4-H, ‘All About Hands-On,’ Goes Remote

By Mitch Lies,
GROWING Editor

4-H, as anyone who has participated knows, focuses on hands-on learning. That, however, hasn’t stopped the popular Oregon State University Extension program from thriving in a time of remote learning.

“Most of 4-H prior to COVID was all about being hands-on,” said 4-H Youth Development Faculty for Linn County Extension Andrea Leao, “so we’ve had to figure out how do we develop our hands-on program so that we can deliver things virtually to kids in a way that they are still getting what they need out of it.”

Benton County’s 4-H Wildlife Stewards program, which introduces youth to wildlife through hands-on activities and instructions, went virtual in 2020, but still had more than 50 youth developing and presenting wildlife-based projects, according to Maggie Livesay, 4-H youth development faculty for Benton County Extension. And Benton County 4-H once again in 2020 is holding its nature journal contest, in which participants submit nature photography and creative writing, and it is working on a video with curriculum for a virtual field-trip series featuring Beazell Memorial Forest.

Showing animals at county fairs, a staple of 4-H, involved creating videos and showing the animals virtually to judges this year, Leao said, which was less than ideal but workable. Fortunately, she said, Linn County 4-H was able to conduct live Market Animal Shows in person. “But it was very different,” Leao said. “Everyone was scheduled to come in at a certain time and show their animal and it was socially distanced.”

Both Benton and Linn County 4-H held virtual Youth Livestock Auctions, and both reported successful events, with Benton County reporting that members sold 195 animals totaling $417,000.

Linn County 4-H also was able to conduct its tractor training course for youth this past summer, a course that relies on in-person and hands-on training, adjusting for COVID restrictions by conducting the classwork portion of the program virtually, and holding the training in an outdoor setting with social distancing.

“Tractor training does not work well online,” Leao said, “so we came out and did the driving on a farm so we could get the youth certified.

“I personally certified 82 kids this summer so that they could go to work on farms and meet that need of the ag community this summer,” she said.

Benton County Extension in October conducted a professional development workshop for teachers and is working on a virtual field day to stand in for its usual FOCUS field trips. FOCUS, an acronym for Forests, Organisms, Creeks youU Study, is a 4-H natural science program.

Also, a group of Benton County 4-H ambassadors, made up of 9th to 12th graders, created and produced short educational videos demonstrating certain skills, from the proper way of showing a pigeon to creating halters for livestock. The videos were shared with the 4-H community via a biweekly electronic newsletter so that other 4-H members could learn new skills at home during the pandemic, said Carolyn Ashton, local liaison for the county Extension Service and 4-H Youth Development faculty.

A Marion County 4-H program, called 4-H & U, also has been available for 4-H members in Linn and Benton Counties.

Continued on Page 20
Who We Are
The Oregon State University Extension offices in Linn and Benton County offer practical, lifelong learning experiences. We sponsor conferences, workshops, demonstrations, tours, and short courses. We recruit, train, and manage volunteers who assist us with community outreach and education. Our Extension faculty and volunteers answer questions and give advice by phone, in person, through e-mail, and on our Websites. We provide brochures and flyers with specific information on a variety of subjects. We are funded by a cooperative partnership between Oregon State University, the U.S. Department of Agriculture, and our local counties.

Office location and hours
The Benton County office is located at 4077 SW Research Way in Corvallis. Office hours are 8 a.m. until 5 p.m. Monday through Friday. Telephone: 541-713-5000. http://extension.oregonstate.edu/benton.
The Linn County office is located at 33630 McFarland Rd (on the corner of Old Highway 34 and McFarland Road), in Tangent. Office hours are from 8 a.m. to 5 p.m., Monday through Friday. Phone 541-967-3871. Seed Certification phone 541-967-3810. http://extension.oregonstate.edu/linn.

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Benton County 4-H Volunteers Step Up
By Mitch Lies, GROWING Editor
As in Linn County, the county Extension Service was a key player in helping with livestock evacuations due to wildfires in Benton County. Carolyn Ashton, the local liaison for Benton County Extension and 4-H youth development faculty, said she began coordinating with Benton County Fairgrounds Manager Lynne McKee as soon as she heard that people were evacuating animals.

“I pulled together a team of volunteers to set up panels and create pens and stalls to house evacuated animals on September 8,” she said, “and by that evening, animals began to show up.” Ashton said she had over 75 responses from 4-H members and 4-H leaders who volunteered from September 9 through September 19.

