

FOCUS on Extension

Serving Clackamas County Citizens

Clackamas County Extension Office
February – April 2020

200 Warner Milne Road, Oregon City, OR 97045

503-655-8631

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Island-Style Cooking This Winter

Lahaina Phillip, an enthusiastic and dedicated Community Health Worker and community organizer for Micronesian and Pacific Islander communities, approached our OSU Extension Family & Community Health program with the idea for a healthy cooking class for islanders. We brought Oregon Food Bank on board and they graciously agreed to donate funds for the food. Elena Illescas stepped up to teach the six-week Cooking Matters curriculum from Share Our Strength. The class began in January at the OSU Extension office. Our amazing volunteers are Madie Phillip, Myra Horn, and Janet Hohman.

Despite the chilly conditions they face on Tuesday evenings, the class participants arrive with smiles and hugs for each other, listen attentively to the nutrition lesson, and dive into cooking the recipes with skill and a collaborative spirit. At the end of the class, we all eat the delicious dinner together, and participants get to take home ingredients for the main dish to prepare for their families at home. We are honored and thankful to have the opportunity to learn about Islander culture and foods through this class, and are submitting some of the recipes to [Foodhero.org](https://www.foodhero.org) to hopefully be added to their website.



Tasting the fruits of their labor.

Erin Devlin
Family and Community Health Faculty

Clackamas 4-H Goes National

This was the third year for Oregon 4-H sent a state team to the Family Consumer and Sciences Classic Contest at the Western National Roundup in Denver, Colorado. The Oregon State 4-H Team included two Clackamas County 4-H members, Katie and Sarah Irwin. More than 1,500 youth from all over the United States and parts of Canada attended the event on January 9-12, participating in more than a dozen judging and presentation contests. Clackamas County 4-H staff Trisha Applebee and Jan Williams, coached the Oregon team.



Jan Williams
4-H Youth Development Faculty

Featured from Left to Right: Katie Irwin (Clackamas County), Katie Jones (Crook County), Aidan Haney (Crook County), Trisha Applebee, Jan Williams, Sarah Irwin (Clackamas County), Jillian Layton (Polk County), Kristin Felsch (Washington County), Shelby Burgess (Union County).

Basic Woodland Skills Always in Demand

With over 5,000 family forest owners taking care of about 200,000 acres in Clackamas County, there are always people who need to learn fundamental forestry skills. OSU Extension offers many pathways to learning including in person, online, and printed materials. An upcoming opportunity for woodland stewards is the Basic Woodland Management Course. This will be held at Hopkins Demonstration Forest starting February 27. The four-session course is for anyone who is just starting out taking care of a woodland property. It also serves as preparation for the OSU Master Woodland Manager Training to be offered this August-November. Basic topics include:

- Exploring your woodland property and it's potential with respect to your goals.
- Assessing current woodland resource conditions, forest health, and stages of development.
- Tree planting, weed control, care for an established forest, and improving forest conditions.
- Safety, tools and techniques, timber sale logistics, and regulations.

For more information on the Basic Woodland Management course, see <https://beav.es/44V>.



Glenn and Jimmy demonstrating proper tree coring technique.

*Glenn Ahrens
Forestry Faculty*

Seeking Advisory Council Members

If you know of a potential interested resident to serve on our Advisory Council, please let us know. We meet one evening a month and discuss Extension programming, hear presentations from faculty, and get reports from the Regional Director as well as the County Liaison. We also receive updates on our new building and the progress of fund development. We enjoy a full dinner that is cooked, baked, or bought by the members. Dinner is available at 6:00 pm and the official meeting starts at 6:30 pm. I invite you to join us and see if the committee is one you would be interested in joining. We are always in need of community volunteers. For more information, contact me by phone 503-655-8622 or by email at leah.sundquist@oregonstate.edu.

*Leah Sundquist
Incoming County Liaison/Office Manager*

**THE SPRING GARDEN FAIR
IS COMING.
SAVE THE DATE!**

Clackamas County Master Gardeners™
SPRING GARDEN FAIR 2020
annuals and perennials • vegetables and herbs • trees and shrubs • garden art and tools

May 2 & 3
Saturday 9am - 5pm
Sunday 9am - 4pm

Clackamas County Event Center
694 NE 4th Ave. Canby, OR 97013
www.springgardenfair.org

• Two Full Days of Shopping
• \$5.00 admission • FREE parking

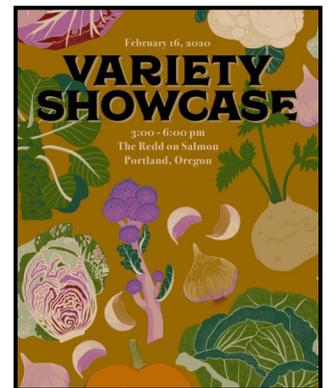
Local Farmers Busy All Winter, Too

Even on these cold, wet, nasty days, local farmers are busy. There are still tasks to be done throughout the winter on the farm like pruning berry crops, fixing fences, and repairing equipment and buildings — not to mention tending animals if the farm includes livestock. The big focus for many during the winter is attending grower meetings, education programs, and keeping up-to-date on the latest research and regulations.

During these past couple months, local OSU Extension faculty at the North Willamette Research and Extension Center (NWREC) in Aurora have organized and/or taught educational sessions at more than 30 events for hazelnut, vegetable, and specialty seed crop growers plus Christmas tree, berry, field crop, and small acreage farmers. Nearly 3,000 farmers and agri-business professionals have participated in these programs.

