

FOCUS on Extension

Serving Clackamas County Citizens

Organic Gardening Certification at Luscher Farm

The Organic Gardening Certificate program has gotten off to a great start this fall. Classes began on September 12 and will be running each Saturday until November 21 at the Brentwood-Darlington Community Center and Learning Gardens Lab in SE Portland. Classes are taught in partnership with Oregon Tilth's Education Center and several sessions are held at Luscher Farm in Lake Oswego. Participants have enjoyed spending time at Luscher, a beautiful site which encompasses Tilth's demonstration garden, a large community garden as well as a small farm.



A new online system has been developed for this year's class in the form of a social network web portal. This interactive "Ning" site provides participants with a place to find and post resources, start discussions, and easily connect with other class members. It was developed to provide continuity with class sessions.

This past Saturday participants learned propagation techniques and garden planning, and many expressed they were learning a lot by practicing in the garden.

Overall the class has been extremely popular and we expect the next class to fill up fast. If you are interested in taking the Organic Gardening Certificate Program in the future, please email us. We will add you to our contact list and keep you updated on future registration and class start dates. Email: ogcp.register@gmail.com.

*Beret Halverson, Program Assistant
OSU Extension Service*

Welcome to the Oregon Nutrition Education Program (NEP)!

The key elements of NEP are: nutrition education that is research-based, educational topics chosen in response to local needs, and programming resulting from local and state partnerships. We are happy to announce that our program has grown from three schools and one summer program in 2008-2009, to our current program, which will include ten schools and two after school programs in Clackamas County for the 2009-2010 school year. We also are planning to expand the program to serve the nutrition education needs of adults in Clackamas County.

To better serve folks in the County, we have recently added a second nutrition education program assistant. Tiffany SeLegue, M.Ed., joined the staff in September and is currently teaching nutrition in five elementary schools.

This year our school-based program will focus on students in grades K-6. The Oregon NEP educational curriculum is provided through OSU Extension Family and



Community Health, who contracts with Oregon Department of Human Services State Nutrition Action Plan to bring nutrition education to limited resource Oregonians. The NEP educational curricula for youth vary by grade level and have been developed by nutrition scientists to be consistent with the most recent Dietary Guidelines for Americans. In Clackamas County, our weekly lesson plans will be delivered across nine weeks with our staff teaching five lessons and classroom teachers, our partners, teaching the remaining lessons using the lesson plans and curriculum that we provide.

Students can always look forward to sampling nutritious foods that correspond with the lessons taught by our Extension Service Clackamas County nutrition educators.

Community partnerships are a key component of Oregon NEP. Looking forward, we are currently working on developing additional partnerships in Clackamas County. Inquiries on programs and partnership opportunities can be directed to Deborah John, Faculty, Extension Family and Community Health at deborah.john@oregonstate.edu or 503-650-3131.

“Wild Barley” Project in Clackamas County

Hare barley (*Hordeum murinum* ssp. *leporinum*) is a non-native, cool-season, annual grass that is invading pasture systems across Oregon. In California, hare barley probably became naturalized in the late 1700’s with the arrival of Spanish missionaries. Since that time it has spread to neighboring states. It has several common names including wild barley, foxtail or foxtail barley though hare barley is not a foxtail species. Hare barley may now infest up to 10,000 pasture acres just in western Oregon.

Hare barley has the characteristic “wild barley” seed head that usually remains intact on plants long after it has completed its life cycle. The spikelets can injure the mouth, eyes, ears and skin of animals so mature plants are rarely grazed leading to abundant seed production.

In 2008, a group of Clackamas county livestock producers encouraged OSU Extension to tackle the growing problem in Clackamas County. These producers had tried reducing hare barley infestations by sporadic tillage, heavy grazing early in the season, propane flaming and mowing but efforts resulted in limited success.

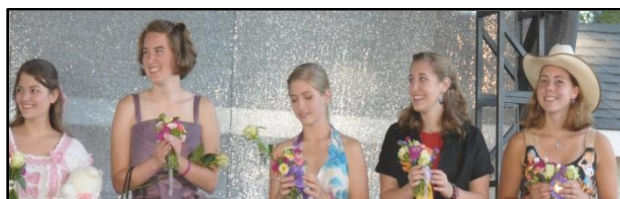
Labeled herbicide options to selectively control grass weeds in established pastures are limited. However some promising newer herbicide chemistries have reached the market place that may have a fit for wild barley control in Oregon pastures. To test these and other products, two research trials were established in 2008. One is located in the Canby area at Grassland Farms (Gordon Wanner) and the second near Molalla at Dale and Julie Bystrom’s farm. The first season evaluation (July 2009) showed promising results with several products. This project will continue through 2010.

*Gene Pirelli and Andy Hulting
Oregon State University Extension Service*

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4-H Members demonstrate new skills at County Fair

Despite the slow economy, Clackamas County 4-H members have not backed off their project work and came to fair with enthusiasm. In July, 291 4-H horse members filled the fairgrounds, competing in classes that test the rider’s abilities. Next up was the annual Dog Fair, which drew 39 youth to show off their skills as dog trainers. The County Fair in August continues to be the largest 4-H event of the year, with over 600 members bringing animals and exhibits in over 30 categories. Research shows that youth learn responsibility and increase their confidence by exhibiting at 4-H fair events.



4-H Senior members show their excitement following the annual Fashion Review. From left, Alyssa Rands, Annie Kersting, Miranda Williams, Lexi Bell, and Shelby Carmony are all wearing outfits they sewed themselves.

Photo taken by Jim Thacker

What’s Happening!

4-H Rummage Sale, October 16 (10:00am-4:00pm); Clackamas County Fairgrounds, Canby. Contact: Wendy Hein, (503) 650-3122.

4-H Tack Sale and Rummage Sale, October 17 (8:00am-2:00pm); Clackamas County Fairgrounds, Canby. Contact: Wendy Hein, (503) 650-3122.

Clackamas County Tree Farmer Recognition Banquet, October 17 (6:00pm-9:00pm); Arrowhead Golf Club, Molalla. Contact: Mike Bondi, (503) 655-8631.

Hopkins Community Forestry Day, November 14, (8:30am-1:00pm); Hopkins Demonstration Forest. Contact: Tim Delano (503) 632-2150.

New 4-H Leader Orientation, November 12 (9:00am-12:00pm and 6:30-9:30pm); Clackamas County Extension Office, Oregon City. Contact: Wendy Hein, (503) 650-3122.

4-H Awards and Recognition Night, November 21 (6:30pm); Clackamas County Fairgrounds, Canby. Contact: Wendy Hein, (503) 650-3122.

4-H Horse Judging Contest and Horse Bowl Clinic, December 6 (8:00am-6:00pm); Clackamas County Fairgrounds, Canby. Contact: Wendy Hein, (503) 650-3122.