Family and Community Education

Family Community Development Programs build community collaborations around health promotion, disease prevention, improved nutrition, and food safety. Innovative educational programs reach out to low-income families and older adult populations in the Valley and include a weekly Healthy Aging newspaper column and a monthly community cable television program, Healthy Living. On-going programs include:

- Living Well Workshops: a 6-class series focused on “living a healthy life with chronic conditions”
- Healthy Living Opportunities: Strong Women strength training programs, Tai Chi for Better Balance classes and “healthy aging” workshops.

Urban Horticulture

Program emphasis is on improving knowledge of growing plants in Jackson County. A major role of this program is to coordinate, instruction, recruitment and training of volunteers in the Master Gardener TM Program. The Urban Horticulture Program strongly impacts the Jackson County community in several ways. Classes and programs include:

- Growing and eating healthier foods, and promoting a healthy, active lifestyle.
- Saving money by growing food and propagating plants, as well as enhancing opportunities for landscape, garden supply stores, and other gardening support businesses.
- Reducing the use of pesticides, encouraging healthier microorganism populations in the soil, and promoting recycling.

Land Steward Program

The Land Steward program takes Southern Oregon residents out into the field for 10 classes to learn from natural resource professionals and local landowners. Land Stewards create short and long-term goals which culminate into an action plan for their property in order to address resource concerns.

- Natural resource management
- On-the-ground conservation strategies
- Fire Resistant Plants and landscaping
- Waste utilization techniques

The Oregon Department of Forestry and the Jackson Soil and Water Conservation District offer funding and technical assistance to make this quality program possible.

Forestry Extension

Programs focus on improving forest health and stewardship in Jackson & Josephine Counties. Clienteles include small woodland owners (more than 5,000 in the two counties), watershed councils, professional foresters, loggers, educators, and youth. Examples include:

- Rogue Tree School. A daylong mini-college featuring 22 classes on topics ranging from mixed species management to portable sawmill use.
- Publications including Reducing Fire Risk on Your Forestland, Managing Mixed Species Forests in SW Oregon, and Field Guide to Shrubs in Southwestern Oregon
- Applied Research focus on cost-effective methods of streamside reforestation.

Livestock and Forages

The livestock and forages program works with ranchers, landowners, land managers, and land management agencies to improve and enhance the economy and environment for individuals and the community.

- Classes and programs include animal nutrition, reproduction, and management, livestock and hay marketing, grazing and pasture management, including weed control, pesticide safety, and soil testing and fertility.
- Publications include newsletters, e-mail updates, fact sheets, and an extensive website.

4-H Youth Development

4-H members enroll in specific projects, such as Beef, Food & Nutrition, Technology, Robotics, Shooting Sports, etc. However, the project is a means to an end… to develop life skills which will make productive citizens. Life skills that are emphasized include: leadership, public speaking, financial management, record keeping, goal setting, responsibility, problem solving, and decision-making.

- We have programs and activities for all ages, whether you live on a farm or in the city.
- Youth can participate in our K-12 club program, school enrichment programs, after school programs, as well as our camps and other special programs.
- Activities include county, regional, state, national, and international levels of competition.
### Natural Science for Youth

OSU Extension partners with over twenty local agencies and organizations to offer a dynamic natural science program for Jackson County youth. This unique educational program has reached over 3,500 rural and urban youth with an emphasis on drawing Latino participants. The program seeks to increase awareness of natural resources and the interconnectedness of watershed ecosystems. This is accomplished through in-school and after-school enrichment activities, educator trainings, special one-day events, and watershed education kits.

**Rachel Werling**  
rachel.werling@oregonstate.edu

### Oregon Family Nutrition Program (OFNP)

Programs are supported by a United States Department of Agriculture (USDA) grant and provide nutrition-related and food safety instruction to elementary school children in schools where over 50% percent of the student population receives free and reduced lunches. Hands-on nutrition education is also provided to food stamp eligible families via demonstrations at area food pantries and on-site presentations in the community. The educational focus is on eating more fruits, vegetables, whole grains and calcium-rich foods and less saturated fat and processed food.

**Bobbi Stapenhorst**  
obbi.stapenhorst@oregonstate.edu

### Small Farms

The Small Farms Program provides information and training to small acreage landowners in Southern Oregon that seek knowledge in farming systems, pest management, pasture management, nutrient management, horticultural cropping systems, small acreage enterprise selection, irrigation, marketing and more. Classes and programs offered:

- **Beginning Farmer Education** - new and beginning farmers learn about business planning, alternative marketing, niche markets, profitability, organic production and land stewardship in order to ensure success and viability of small farms in this region.
- **Small Acreage Stewardship** - classes include horses and mud, irrigation for the small landowner, pasture management, and soil fertility and how these activities impact the overall functionality of our watersheds.
- **Community & Organic Farming Systems** - offers organic farming system consultation and information to small growers on soil fertility and pests management.

**Maud Powell**  
maud.powell@oregonstate.edu

### Vineyard Management

The viticulture program works with local producers to solve production problems, implement new technology/practices and to provide educational opportunities toward winegrape production. Areas of specialization include but are not restricted to:

- Soil and vineyard site assessment
- Vine nutrition evaluation and interpretation
- Fertilizer and cover crop management
- Irrigation system evaluation and vine irrigation management

**Dr. Gabriel Balint**  
gabriel.balint@oregonstate.edu

### RESEARCH STAFF

#### Integrated Pest Management (IPM) Research

Research focusing on arthropod pests of tree fruit and winegrapes, emphasizing the management of pests on pear. Since 1995 over 1.2 million dollars in grant funding has been received to support IPM research and implementation in southern Oregon. Growers can obtain advice on:

- State of the art pest management technology in orchards and vineyards.
- Alternatives to conventional pesticides in order to optimize the effect of naturally occurring biological control agents.
- Monitoring and sampling techniques so that growers can make pest control decisions on the basis of need and not rely on calendar-based pesticide applications.
- Most effective control products to use and their effects on both target and non-target organisms.

**Rick Hilton**  
richard.hilton@oregonstate.edu

#### Fruit Crop Disease Management, Production, and Storage Research

Research (80%) and Extension (20%) programs addressing problems and opportunities in pear, peach, and winegrape production and storage in southern Oregon. Growers can obtain information on:

- Disease management strategies with minimal pesticide use by using progressive monitoring technology and timely management advisories.
- New technology for enhancing fruit quality in long-term storage and expanding market periods.
- Techniques to grow pears with greater disease resistance and ability to maintain quality during long-term storage.

**David Sugar**  
david.sugar@oregonstate.edu