>

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.

Market Box Pilot

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 to 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 received 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.



Farmers Market Tours

This program provided in person tours to SNAP customers throughout the summer at the Vancouver and Camas Farmers Market to help promote the State Market Match Program. Tours included tips on purchasing in-season produce, how to shop on a budget and the benefits of eating fresh local produce. Community members got to talk to area farmers and discover all the healthy, local food available at the Farmers Market. For participating in the tour community

members received \$10.00 in Market Match tokens, a canvas shopping tote and recipes. If they returned to the Market they received an additional 10.00 at their next two market visits for a total of \$30.00 of incentive tokens. The tours were offered in English, Russian and Spanish.



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Total Reach by
Quarter: 334



EFNEP Program

Expanded Food and Nutrition Education

- ◆ 9 Class series,
147 Participants
- ◆ 8 Outreach Events,
187 Participants

The Expanded Food and Nutrition Education Program (EFNEP) is a federal nutrition program for low-income parents and youth. Classes focus on healthy eating, food safety, physical activity, and saving money on groceries.

On August 8, Extension welcomed Sara Peitzmeier as the new EFNEP Program Manager! Sara is familiar with Extension as she was a Spanish speaking educator when EFNEP started up in Clark County back in 2020. She is originally from Los Angeles, CA but has made the Pacific Northwest her home as she takes pride in building up and supporting her local Hispanic community right here in

Vancouver. When she is not working, she enjoys watching Disney movies with her children and going on long walks with her puppy .



Sara Peitzmeier
EFNEP Manager
sara.peitzmeier@wsu.edu



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

EFNEP Partners with Vancouver Parks Summer Playground Program

This summer, the EFNEP Program offered nutrition education classes to youth in the Vancouver Parks Summer Playgrounds program. As a grand finale to the lessons, students received a tour with the SNAP-Ed Program at the 78th St. Heritage Farm. On the farm tour kids learned about how important preserving green spaces is to the climate, composting, how community gardens work, and finished it off with some simple and fun recipe demonstrations. They learned to make their own healthy banana and blueberry “ice cream” as well as some tasty vegetable dips.



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Total Reach by
Quarter:

1312



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.

Join Master Gardeners for Heritage Farm Tours

“Thank you for the great information about the beginnings of the 78th Street Heritage Farm and its focus on research, inclusivity and partnerships; what a dynamic resource!” Such reads a quote from a participant who attended one of the guided tours of the historic 78th Street Heritage Farm this Summer.



Master Gardener volunteers have been hard at work developing interpretive tours of the 79-acre property for over two years. They conducted extensive research, culling through available documentation of the history of the property and the people affiliated with it. The team developed materials with which to train and support a cadre of Master Gardener docents, took photos and interviewed stakeholders affiliated with the activities currently occurring on the property

- ◆ 12,796 Master Gardener Volunteer Hours
- ◆ 275 Active Master Gardener Volunteers
- ◆ 50 Master Gardeners trained
- ◆ 24 Outreach Events, 731 Participants
- ◆ 12 Workshops, 304 Participants
- ◆ 227 Answer Clinic Calls
- ◆ 3574 Social Media “Likes” to Date

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 stewardship education.



The three-prong aim of the educational tours is to:

- Build awareness and appreciation for the Heritage Farm, past and present
- Promote the farm's current role and contributions to the community
- Inspire others to learn more and participate in community programs in Clark County

The small group tours include stops at numerous points of interest including the community gardens, experimental orchard, Composter Recycler demonstration site, NOAA and WSU AgWeatherNet weather stations, a human sundial, and Clark County Food Bank fields, to name just a few.



Tour participants learn about the storied history of the first people to inhabit the lands, including Cowlitz and Chinookan speaking First Nations peoples, and starting in the mid-1860s, the Anderson Family, who were early travelers of the Oregon Trail.

The tour begins in front of the main administration building which houses the Clark County Extension office. This building was constructed in 1926 that replaced the original structure consumed in a fire in 1922, and which served as a poor farm, housing about 30 people at a given time.



The tour ends with a walk through the greenhouse complex, where vegetables and other plants are grown and raised for sale by the WSU Extension Clark County Master Gardener program in collaboration with the Master Gardener Foundation of Clark County. To sign up for a tour go to <https://extension.wsu.edu/clark/>

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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Total Reach by
Quarter: 110



SW WA Commercial Agriculture Program

- ◆ 2 Workshop, 90 Participants
- ◆ 20 Technical Assistance to Farmers
- ◆ 2506 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

Farming on the Urban Edge

Our [Farming on the Urban Edge](#) docuseries from the [The Peri-Urban Agriculture Network](#) (featuring several Clark County farms) screened at two film festivals this Summer, and has been selected to screen at two more festivals in the Fall. The film was named as a finalist in the “Best Documentary Series Episode” category in one of these festivals, and the series was also covered in the WSU Insider article: “[Docuseries portrays the complexities of farming near residential communities](#)”, and [Explore the peri-urban farming docuseries “Farming on the Edge”](#) by AgDaily News.