Examples of the most recent events for NWREC Extension faculty occurred just this past week and included the Winter Vegetable Variety Field Day. This was held at NWREC on February 13. It was attended by 55 farmers comparing field results for new varieties of broccoli, cauliflower, and cabbage in the north valley. On Sunday, February 16, the Culinary Variety Showcase was held in Portland to bring together local restaurants, chefs, plant breeders, researchers, and the public in a foodie event highlighting new varieties of fruit and vegetables under development. Local chefs did an amazing job preparing incredible dishes for sampling to highlight the flavors and appearances of the produce.

Mike Bondi
Clackamas County Liaison

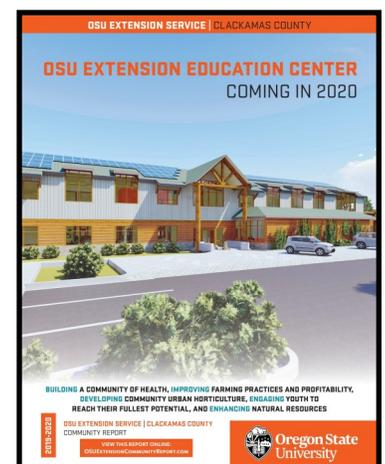


Extension in the News

Our 2019-20 OSU Extension Community Report hits the streets in February! The glossy 24-page magazine is our annual publication featuring an event calendar, stories, photos, and highlights of the work our Clackamas Extension programs have been involved with in the community throughout the year. It is distributed in Portland area Pamplin Media newspapers, at libraries throughout Clackamas County, and available online:

www.OSUExtensionCommunityReport.com.

You can also pick up copies for your business or community location at our Oregon City office. It makes a great coffee table book and keepsake!



Future Events

February:

County Advisory Meeting: Thursday, February 20 at the Extension Annex. Potluck dinner starts at 6:00 pm and the meeting begins at 6:30 pm. Contact Leah Sundquist: leah.sundquist@oregonstate.edu.

4-H New Leader Orientations: Tuesday, February 27 at the Extension annex. There will be two sessions times available. The first from 9:00 to 11:30 am and the second from 7:00 to 7:30 pm. Pre-registration required. Contact Trisha Applebee: trisha.applebee@oregonstate.edu.

Basic Woodland Management Course: Starting Thursday, February 27 from 6:00 to 8:30 pm at Hopkins Demonstration Forest. This is the first of four sessions for participants starting to manage a woodland property. Pre-registration required. Contact Glenn Ahrens: glenn.ahrens@oregonstate.edu.

March:

Free Food Market Booth: Tuesday, March 3 from 10:00 to 11:30 am at the Beaver Creek Health Clinic. SNAP-Ed offers Food Hero tastings and relevant resources. Contact Erin Devlin: erin.devlin@oregonstate.edu.

Garden Discovery Day: Saturday, March 7 at the Milwaukie Center. Clackamas County Master Gardener Association invite the community to attend a whole day dedicated to gardening. Contact Marcia McIntyre: marcia.macintyre@oregonstate.edu.

Free Food Market Booth: Thursday, March 12 from 10:00 to 11:30 am at the Oregon City DHS office. SNAP-Ed offers Food Hero tastings and relevant resources. Contact Erin Devlin: erin.devlin@oregonstate.edu.

Community Forestry Day: Sunday, March 15 from 8:30 am to 2:30 pm at Hopkins Demonstration Forest. Pre-registration requested. Contact Peter Matzka: peter.matzka@oregonstate.edu.

County Advisory Meeting: Thursday, March 19 at the Extension Annex. Potluck dinner starts at 6:00 pm and the meeting begins at 6:30 pm. Contact Leah Sundquist: leah.sundquist@oregonstate.edu.

Tree School: Saturday, March 21 starting at 8:00 am at Clackamas Community College. Participants must be pre-registered. Contact Glenn Ahrens: glenn.ahrens@oregonstate.edu.

4-H Tack and Bake Sales: Saturday, March 21 starting at 8:00 am at the Clackamas County Event Center. These are fundraisers for the horse and HEARTH project areas. Contact Wendy Hein or Jan Williams: wendy.hein@oregonstate.edu or janaleen.williams@oregonstate.edu.

April:

Free Food Market Booth: Tuesday, April 7 from 10:00 to 11:30 am at the Beaver Creek Health Clinic. SNAP-Ed offers Food Hero tastings and relevant resources. Contact Erin Devlin: erin.devlin@oregonstate.edu.

Free Food Market Booth: Thursday, April 9 from 10:00 to 11:30 am at the Oregon City DHS office. SNAP-Ed offers Food Hero tastings and relevant resources. Contact Erin Devlin: erin.devlin@oregonstate.edu.

Community Forestry Day: Saturday, April 11 from 8:30 am to 2:30 pm at Hopkins Demonstration Forest. Pre-registration requested. Contact Peter Matzka: peter.matzka@oregonstate.edu.

This publication will be made available in accessible formats upon request. Please call 503-655-8631 for information. Accommodation requests related to a disability should be made at least two weeks before the event to the contact person listed.



Agricultural Sciences & Natural Resources, Family and Community Health, 4-H Youth, Forestry & Natural Resources, Extension Sea Grant, Open Campus, and Outdoor School programs. Oregon State University, United States Department of Agriculture, and Oregon counties cooperating. The Extension Service offers its programs and materials equally to all people. Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity.