

FOCUS on Extension

Serving Clackamas County Citizens

Clackamas County Extension Office

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<https://extension.oregonstate.edu/clackamas>

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Special Issue of Focus on Extension

Welcome to our spring edition of Focus on Extension. In this issue, we share our continuing efforts to extend our reach to help and support you and stay engaged with the communities we serve. We are here for you.

On March 16, the University issued a “Stay at Home” order. Then on March 23, Governor Kate Brown issued an executive order number 20-12 “Stay Home, Save Lives.” Our Extension offices in Clackamas County have remained in operation but physically closed to the public. Our staff continues to work hard behind the scenes remaining flexible, planning, posting resources on social media, and providing support with every challenge this pandemic throws at us.

Faculty and staff are providing services and information to the public via email, video, audio, social media, webinars, and other creative means you will learn about in this newsletter. Administrative assistants are checking voice messages every two hours and regularly meeting with our teams through video conferencing. Everyone is doing their best to adjust to the new “normal.”

If you find you have a question or need assistance related to any of our services or programs, please don't hesitate to call and leave a message. We are tracking all calls to ensure your questions are answered in a timely and professional manner. We are also picking up mail daily and scanning documents, or leaving mail on faculty member's desks to access when they pop in for short check-ins or needed resources.



For over 100 years OSU Extension Clackamas has provided information and expertise to help meet local challenges and we will continue to be here to support our community and its residents.

Remember to stay home, stay safe, and save lives.

Leah Sundquist
Administrative Faculty, County Liaison



Oregon State University
Extension Service
Clackamas County

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Gardening for Health and Wellness

In the midst of challenging times, activities that support health and wellness, calm us, and renew our spirits are sorely needed. Gardening can provide just that! Some of the rewards of gardening are obvious: beauty to behold, fresh flowers to gather, ripe tomatoes to harvest, or a sanctuary created for wildlife. Beyond the obvious rewards and benefits of gardening, various studies have shown the following:

- Moderate aerobic activity of gardening has physical benefits for cardiovascular, bone, and muscle health.
- The act of gardening and being outdoors can lower stress, reduce blood pressure.
- Exposure to a beneficial bacterium in soil can increase levels of serotonin and reduce anxiety.
- Gardening activities can improve memory and brain function.
- Those who grow vegetables (including children who garden) increase fruits and vegetables in their diets.



Currently, so much of life seems to be upside-down and filled with uncertainty. Gardening is an act of optimism that can not only provide solace, but also many benefits to our health and wellness. Get your hands into the soil, sow a seed, plant a seedling, harvest a blooming bouquet, yank a weed, grow a vegetable, or watch the flowers unfurl!

Great Resources for Home Gardeners

Whether you are a gardening novice, long-experienced or somewhere in-between, OSU Extension Service offers a wealth of resources to support those seeking to successfully and sustainably garden at home. Here are just a few of the many valuable resources OSU provides.

Do you want to grow your own vegetables this season?

[Growing Your Own](#)

Integrate gardening into your kids' new learning at home routine

[An Educators Guide to Vegetable Gardening](#)

Do you want to dive deep into vegetable gardening?

[FREE Through April – Master Gardener Online Short Course – Vegetable Gardening Series](#)

Encourage kids to explore in the garden

[Gardening with Kids](#)

A great DIY gardening project

[How to build your own raised bed cloche](#)

Nurture these hard working pollinators

[Nurturing Mason Bees in your Backyard in Western Washington](#)

When you are picking up supplies, get some compost, fertilizer, seeds, and transplants to grow your own. April is also an important month for lawn care. Learn how to keep it looking good.

[April Gardening Tips Video](#)

To peruse a wide array of OSU Extension Service gardening focused publications go to: <https://extension.oregonstate.edu/gardening>

Got Gardening Questions?

Do you need advice on growing strawberries? Do you have a plant disease problem? Would you like some guidance on growing vegetables from seeds? OSU Master Gardeners are available to answer your gardening questions!

While our Extension offices are closed during the state's 'Stay Home. Stay Safe.' order, you can reach an OSU Master Gardener or Extension agent via ['Ask an Expert.'](#)



*Marcia McIntyre
Master Gardener Coordinator*

Resiliency for Small Farmers and Farmers' Markets in the Time of COVID-19

A new farming season brings many changes, in 2020 the COVID-19 pandemic is bringing change to everyone in the Clackamas County community. Farming requires adaptability and resiliency in the best of years, this year small farmers have been using their ingenuity, creativity, and hard work to respond to the challenges to safely provide food to customers.

Restaurants are closed or have switched to pick-up orders only, causing a decrease in produce orders from farms. Crops that were slated for restaurants are still being harvested and farmers are coming up with ways to get this food to consumers. More people are cooking at home and are looking for ways to safely access fresh produce and support local farms. Community Supported Agriculture (CSA) and farmers markets are two places where produce direct from farmers is available.

Farmers are turning to the CSA model and online payment platforms to provide this food to consumers. This model is where community members sign up for a farm subscription, pre-pay, and receive a weekly box of produce and other farm products throughout the season. Some farms that sell primarily to restaurants are using a modified version of the traditional CSA model and are offering weekly boxes without the full season commitment and pre-payment requirement. Most of these are on a first-come, first-served basis. This allows the farmers to sell their crops and have income during the spring season that would often come from restaurants. When restaurants open again most of these farms will return restaurant sales.

Farms have been updating their food safety plans to keep themselves, employees, and consumers healthy, and these are being adapted. Melissa Streng of Sunlove Farm has added a CSA home delivery option for certain areas. Melissa sees this as safer option than bulk pick-up, but it comes with logistical challenges. She has added a small fee for home delivery to cover the extra fuel and labor costs.

The Oregon City Farmers Market (OCFM) has been making big changes to remain open during the COVID-19 crisis by switching to pre-order and drive-thru only. Farmers markets are considered essential businesses. Customers use an app to pre-order and pay for products from market vendors. On market day from 10:00 am to 2:00 pm customers drive thru to pick-up their orders. There is no walking and browsing through the market. The OCFM had been using the app already, but not all vendors had signed up. Farmers are learning new online platforms for selling products and adding additional communications to customers to keep everyone safe.

We are looking forward to the day when CSA pick-up and farmers markets return to a place of congregation and celebration in close proximity when social distancing rules are lifted. We are grateful to the farmers and market managers who are adapting to new ways of supplying fresh and healthy farm products and to consumers that continue to support farmers during this time. The OSU Extension Small Farms Team has put together a [Small Farms, Local Food, and COVID-19: What You Need to Know' resource page](#) with additional information.

Heidi Noordijk

Metro-area Small Farms Program Outreach Program Coordinator



30 Years of Learning New Ways to Grow: Tree School 2020

Clackamas Tree School, set for March 21, 2020, would have marked our 30th anniversary. Since 1991, the Clackamas County Extension office has been organizing this forestry education event for anyone interested in learning about forestry and natural resources. Through the years it has grown and become what it is today, the largest annual forestry education event in Oregon (75 classes, 70 exhibitors, and 800 people). Not only has it grown in size, it has also inspired five other Extension offices throughout the state to develop Tree Schools with the hope that more will follow.

“It has really been fun to watch this event grow over the years,” said Mike Bondi, former Extension Forestry Agent in Clackamas County and originator of the program. “The first Tree School grew out of the Clackamas County Farm Forestry Association’s Annual Meeting. We were looking for a different way to approach forest owner education—providing lots of different classes, all in one day, that would appeal to a large number of landowners, each with their own interests of what to learn. The learning opportunities, coupled with a great group of exhibitors who provide important products and services for the landowners, amazing instructors with great expertise, and a huge crowd of people for attendees to network with, all helped build this incredible event. That first Tree School had 125 attendees and 24 classes. Look at it today—it just gets better every year!”



As our global community is increasingly affected by COVID-19, it has been difficult coming to terms with the decision we were forced to make to postpone Clackamas Tree School this spring. But we have begun working on a plan for a Tree School webinar series and fall field day in order to deliver many of the classes that were meant to be taught on March 21. Further details will be coming soon, and we will continue to post information on our Clackamas Tree School website and our local Forestry Facebook page. To read the full article online, see page 7 of the latest issue of [Woodland Notes](#).

