

OSU EXTENSION, SERVING THE CONFEDERATED TRIBES OF THE WARM SPRINGS

JANUARY/FEBRUARY 2020



Summary

Oregon State University Extension Service - Warm Springs is a collaboration working with The Confederated Tribes of Warm Springs, Warm Springs K-8 Academy, USDA-NIFA, Oregon Farm to School, Seed to Table Program, STEM Beyond School, 4-H programming, community events, Demonstration & Youth Learning Garden and office duties. The mission of Extension is to engage the people of Warm Springs with research-based knowledge and education that strengthen our community and economy, sustain natural resources, and promote healthy families and individuals.

Our Values: Community-based | Accountability | Credibility | Diversity | Partnerships | Responsiveness

Family and Community Health

Activities:

Family Community Health and SNAP-Ed staff continued nutrition and gardening education at Early Childhood Education teaching 8 classes, 30 minutes each. This month's classes focused on importance of soil and what helps to keep it healthy, what plants needs to grow, and the different parts of a plant. Students have enjoyed learning about where food comes from. Staff also visited Warm Springs Academy during lunch recess and during lunch, talking with students about the five food groups and importance of eating a variety of fruits and vegetables.

The annual Iron Chef in the Nutrition Kitchen Cooking series at Warm Springs Academy K-8th (WSA) focused on grades 6th-8th. The series is 8 sessions long, with an additional final regional competition. Throughout the series, students learn about nutrition, food and kitchen safety, proper knife handling, proper measuring and teamwork skills. Each week, two times a week the students learn how to read a recipe, prepare ingredients and cook a meal while learning how to work with different personalities. The eighth lesson is a local cooking competition; the winning team went on to represent WSA in the regional cook-off against Culver Middle School and Jefferson County Middle School. Warm Springs Academy team did an amazing job and placed second at regionals!



Left: Iron Chef in the Nutrition Kitchen participant, Joseph Miller, slices cabbage, the secret ingredient for the contest that must be included in the dish. Photo: Joe Kline Right: Aja'nah Jefferson poses proudly with her team's dish for the evening.



At the Warm Springs Market, staff and faculty did a food demonstration. A survey was conducted of the recipe, Wild Rice with Salmon Stew, a newly adopted Food hero recipe from the work done with the Native American Workgroup through OSU Nutrition. The surveys added to others from across the state to solidify the recipe and its place on the list of approved recipes. Faculty updated the Market display, including adding new food hero recipes, monthlies and dry ingredients needed to make the recipes.

Staff and faculty were active in the Native American Workgroup meetings during this past month, providing input on the new Salmon monthly coming out in April. Staff, Faculty and team continued meetings and work on the Traditional foods project, determining criteria for community advisory board, discussing video edits needed and 3D printing options.

Impacts:

- 8 Warm Springs Academy Students attended each Iron Chef lesson (6 lessons x 1.5 hours)
- The 3 students the won the school Iron Chef Competition, competed in the Regional Final against JCMS and Culver Middle School. The Warm Springs team took home second place with their Citrus Stir-Fry

Grants/Partnerships:

- Food Hero and SNAP Program
- Early Childhood Education
- Warm Springs K8 Academy
- Moore Institute
- St. Charles Healthcare Community Benefit Grant Senior Center Employee

4-H Youth Development

Activities:

John Brunoe met with administrators for the 21st Century After School Program to plan Spring Session of Garden Classes.

John also assisted in the Iron Chef in the Nutrition Kitchen series held at Warm Springs Academy. For more information on the Iron Chef series, please the Family and Community Health Section of this report.

The upcoming OSU Spring Pow Wow 2020 is currently in the planning phase and John is a part of the planning committee. The OSU Spring Pow Wow is a means to honor Native Culture and provide educational outreach. The planning committee has reached out to the nine Oregon tribes, other interested Native nations, and families and youth.

The Senior Center Garden is moving forward. The site is currently being cleaned up and prepared for installing fencing and raised beds. A garden plan is being developed for presentation to the Senior Center staff for approval. We are awaiting more information from CTWS Utilities regarding installing the fence and water for the gardens.

Impacts:

- 8 students attended each Iron Chef lesson (6 lessons x 1.5hrs)
- A garden at the Senior Center will provide more physical activity opportunities to seniors at the Center and more fresh produce for the meals at the Senior Center.

Grants/Partnerships:

- 509-J School District 21st Century After School Program
- Warm Spring K-8 Academy
- Wilson Wewa, Warm Springs Senior Center Manager
- Berlyn Yazzie, Warm Springs Senior Center Cook
- Lucille Shuster, Warm Springs



STEAM in the Garden Youth Paintings decorating the garden gate. Photo: John Brunoe

Our Faculty and Staff:

CAROL TOLLEFSON

Director, COAREC, Local Liaison

TRACY WILSON

FRTEP Program Leader & Agricultural Literacy Coordinator

JOHN BRUNOE

4-H, Family and Community Health Educator

OLIVIA DAVIS

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ELLISE DAVID

Growing Tribal Farms Education Program Assistant

ROSANNA SANDERS

SNAP ED Education Program Assistant

SCOTT DUGGAN

Livestock Assistant Professor (Practice)

CLARE SULLIVAN

Small Farms Assistant Professor (Practice)

NICOLE STRONG

Regional Director

Agriculture and Natural Resources

Activities:

Scott Duggan is working with tribal members to schedule them for the annual Brucellosis testing and cattle vaccination clinic February 20th. Scott continues to work with individuals providing resources and recommendations such as cattle tags and dewormer.

On February 12th the Growing Tribal Farms program hosted a Loan Workshop in partnership with Akiptan, which is a Community Development Financial Institution (CDFI) that provides loans and technical assistance to those in Indian Agriculture. The workshop had over 20 people that attended to learn more about the loans through Akiptan and to get to know the CDFI manager. We are grateful that the CDFI Manager took the time to present on the services that they have to offer, while staying late to ask questions of the participants to better assist them.

Seven of our Growing Tribal Farm adult participants will be attending the Small Farms conference on February 22nd in Corvallis. The Small Farms Conference is a full day conference that covers farming issues, practices, laws, regulations, and more. The Small Farms Program was also generous enough to have set money aside to cover the cost of registration and the



Attendees at the Akiptan Loan Workshop learned tips and information for applying for different loans through traditional methods and the Akiptan CDFI. Photo: Ellise David

rooms for our Tribal Farms participants.

We are also in the process of scheduling other workshops for the participants, workshops such as: soil, predator prohibitive practices, general hoophouse knowledge, and more. There are also many people that will work with the adult participants on a personal level, that will take the time to do hands on training one-on-one.

Impacts:

- It is mandatory to vaccinate heifers for Brucellosis. When tribal members bring unvaccinated cattle to the auction yard to sell, the auction yard performs this service at a cost of \$6 per heifer. The cost

of the vaccination through the OSU Extension Clinic is \$1, a cost savings of \$5 per heifer.

- 20 tribal members (adults and youth) attended the Akiptan loan workshop
- 7 tribal members will be attending the Small Farms Conference in Corvallis free of charge

Grants/Partnerships:

- USDA-NIFA FRTEP Program
- Akiptan CDFA
- OSU Small Farms Program
- Warm Springs Range and Ag Department
- USDA-Animal & Plant Health Inspection Service

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