Extension Leads Spirited Volunteer Effort
By Mitch Lies, GROWING Editor
September 8 started out as a typical day, albeit smoky, for Linn County Extension Office Manager and Local Liaison Michele Webster. There were wildfires raging in the foothills of the Cascades to the east of the Tangent office, which were forcing evacuations, destroying structures and filling the air with smoke and ash, but things were relatively normal in the office.

Nothing, however, was typical about the next 12 days.
About 1 p.m. that Tuesday, Webster fielded a phone call from Linn County Commissioner Will Tucker, who was looking for help coordinating and handling livestock that were being evacuated to the Linn County Fairgrounds.
“Extension and 4-H came first to my mind,” Tucker said. “My concern was with so many people coming, without qualified and experienced leadership and kids who know that facility, who had been there with 4-H for county fairs, I could have injuries, I could have animals hurt and I could have illness go undetected,” she said.

Webster closed the Extension office at 3 p.m., which was running at short staff because of COVID restrictions, and headed to the fairgrounds to help the dozens of 4-H youth and adult volunteers who showed up to help care for and feed the livestock. Soon, however, she realized she needed to do more than just provide a helping hand.
“I realized we needed to have a more organized system and I came up with a spreadsheet for better tracking. Then my son and daughter-in-law created a livestock barn map and uploaded the spreadsheet to a Google document, which helped enable us to know who had animals there, how many animals were there, what species of animals were there, which animals we needed to take care of and feed and which ones the owners fed,” Webster said.

She would spend between 8.5 to 14.5 hours per day at the fairgrounds for the next 12 days, including working several 12-hour-
Obesity and Covid-19

By Alexis Rocha, OSU Dietetic Intern

There seems to be a strong correlation between obesity and severe COVID-19 symptoms. This is due to unfavorable comorbidities with obesity such as high blood pressure and heart disease and having a cluster of conditions like elevated blood pressure, elevated fasting glucose levels and triglycerides that may contribute to conditions like metabolic syndrome. Being active, eating healthy and keeping aware of your health is important for disease prevention. In-home or outdoor activities with physical distancing and practicing mindful eating habits could lower the risk of severe outcomes during this pandemic. Click the link below for ideas on how to be physically active while maintaining physical distancing.


Small tips can make big changes to healthy eating:
- Vegetables provide many micronutrients and fiber. Including different types of vegetables will increase important micronutrients as they can differ in vitamin A, vitamin C, vitamin K, vitamin E, assorted B vitamins, potassium, magnesium, copper and iron content. Include 2 ½ cups of red, purple, orange or dark green vegetables a day to create a colorful dish and pack your diet with vitamins and minerals.
- Fruits can contain important nutrients such as fiber, potassium and vitamin C. The U.S. Healthy Eating patterns recommends eating 2 cup equivalents per day for a 2000 calorie diet. Get creative and create beautiful plates by contrasting colors with fresh fruits. Or create a tasty smoothie with frozen fruits. Shop for the best deals by eating with the seasons! Don’t know what is in season? Find out on the Seasonal Produce Guide. (https://snaped.fns.usda.gov/seasonal-produce-guide)
- The Healthy Eating Pattern Guidelines recommend limiting added sugars to less than 10% in a daily 2,000 calorie intake and even less for a lower calorie diet in order to make sure an individual is meeting their nutrient requirements without overeating. Here are a few simple ways to check a nutrition label for added sugars.
- Check for common names of added sugars in the ingredient list. Sucrose, dextrose, fructose, honey, molasses, glucose and brown sugar are all just different names for the same outcome: added sugars!
- This is a quick reference to find the portion of calories this contributes to a 2,000-calorie diet. Check the amount of sugar by finding the added sugars and checking the daily value percentage.

Not everyone is following a 2,000-calorie diet so they may need to multiply 0.1 by their calorie allotment to find a limit on their sugar intake. In order to find how many grams of added sugar, divide the calorie limit by 4.