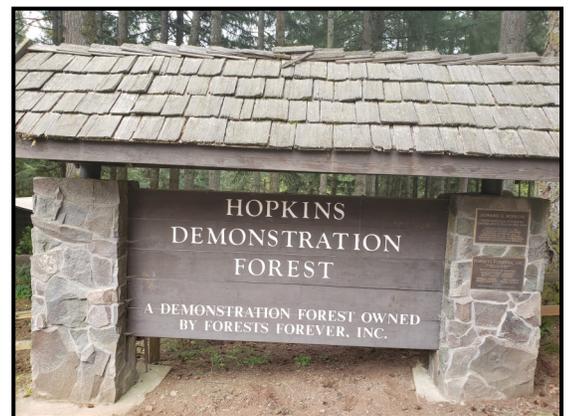
*Amanda Brenner
Forestry Education Program Assistant*

Hopkins Demonstration Forest Going Live for Remote Education

The Hopkins Demonstration Forest is currently working to continue its efforts of outreach and engagement by piloting a Live interactive field tour opportunity for Oregon’s youth. Starting in mid-April and running as long as needed, Oregon’s youth will be invited to join a virtual tour out in the forest. These short, grade-level appropriate, science lessons (15-45 minutes) will be delivered to area schools and educational groups. They will be a LIVE and interactive opportunity to spend a little time out in the woods from their remote locations. Field tours can be scheduled and topics will be customized to address your school’s or group’s interest and educational objectives. Currently, we are looking



to do this through Facebook Live, utilizing mobile video technology. However, this might evolve as we learn from the new opportunity. If your school or educational group is interested in being a part of this new endeavor, please contact peter.matzka@oregonstate.edu or call 503-884-6202. We will also be posting information and a schedule of tour opportunities on the Hopkins Facebook page soon [@hopkinsdemonstrationforest](#).

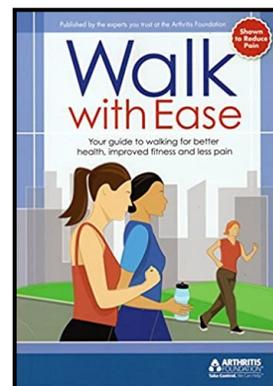


*Peter Matzka
Forestry Outreach Coordinator*

Stay Active at Home

To help you eat healthy and stay active while being asked to stay home to lessen the effects of the COVID-19 pandemic, we recommend that you access the following resources:

- Kids can be active every day with BEPA 2.0 videos led by OSU students. Try [Activate the Alphabet](#) for young ones, or [Overhead Relay](#) for older youth.
- Adults can be active too! Join the [Walk With Ease self-directed program](#), offered free through OSU Extension. It is ideal for those who are normally sedentary, and who now find themselves with the desire and the time to begin a walking program.
- Older adults may enjoy the Better Bones and Balance program, now available for free for a limited time. Watch the [video here!](#)
- Food Hero has a [special page for activities](#) to do at home as a family in both English and Spanish. Try the gardening activities to grow your own veggies!
- Food Hero also recently debuted an edition of their [newsletter for Older Adults](#). Be sure to try the Three Sisters Soup and the Blueberry Crisp!
- Feeling a little stressed out or anxious? The Center for Disease Control and Prevention (CDC) has a variety of resources available to help you cope during this uncertain time on [their website](#).



The OSU Extension Service is working hard to implement new ways to serve the community. Please let us know how we can support you during this time.

*Erin Devlin
Family and Community Health Faculty*

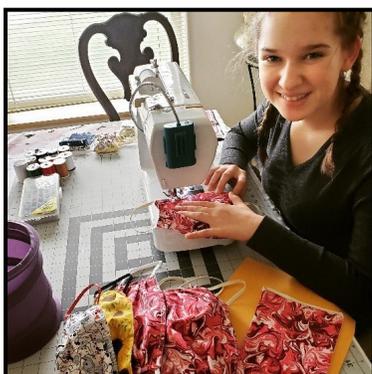
Covering Our Communities

Let the new OSU Extension initiative help you. We follow the Center for Disease Control, Oregon Health Authority and university guidance on face coverings. Find complete information and instructions to make your own coverings for yourself, friends, family or to donate. Find the latest COVID-19 resources for OSU Extension here.

Published by OSU Extension

4-H Makes a Difference

A Clackamas County 4-H member who enjoys sewing is doing her part to "Be The Difference." Deja is only one of many 4-H youth, volunteers and staff who have chosen to sew masks to help their community. For the next month, 4-H programming has gone online! Check out our [4-H website](#) for events and meetings being held online through the month of April.



4-H youth Deja Fitzwater hard at work.

*Jan Williams
4-H Youth Development Faculty*



Preparedness While Stay Home, Save Lives COVID Executive Order is in Place

Well, a pandemic is surely not what anyone would have expected. We never expected we would all be staying home, working remotely, and constrained by a shortage of resources in the store. We are in a “new normal,” potentially for the next several months. As we stay home to save lives, let’s consider some things you and/or your family can do to enhance your emergency preparedness. Now is a good time for you and your children (make it a family event) to gather the supplies needed to sustain yourself if there were an emergency or a Cascadia Subduction Zone event. It is not “if” but “when,” so let’s be prepared.