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.

Agriculture Research at Heritage Farm

The first of two years of buckwheat field trials in a \$350K statewide project investigating buckwheat and millet crops and their emerging markets was completed at Heritage Farm.



A project to develop a western US-regional *Western Mushroom Growers Research Network* was completed in collaboration with the University of Arizona, University of Oklahoma, and The University of California



Our \$42K project examining control of the rose stem girdler pest of raspberries and blackberries was completed this Summer. A model was built for WSU's AgWeatherNet, so that growers will be able to determine when to efficiently manage for this pest. The pest was also importantly found to have spread northward to Washington's main raspberry-producing region in Whatcom and Skagit Counties. Data collected at the Heritage Farm was key to the model's development, and the implications of this will not only protect growers in Southwest WA but also will help safeguard Washington's greater raspberry and blackberry industry against the effects this pest.



A proposed \$175K project to lengthen and expand ongoing mushroom work at the Heritage Farm, directly mentor ten new mushroom growers, and connect local mushroom growers with current mushroom production research in Japan was chosen for funding this Summer.



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Total Reach by
Quarter: 803

- ◆ 1 Outreach Event, 17 Participants
- ◆ 9 Farm Tours, 716 Participants
- ◆ 2 Workshops, 34 Participants
- ◆ 23 Requests for Assistance to Small Acreage and Farmers
- ◆ 13 Farm and Nursery Business Support
- ◆ 1588 Video Clip web views for Small



Acreage program



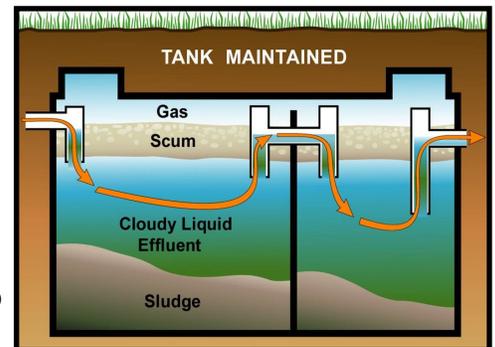
Small Acreage Program

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.

Well and Septic System Maintenance Workshop

One Well and Septic System Maintenance Workshop was offered this summer with 22 participants. The workshop gives Clark County residents the opportunity to not only learn how to maintain their wells and septic systems, but individuals with conventionally gravity-fed septic systems may get certified to self-inspect their own system every-other-time their inspections are due.



A Livestock Manure Composting (Best Management Practice) Workshop and Land Stewardship Tour were also offered.

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



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



23rd Annual Harvest Celebration

This annual celebration is where multiple farms open their gates to the public to show the bounty of local agriculture in Clark County. With a beautiful September day over 700 area residents came out to participate. There were a variety of fun-filled events such as animal petting, hay rides, self-guided tours, u-pick produce, family-fun games and photo ops with alpacas. The farms offered tours and sold farm fresh products.

Thank you to the eight farms who participated this year!

Get To-Gather Farm- Good Year Farms- Flat Tack Farm-

78th St. Heritage Farm- Serendipity Alpaca Ranch- Gather and Feast

Farm- Gifts of the Planet Farm- Coyote Ridge Farm



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Total Reach by
Quarter: 176



Community Gardens

Supporting Local Agriculture



Clark County Extension coordinates the 78th street Heritage Farm Community Garden plots. This provides a place for community members to grow food for themselves and their families. There are 88, 20ft by 20ft plots. The community garden is the most diverse program here on the farm. There are families from Botswana, Korea, Thailand, Mexico and many of the Eastern European countries. This pesticide-free, year-round community garden is highly sought after.

This growing season the garden continued partnering with the SNAP-Education Program. As of September 30th, Community Gardeners shared 228

pounds of garden produce to the on-site Share the Bounty Donation Station which donated to local food pantries.



The garden held its first end of season potluck since COVID. Many gathered to share food and stories about their experience gardening at the farm this summer. As we move into colder months gardeners are planning winter crops some are seeding cover crop and others are covering their plots.



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





Partnerships and Collaborations

Partnerships and Collaborations continued

Parks Foundation of Clark County	United States Department of Agriculture	Washington State Department of Agriculture
Partners in Careers	Vancouver Farmers Market	Washington State Department of Health
PeaceHealth	Vancouver Garden Club	SNAP
Pearson Field Education Center	Vancouver Housing Authority	Washington State Farmers Market Association
Portland Nursery	Vancouver School District	West Van for Youth Substance Abuse Coalition
Recovery Cafe	WSU Edward R Murrow Center for Health Comm. Research and Promotion	WIC (Women, Infant and Children)
Ridgefield Garden Club	WSU Nutrition & Exercise Physiology Program	Wise Woman
Salmon Creek Farmers Market	Washington State University-Vancouver	Women in NAACP
SeaMar Community Health	Washington State VetCorp	Yacolt Primary School
Second Mile Marketplace and Hub	Waste Connections	
SHARE House	White Salmon Farmers Market	
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		



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