<table>
<thead>
<tr>
<th>COLORS</th>
<th>VEGETABLE EXAMPLES</th>
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<tr>
<td>Red and orange</td>
<td>Carrots, Pumpkin, Red peppers, Tomatoes, Tomato juice, Sweet potato, Winter squash (acorn, butternut)</td>
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<tr>
<td>Purple</td>
<td>Beets, Eggplant, Purple potatoes, Red cabbage, Purple cauliflower, Purple carrots, Purple asparagus</td>
</tr>
<tr>
<td>Dark green</td>
<td>Broccoli, Spinach, Raw leafy greens, Romaine, Dark green leaf lettuce, Endive, Escarole</td>
</tr>
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</table>
Finding the Weight Loss Approach that Works for You

By Alexis Rocha, OSU Dietetic Intern

With so many diet approaches and endless information, it seems impossible to choose the right way to lose weight. The truth is that there is not a one-size-fits-all diet for people wanting to shed a few pounds. We will explore the pros and cons of focusing on macronutrient counting versus calorie restriction.

Macronutrient based diets are an approach that either restricts or promotes the consumption of major nutrients. Fats, proteins and carbohydrates are considered macronutrients and all provide energy to the body. Macronutrients are needed in larger quantities than micronutrients. Carbohydrates are the most readily available fuel for energy and quality choices can provide fiber for our digestive system and help maintain gastrointestinal health. Fats are the second most preferred source of energy; they also help with absorption of fat-soluble vitamins (A, D, E, and K) as well as hormone formation and keep cells in our body functional. Dietary proteins are broken down and used for hormone, enzyme, muscle, bone and other structural formation in the body. All these are an important part of healthy eating. Refer to the table below for some examples.

It is important to note that some foods are in more than one group.

**Pros to macronutrient focused diets:**
- Diets that promote high protein and low carb eating patterns DO result in rapid weight loss while retaining more muscle mass.
- The diet may be easier to follow if someone wants to avoid certain foods altogether.
- These diets may help someone who wants to be told what to eat and what not to eat.

**Cons to macronutrient focused diets:**
- This eating pattern is difficult to maintain.
- People often gain weight back if they don’t readjust carefully back to a normal dietary pattern.
- Whole food groups are being omitted in diets that can severely restrict certain nutrients.

The argument whether an abundance of certain macronutrients, or macronutrient restriction over a long period of time is still ongoing. There are not any studies on these diets longer than 2 years so the long-term effects are still unclear. It is also important to know that these diets result in weight loss because a person tends to eat less. The number of calories being eaten is what causes the weight loss. It is not because of the macronutrient restriction, itself.

Calorie counting does not restrict certain food groups but it focuses on lowering the calories eaten in order to lose weight. This is based on using more calories than someone is eating which creates a calorie deficit. A deficit of 3,500 calories equals one pound of weight loss.

**Pros to calorie counting:**
- Food groups are not restricted; can follow MyPlate guidelines.
- May be better for learning how to practice mindful eating. Click here for more information: 8 steps to mindful eating - Harvard Health (https://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating)
- Following the diet may be easier for some.

**Cons to calorie counting:**
- May be more difficult to keep track of.
- Less resources for meal plans.
- NOT every calorie is the same. Our bodies react differently to calories from protein vs. fat vs. carbohydrates.

Whether considering macronutrient-based diets or calorie restriction, it is recommended to consult with your medical provider when seeking weight loss. A dietitian will be able to provide credible information that can help someone lose weight without sacrificing important vitamins and minerals.

---

**MACRONUTRIENT**

<table>
<thead>
<tr>
<th>Carbohydrate</th>
<th>Examples of Food Sources</th>
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<tbody>
<tr>
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<th>Protein</th>
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<tr>
<td></td>
<td>Beans, Dairy, Eggs, Lean meat, Lentils, Nuts, Seeds</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Fat</th>
<th>Examples of Food Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cooking oil, Fish, Poultry, Avocados, Nuts, Dairy, Eggs</td>
</tr>
</tbody>
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http://extension.oregonstate.edu/benton
November-December Gardening Calendar for Western Oregon

The Oregon State University Extension Service encourages sustainable gardening practices.
We emphasize preventive pest management over reactive pest control. Identify and monitor problems before acting and opt for the least toxic approach that will remedy the problem. Favor biological control agents (predators, parasitoids) over chemical controls.

Use chemical controls only when necessary and only after thoroughly reading the pesticide label. Consider cultural first, then physical and biological controls. Choose the least-toxic options (insecticidal soaps, horticultural oils, botanical insecticides, and organic and synthetic pesticides — when used judiciously).

Trade-name products and services are mentioned as illustrations only. This does not mean that the Oregon State University Extension Service endorses these products and services or intends to discriminate against products and services not mentioned.

**November**

**Planning**
- Force spring bulbs for indoor blooms in December.

**Maintenance and clean up**
- Service lawn mower.
- Check potatoes in storage and remove any going bad.
- Place a portable cold frame over rows of winter vegetables.
- Place mulch around berries for winter protection.
- Cover rhubarb and asparagus beds with composted manure and straw.
- Rake and compost leaves that are free of diseases and insects. Use mulch to prevent erosion and compaction from rain.
- To protect built-in sprinkler systems, drain the system and insulate the valve mechanisms.
- Clean and oil your lawnmower and other garden equipment and tools before storing them for winter. Drain and store hoses carefully to avoid damage from freezing. Renew mulch around perennial flowerbeds after removing weeds.
- Protect tender evergreens from drying wind.
- Tie limbs of upright evergreens to prevent breakage by snow or ice.
- Trim chrysanthemums to 4 to 6 inches after they finish blooming.
- Leave ornamental grasses up in winter to provide texture in the landscape. Cut them back a few inches above the ground in early spring.
- Last chance to plant cover crops for soil building. You can also use a 3- to 4-inch layer of leaves, spread over the garden plot, to eliminate winter weeds, suppress early spring weeds and prevent soil compaction by rain.
- Watch for wet soil and drainage problems in yard during heavy rains. Tilling, ditching and French drains are possible solutions. Consider rain gardens and bioswales as a long-term solution.
- Take cuttings of rhododendrons and camellias for propagation; propagate begonias from leaf cuttings.
- Prune roses (tea and floribunda, but NOT climbers and ramblers) to around 3 feet in height to prevent winter damage.

**Planting and propagation**
- Plant a window garden of lettuce, chives and parsley. It's a good time to plant trees and shrubs. Consider varieties that supply food and shelter to birds, such as sumac, elderberry, flowering currant and mock orange.
- Still time to plant spring-flowering bulbs, such as tulips, daffodils, hyacinths and crocuses. Don’t delay.
- Good time to plant garlic for harvest next summer, and to transplant landscape trees and shrubs.

**Pest Monitoring and Management**
- Rake and destroy leaves from fruit trees that were diseased this year. Remove and discard mummified fruit.
- Check firewood for insect infestations. Burn affected wood first and don’t store inside.
- Treat peaches four weeks after leaf fall spray for peach leaf curl and shothole diseases.
- Moss appearing in lawn may mean too much shade or poor drainage. Correct site conditions if moss is bothersome.
- Bait garden for slugs during rainy periods. Use traps or phosphate baits, which are pet-safe.
- Monitor landscape plants for problems. Don’t treat unless a problem is identified.

**Houseplants and Indoor Gardening**
- Reduce fertilizer applications.

**December**

**Maintenance and clean up**
- Do not walk on lawns until frost has melted.
- Spread wood ashes evenly on your vegetable garden. Use no more than 1.5 pounds per 100 square feet per year. Don’t use if the soil pH is greater than 7.0 or if potassium levels are excessive.
- Protect new landscape plants from wind. Use stakes, guy wires or windbreaks as needed.
- Yard sanitation: rake leaves, cut and remove withered stalks of perennial flowers, mulch flowerbeds, and hoe or pull winter weeds.
- Turn the compost pile and protect from heavy rains, if necessary.
- During heavy rains, watch for drainage problems in the yard. Tilling, ditching, and French drains are possible short-term solutions. Consider rain gardens and bioswales as a longer-term solution.
- Check stored flower bulbs, fresh vegetables, and fruits for rot and fungus problems. Discard any showing signs of rot.
- Tie limbs of columnar evergreens to prevent snow or ice breakage.
- Make sure that landscape plants in protected sites receive water regularly during the winter.

**Planting/propagation**
- This is a good time to plant trees and landscape shrubs.

**Pest monitoring and management**
- Monitor landscape plants for problems. Don’t treat unless a problem is identified.
- Check for rodent damage around bases of trees and large shrubs. Remove weeds to prevent rodents from using them as hiding places. Use traps and approved baits as necessary.
- Avoid mounding mulching materials around the bases of trees and shrubs. The mulch might provide cover for rodents.
- Monitor spruce trees for spruce aphids. Treat if present in large numbers. Read and follow pesticide label directions.