First, make sure to get a schedule in place, and pick times to work on this project. Pick a weekend and complete the kit in a day, or spread it out during the week. It won’t take long to complete each kit, especially if you have children who can help out, make it a game, and learn at the same time.

Start with making a plan. There are many resources available that can help you with the process. The best guide to use is what FEMA recommends in their *Ready* campaign at <https://www.ready.gov/>. Refer to their Make A Plan page as a starting point. As you prepare, consider the number of family members and assume that you will need to sustain everyone for a minimum of 72 hours.

The home kit needs to fit your family needs. Once you have developed your plan, there is a link to Build a Kit <https://www.ready.gov/kit>. You may have young children, pets, and elderly family members to prepare for. Some of them may medical needs to consider. Think about what each family member will need in your home kit. Be sure to include items like pet food and water, infant formula and supplies, feminine hygiene products, first aid items, and a 90-day supply of prescriptions for both family members and pets, if needed. Place the items in a container big enough to hold all the family needs and that will withstand adverse weather conditions. Store the container in a place that is easily accessible, even in the case your house is damaged in an earthquake. Consider a strong radio that can be used as a USB charger for a cell phone. Use your gas grill or make a box oven out of a cardboard box using charcoal for cooking. The OSU Extension Service will deliver emergency preparedness classes demonstrating these ideas and more, as soon as stay and home order is lifted. Stay tuned for the dates.

The car kit will be easier to make, but be sure to consider the potential number of passengers you would be transporting. The section on car safety <https://www.ready.gov/car> will assist you with brainstorming what items to place in the kit that will fit your needs. Your kit may fit into a big lunch igloo container, but any sturdy container will do. It needs to be sturdy. Car kits need to contain both emergency items from the emergency kit section, as well as car specific items.

The work kit can be a “go bag” that hangs on the back of your work chair or sits next to your desk to easily grab it in an emergency. It might also need to be used in the building if you are unable to exit for a period of time. Your kits needs to be personalized with what supplies you will need for at least 24 to 48 hours. Depending on the emergency, you may need to walk home or to a shelter, so be sure to include comfortable shoes in your kit. Lastly, make sure you have a list of family or friends to contact to let them know you are okay and check on other family members.

If you want to consider an emergency preparedness resource closer to home, the [Oregon Emergency Management website](#) has a section with a **2 Weeks Ready** link. There is also as an emergency kit link where Red Cross has integrated a quiz for you to check your preparedness.

There is no better time to prepare than while the while at home and the situation has your focus. You have time to make a plan and gather supplies for kits that can save lives in the future. If this pandemic is concerning, consider how a potential 9.0 earthquake could affect your daily life. Let’s get prepared.



Example of a car kit.



Example work go bag.

Leah Sundquist
Administrative Faculty, County Liaison

A Message from our Regional Director:

In these unprecedented times, there's one thing we know for sure: the COVID-19 pandemic is affecting all members of our community. I want you to know that Oregon State University Extension is here to help. Given the rapidly escalating situation with COVID-19 in our state and local communities, our dedicated employees are committed to keeping Oregonians safe, healthy, and informed. We find ourselves in uncharted territory and our team continues to look for new ways to ensure we are making the most of this remote work period mandated by Governor Brown's "Stay Home, Save Lives" executive order. We are heartened by the outpouring of kindness and support from our volunteers and community. We are also proud of the excellent leadership from OSU campus and their swift response with guidance from health authorities and medical experts to protect our students, employees and greater community. We are all in this together with the intent to slow the spread of the virus.

Let us help replace uncertainty with curiosity. OSU Extension is here for you and here to help. We have provided many resources in this newsletter and we are happy to respond to your inquiries and assist during this time. One way to get in touch or share tips is on our Clackamas County twitter account. Check it out!

Please stay safe and healthy by staying home, observing good hygiene, remaining positive, and focusing on how we will all learn from this pandemic and become more united and stronger, together. Please continue to reach out and share feedback or questions. For the most up-to-date information on the COVID-19 situation, please visit [OSU COVID website](#). Please, #BEaverSTRONG, and know that together, we can move beyond this — and any — obstacle.

Most sincerely,
Angela

*Angela Sandino
North Willamette Regional Director
Clackamas, Multnomah & Washington counties*

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