



# Oregon State University

## Extension Service

### Marion County

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Welcome to the **September/October** 2019 issue of the OSU Extension Marion County e-Newsletter! You will find educational articles and event information for you, your family, and your business.

#### [Find our Extension Office:](#)

1320 Capitol St NE (corner of Gaines) Suite #110  
Salem, OR 97301  
Mon-Fri 8-5 Phone: 503-588-5301

#### [Visit our Website](#)

#### [Click here to watch the video](#)

about our Marion Co. Extension programs

#### [Get Gardening Advice](#)

The Master Gardener Help Desk is open Mon-Fri 9A-1P Phone: 503-373-3770

[Visit Local Farms, Markets & Events:](#) let the Marion Farm Loop be your guide!

Have a question? [Ask an Expert](#)



### Living the Small Farm Dream

“Every solution creates a new set of problems” When Katie Kulla said this I marveled at the simplicity and truth of the statement that pretty much sums up the essence of farming. It’s all about problem solving, and trying to find a balance between nature and our wish to alter it to produce a crop.

Victoria Binning and Heather Stoven are OSU Small Farms program coordinators who manage the Crop Talks program in Marion and Yamhill counties, which brings farmers together on their farms. If I have learned anything in nearly 20 years in extension, it’s that farmers love to learn from other farmers – there is always a keener interest and engagement in the field than there can be in a classroom, and extension can play a role in bringing them together.

In early August Crop Talks met at [Oak Hill Organics](#), a farm on Grand Island north of Salem. I have driven by the intersection in Unionvale a million times and never thought of turning right onto the small road that takes you over a bridge onto a 4000 acre island in the Willamette River, where the topsoil is over 20’ deep. This is the agricultural Promised Land where [Casey and Katie Kulla](#) are living the small farm dream. Since they purchased

the property in 2007 the farm has evolved in many ways. It grew to be a whole diet farm selling at markets and Community Supported Agriculture (CSA), growing meat and produce, and has settled into its current plants-only CSA program.

They live the simple life with their two kids and two cats, with parents nearby. But simple doesn't mean easy. They work extremely hard without any employees to manage over 100 acres of farmland, some of it leased to other farmers of the same agricultural ilk, which provides additional income. Living and farming in the flood plain offers its own special challenges. They showed us an area that they elected not to farm so they let it go back to nature. High tunnels are employed to extend the growing season at both ends, and 26 varieties of apples are being grown, including for hard cider. The soil is treated gently and renewed with a careful eye on biology, and crooked rows are not a concern.

Their story and information about the farm and CSA are eloquently available on their website and blog, which I highly recommend. It would be hard to find two more thoughtful and creative farmers than Casey and Katie. They have found their niche in the deep, fertile soil of the Willamette flood plain, and are supply organic produce to about fifty families, allowing them to live healthy and nutritious lives with a small environmental footprint.

Thanks to Heather and Victoria for bringing us to Oak Hills Organic. It's one way that extension education can bring farmers together to share their knowledge, experience, ideas and dreams. You can learn more about Small Farm Crop Talks, and attend future meetings by visiting their [website](#).

P.S. In November, 2018 Casey was elected Yamhill County Commissioner. I saw him in a suit at a recent Association of Oregon Counties meeting and he could not have been further from the farm. Despite the juxtaposition, what a great example he offers of leadership and service to community in agriculture and local politics.

Mark L. Chien, MCE office manager

NOTE: OSU Extension has an awesome list of **EVENTS** offered in Marion County in October and November. From cows to spies, forests and macarons, there is something to do and learn from Extension faculty. Please visit the events section at the end of this newsletter for more information and registration.

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## OSU Extension Job Announcements in Salem

**Family and Community Health:** Oregon State University Extension Service Family and Community Health (FCH) program invites applications a part-time (.50 FTE) Education Program Assistant 1 position. This position is located in the Marion County Extension office in Salem and has a priority designation for working with Spanish speaking audiences in Marion County through the utilization of bilingual/bi-literate/bi-cultural skills. This position includes responsibilities in the Extension SNAP-Ed program providing evidence-based interventions through SNAP-Ed ([Supplemental Nutrition Assistance Program – Education](#)) which is a federally funded nutrition education and obesity prevention program targeting SNAP eligible audiences. Click [HERE](#) for a detailed position description and application information. Contact [Carly Kristofik](#) at OSU Marion County Extension for more information. Closes October 14.

**4-H Outreach Program Coordinator:** This position is responsible for the management of a diverse portfolio of educational programming that meets the needs of youth in Marion County. The 4-H faculty oversees 4-H programming and supervises volunteers with expertise in project areas (e.g., health, outdoor adventures, livestock, shooting sports, soccer, leadership, civic engagement, and robotics). All 4-H faculty are expected to use best practices in positive youth development to ensure that educational programs are of high quality and produce their intended outcomes. Programs are implemented in a manner that measures impact, fosters program improvement and strengthens community connections. Click [HERE](#) for a detailed position description and application information. Contact [Melanie McCabe](#) at OSU Marion County Extension for more information. Closes October 9.

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## Drink Water Your Way

### **Information you can use from SNAP-ED Food Hero, OSU Extension**

It is important to drink water every day! Water is essential for life. Choosing water at home and out will save money and lower calories!

**Drink Water Your Way** with these tips from Food Hero!

- Try adding fresh fruits, veggies or herbs that have been torn, cut or mashed to release their flavor
- Try a reusable bottle-choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly
- Make it fizzy by adding sparkling water (unsweetened) with some 100% fruit juice

For more information, visit [foodhero.org](http://foodhero.org).



## **¡Beba Agua a Su Manera!**

*Héroe de Alimentos-OSU Extension*

¡Es importante tomar agua todos los días! El agua es esencial para la vida. La elección de agua en el hogar y fuera ahorrará dinero y reducirá las calorías.

**¡Beba Agua a Su Manera** con estos consejos de Héroe de Alimentos!

- Pruebe frutas, verduras o hierbas frescas que han sido rasgadas, cortadas o machacadas para liberar su sabor.
- Pruebe una botella reutilizable-elija una que es fácil de llevar, llenar, mantener limpia y que tenga un sello hermético.
- Haga una bebida efervescente utilizando agua con gas (sin azúcar) con un poco de jugo de fruta 100%.

Para más información, visite [foodhero.org/es](http://foodhero.org/es).

## 4-H Thrives in Marion County: Volunteers are the Key

**By Melanie McCabe, 4-H/Youth Development Educator**

4-H programs in Marion County and around the U.S depend on volunteers to deliver successful youth programming. Youth who thrive offer many benefits to families and society, and the Oregon Thriving Model was designed to deliver specific outcomes to enhance youth development. Learn more and sign up today! [Read more...](#)



## Evergreen Groundcovers in Un-irrigated Landscapes

**By Neil Bell, Community Horticulture**

If you are a homeowner or gardener you do not like weeds in your landscape. There are many options to



using herbicides to manage weeds, some of them cleverly integrated into landscape design, and require less maintenance and water. [Read more...](#)

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## **Agritourism is More than Just Pumpkins in Marion County**

**By Audrey Comerford, Agritourism Coordinator**

Increasingly small farm businesses are relying on agritourism to supplement farm income. In Marion County, wineries, corn mazes, flowers, farm stands and other value-added products and activities are becoming an important part of the agricultural landscape, while enhancing the sustainability of small farms. [Read more...](#)



## **Upcoming OSU Extension Events in Marion County - October/November**

Please contact the [OSU Marion County Extension](#) if you have any questions about any of these extension events.

### **Fire Prevention and Protection for Home and Property**

Saturday, October 5 from 9:00 AM to 3:00 PM

[The Oregon Garden](#), Silverton, Natural Resources Education Classroom

Learn effective practices to minimize the risk and impact of wildfire on your home and property.

**Home session** from 9-11 AM covers best practices and materials for fire resistant home construction and remodeling, firewise practices for a defensible space, family escape planning and community wildfire protection planning.

**Farm and forest session** from 11-3 PM covers thinning, pruning and ground cover management, risk assessment, planning and implementing fuel reduction to reduce hazards and sources of financial assistance for wildfire prevention practices.

Click [HERE](#) to register - preregistration required. Fee is \$20.

### **4-H STEP Classes: Crime & Spy**

Monday, October 7 from 3:30 PM to 5:00 PM

[Marion County Extension](#), Salem

Calling all 4-H mystery hunters from ages 9-19! Crime and Spy Science will teach you simple spy skills that require creativity and science. You will learn to read invisible ink and determine chemical reactions in a mystery powder. We have a mystery to solve and we need your help! Click [HERE](#) to register. Fee is \$5.

### **Additional STEP classes:**

Tuesday, October 8 - rock painting

Wednesday, October 9 - open house (free)

Thursday, October 10, 10A-12P - photography; 12:30P-2:00P - pumpkin painting

Click [HERE](#) for a list of additional 4-H Events in Marion County

### **Olea Project Olive Field Tour**

Thursday, October 10 from 2:00 to 4:00 PM

[OSU North Willamette Research and Extension Center](#), Aurora

Join the OSU Olea Team for an in-depth look at organic olive establishment, including

propagation techniques, overwintering practices, field management and cultivar evaluation. Click [HERE](#) to register.

### **Magic of Macarons Class**

Monday, October 21 from 6:00 to 8:00 PM

[Gehlar Wellness Kitchen](#) (Bdg D) at the Salem Hospital, Salem

[OSU Extension Master Food Preserver Program](#) teaches tips and strategies for making beautiful and delicious French macarons. Click [HERE](#) to register. Fee is \$25.

### **inFARmation + Beer! Why and How to Buy Local Meat**

Monday, October 21 from 6:30 to 8:30 PM

[Barrel & Keg](#), Salem

inFARmation meetings are educational events that bring farmers and eaters together for education, addressing current issues, and fun. Do you want to know what buying "half a cow" means, or why and how to buy local meats? Join a panel discussion and Q&A with local meat producers, butchers and consumers. Presented by [Friends of Family Farmers](#) and [OSU Extension Small Farms Program](#). Free.

### **Managing to Keep Your Forest Healthy**

Wednesday, November 6 from 6:00 to 8:00 PM

[Oregon Farm Bureau Board Room](#), Salem

This class is for woodland owners who want to learn how to maintain a healthy forest, diagnose tree problems, and understand how climate change affects trees. OSU Extension Forester Glenn Ahrens has decades of experience diagnosing tree problems and managing forests. Free but preregistration is required - click [HERE](#).

### **Vineyard Red Blotch Disease Workshop**

Wednesday, November 20 from 10:00 AM to 3:30 PM

[Oregon Farm Bureau Board Room](#), Salem

This workshop will cover recent research information about Grapevine Red Blotch Disease. Presentations will cover results of OSU-based studies investigating potential insect vectors, how the virus affects grapevine physiology, vineyard management practices to ameliorate virus effects, and effects on wine quality. A technical wine tasting will be included to show sensory impacts. Link to [information and program](#). Fee is \$50. Click [HERE](#) to register.

## **OSU Extension Service: Our Attitude**

We believe that the best way to make a difference is to get straight to the heart of the matter. We start with an accessible and relatable approach and build on it with passion. We listen to our clients, respect their needs, and amplify their voices to create solutions together that empower real and sustainable change. It's what we've done for more than 100 years, and we're committed to doing it for the next 100 years.



**Oregon State University**  
Extension Service

**Thank you for reading our newsletter!**  
**Do you have questions, comments, or suggestions?**

We would love to hear your comments about this newsletter, and what you would like to read about in our next issue of OSU Extension Marion County E-newsletter!

Please send your questions and comments to: [mark.chien@oregonstate.edu](mailto:mark.chien@oregonstate.edu).

Thank You! -- Mark Chien, Editor

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