**Indoor Gardening**
- Protect poinsettias from cold. Place them in sunlight; don’t let the leaves touch cold windows. Fertilize with houseplant fertilizer to maintain leaf color.
- Monitor houseplants for adequate water and fertilizer. Water and fertilizer requirements generally are less in winter.

http://extension.oregonstate.edu/linn
thank you

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RALPH ALIG
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SALLY ELLIOTT
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JAN ZAJICEK

Benton County Master Gardener™
Projects 2020

Here are a few ways the Benton County Master Gardener volunteers have stepped up to help gardeners like you.

Garden learning for all

• New gardener on a budget? The Community Garden Education Team of Master Gardener volunteers pivoted during Coronavirus to teach the popular course Seed to Supper online and offer online Ask a Master Gardener Q&A Sessions for gardeners who would typically find us at farmers markets, events and the Extension office. We even hosted Q&As in American Sign Language!

• Plant problems? Mystery insects? Master Gardener volunteers near you are available by phone, text, email, and by dropping off samples at the Extension office. Volunteers working from home have collaborated online to support gardeners during tough times.

• Studying horticulture or botany? Benton County Master Gardener volunteers offer the Marie Madison scholarship to encourage academic study of horticulture, botany, and plant science.

Growing gardens

Need inspiration for a beautiful garden? Master Gardener volunteers at the Fairgrounds Entrance Gardens create and maintain the garden beds flanking the south entrance and on the east side of the Floral Courtyard at the Benton County Fairgrounds. The gardens demonstrate sustainable gardening methods, and specific gardening objectives such as supporting pollinators, and conserving water.

• Need inspiration for growing veggies? Or veggies from your local food pantry?
  o Master Gardener volunteers at The Demonstration Garden maintain a vegetable and fruit garden at the Benton County Fairgrounds. New and unusual varieties and growing techniques are demonstrated. After Stay Home Save Lives, volunteers have returned to grow and harvest hundreds of pounds of produce for donation to local food pantries.
  o The Siembra la Cena Garden at Calvin Church was developed by Master Gardener volunteers as a learning site for a gardening course taught in Spanish. Though the course was cancelled due to Coronavirus, volunteers were able to return and donate culturally relevant foods to local pantries.
  o Mountain View School Garden also provides produce donations, thanks to Master Gardener volunteers.

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Linn: 541.933.5772
linn.mg@oregonstate.edu

Benton: 541.937.5295
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VOLUNTEERS

OF LINN COUNTY

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BARB ANDREW
JANA BASDEN
PATTY BASEY
DONNA BAUMANN
LYNN (LYNLEE) BISCHOFF
EILEEN BREEDLOVE
JEAN-MARIE BUXTON*
VALERIE CALDWELL*
ANN CAPPS
SHERYL CASTEEN*
BARBARA COFFMAN
BARRY COOPER
DANIEL CRANELL
JUDI DEBORD*
MONIQUE DEOLUS*
PEGGY DUERR
MICHELE ECKER
TREVOR FITCHA*
MARSHA FLORA*
JESSE GARCIA*

*Also serves Benton County

Linn County Master Gardener™ Projects 2020

It’s been a tough year and Oregonians like you are responding by empowering themselves with garden knowledge. Linn County Master Gardeners have been here for you as you begin a first garden, boost the health of your garden by making homes for pollinators, seek advice, or need fresh produce.

Empowering you with tested and trusted resources

- **Trouble in the garden?** You don’t have to face it alone, or search the entire internet and end up with more questions than answers. **Plant Clinic** is now accessible by phone, text, email and by dropping off samples at the Extension office. Master Gardener volunteers are here to help you get the answers you need.

- **Love pollinators?**
  - Master Gardener volunteers are here to help you nurture blue orchard mason bees and other native pollinators through **BeeNotes** newsletter and online learning resources for cocoon care.
  - Beevent Pollinator Conference is focused on educating the public about pollinator health and planting for pollinators. Stay tuned to find out what is ahead for Beevent in 2021.

- Stop by Linn County Extension to purchase your own mason bee habitat, built by local volunteers, while supplies last. Mason bee cocoons containing young bees are seasonally available in March, too! Proceeds support garden education.

**Gardens for everyone**

- **Ready for garden ideas in action? Or hungry for fresh veggies?** Linn County Master Gardener volunteers are back at work in the demonstration gardens at the Linn County Fairgrounds. See gardening ideas for shade, pollinators, herbs, small spaces, vegetables and more. Patrons of local food banks can enjoy tasty produce grown by Master Gardener volunteers.

- **Need a community garden spot?** At Willamette Community Garden in Albany, Master Gardeners help with spring clean-up, assist in renting plots, oversee garden conditions throughout the summer, host an open house with displays and demonstrations, help harvest, and donate extra produce.

- **Seeking beautiful gardens to inspire you?** Through the Garden Gate (on pause for 2020) gives visitors a special visit to the most beautiful private gardens in Linn County. Earnings benefit garden education.
Winter is coming soon and it’s time to weatherize your system. Over the last few years we have had some pretty cold stretches. Freezing temperatures always bring a flood (pardon the pun) of calls to our office with questions about how to unfreeze pipes, deal with broken pipes, and safety of drinking water. If you haven’t already, it’s time to winterize your water well system to prevent frozen pumps, pipes, and stop potential damage to your water system.

**Frozen Pumps and Pipes**

A frozen water pump causes more than the inconvenience of losing water for a while; it can also mean burst pipes, cracked water pumps and flooding once the frozen pipes warm up again.

The root cause of this problem is when air surrounding a water pipe drops below freezing, any heat in the water will transfer to the air and cause the water to freeze. The smaller pipes always freeze first because of the larger relative surface area. Therefore, the 1/4 inch lines to the pressure switches, which turn the pump on and off, will be the first to freeze. A frozen pressure switch will not start the pump. A small heat source, like a heat lamp or heater directed at the pressure switch will remedy this. Just remember that heat sources should be used prudently as overheated materials can ignite and start a fire. Always follow manufacturer’s instructions.

**Structural Protection**

Pumps that are above ground usually have a small well house built over them to protect the pump from the elements. A well-built pump house, whether built of wood, blocks or metal should have insulation in the walls, the door and the ceiling. Seal any cracks or other openings. If your pump house has windows – add a layer of plastic inside and out. Bubble wrap can also be used as a layer of protection, lightly spray the window with water, place bubble wrap with the bubble side to the glass and it will stick until you remove it. Bubble wrap can be used with the additional plastic covers.

It is important to have some heat in the pump house such as a thermostat controlled baseboard heater, heat lamp, or other heat source. The temperature doesn’t need to be super warm, but enough to hold between 35 and 42 degrees at the minimum. Make sure all openings and doors are closed properly, keeping the heat in and the wind, which wicks the heat away, out.

**Insulation for a Well House Pump and Pipes**

Insulation of any type will help to slow the transfer of heat in the water to the surrounding air, but spending a little extra for thick fiberglass or foam rubber sleeves specifically designed for this purpose is worth the cost. Covering your pipes with foam insulating sleeves will prevent freezing for a number of hours even in a power failure. Heat tapes are also available to wrap around pipes and use on the very coldest of nights to keep the pipes from freezing up.

**Tips for inside faucets**

Letting a faucet drip during extreme cold weather can prevent a pipe from bursting. It’s not that a small flow of water prevents freezing; this helps, but water can freeze even with a slow flow. Opening the faucet reduces pressure that builds between the faucet and an ice blockage. If there isn’t excessive water pressure, the chances of the pipe breaking is reduced even if it completely freezes.

Yes, a dripping faucet wastes some water, so only pipes vulnerable to freezing (ones that run through an unheated or unprotected space) should be left with the water flowing. The drip can be very slight. Even the slowest drip at normal pressure will provide pressure relief when needed. Where both hot and cold lines serve a spigot, make sure each one contributes to the drip, since both are subjected to freezing. If the dripping stops, leave the faucet open, since a pipe may have frozen and will still need pressure relief. You can also help keep pipes from freezing by opening cabinet doors and letting warmer air into places, such as under the bathroom sink.

If you do experience a frozen pump, pipes, or faucets call a professional to help remedy the situation without damaging your water system.
Wildfire Land Management

By Kevin Seifert,
Linn SWCD

2020 has been a year to remember in the Pacific Northwest. We have had riots, disease, and massive fires that have disrupted our lives. Wildfire can be part of the landscape or be a highly destructive force depending on the fuel loads management of the local landowners in an area. I know from personal experience that level three fire evacuation can bring more than a few gray hairs and an ulcer. This year’s fire storms are supposed to be a 100-year event. That’s only two logging cycles on your land. Preparation now might make a fire season less eventful in the future.

Wildland fires can be devastating, but not all fire is bad. Fire plays a natural and necessary role in many landscapes. Periodic low-intensity fires speed up the process of forest decomposition, create open patches for new plants to grow, improve habitat and food for animals and delivers nutrients to the plants that survive. Some research indicates fire may also improve ground water recharge and water flow to aquatic habitats. They build resilience to fires by reducing immature trees, brush, dead branches and limbs (a.k.a. ladder fuels) and creating a mosaic of burned, partially burned, and unburned areas (which makes it less likely that future fires will torch an entire landscape). Some trees, like lodgepole pine, require the heat of flames to open their cones and disperse new seeds.

Managing fuels means reducing their availability to feed a wildfire. We do this by:
• Deliberately starting a fire (a.k.a. prescribed fire) under favorable conditions (so we can manage where and how the fire burns) in order to remove excess vegetation.
• Thinning forested areas with chainsaws or heavy equipment.
• Removing brush and small trees by hand.
• Reducing the quantity of grasses and shrubs mechanically or by placing domestic, grazing animals (e.g. cows, goats) on a landscape.
• Chemically treating an area overgrown with invasive plants using herbicides.

Managing fuels is important to lessen the severity of wildfires and to protect water quality. Wildfires may cause issues with erosion and sediment into waterways of the State that many of us get our drinking water from. Revegetation of small and large streams along with pastoral areas can be vital in saving our soils and keeping our drinking water sources clean.

Methods to control surface erosion come in the form of straw wattles, water bars, well placed burnt logs, straw spread, sediment fences, and straw bale dams on soil to eliminate surface erosion in collaboration with seeding of grass species in the fall, and replanting trees and shrubs in late winter and early spring with riparian species that are suited for your area. When procuring straw, make sure it is certified weed free. This might be difficult this year, considering the quantities of straw that might be required to cover all the burned areas in our area. Level of erosion control comes with the severity of the burn, degree of elevation changes across the landscape, and soil type.

The first step after a wildfire is reseeding grass in the severely burned areas.

http://extension.oregonstate.edu/linn

Multiple Opportunities for Pesticide Recertification Credits

By Mitch Lies,
GROWING Editor

Between Oregon State University and other entities, pesticide applicators have multiple opportunities to obtain recertification credits without leaving their homes or offices over the next several months.

OSU is putting together over forty live webinar events, according to the College of Agricultural Science’s Pesticide Safety Education Program, as well as offering online courses that applicators can take on demand. And multiple courses being offered by Oregon OSHA, private individuals and other entities are included on a list of recertification courses compiled by the Oregon Department of Agriculture, which issues pesticide recertification credits in Oregon.

“We are very much trying to help people get in touch with these trainings,” said Colton Bond, registration and certification specialist for ODA’s Pesticides Program. “In the past, our primary vehicle for that was in person in classroom-based trainings, and obviously a lot of that has gone by the wayside because of the (COVID) pandemic.”

On-demand courses, which can be accessed at any time, are comprised of pre-recorded content and typically include quizzes and other interactive features that demonstrate that a participant was engaged with the content and learned something from it, Bond said.

Webinars put out by OSU’s Pesticide Safety Education Program feature a variety of speakers discussing topics such as an IPM approach to pest management and pollinator safety.

OSU Extension Service also is planning to provide additional opportunities for pesticide recertification credits through Zoom webinars in January, which are replacing the seed and cereal crop meetings it regularly holds each January.

Licensed pesticide applicators and consultants need recertification credits to keep a license current. Private applicators and pesticide apprentices need a portion of those credits to be CORE credits to retain and renew their licenses.

For a list of live recertification webinar events available through OSU, go to https://agsci.oregonstate.edu/psep/recertification/live-webinar-courses.

For the ODA’s comprehensive list of programs and courses available for recertification credits, go to https://mylicense.oda.state.or.us/plsapex/f?p=106:751 and click on the “search” button.
Small Farms, Local Food, and Wildfires – A New Online Resource

Small Farms, Local Food, and Wildfires – A new online resource page available at: https://smallfarms.oregonstate.edu/smallfarms/local-food-and-wildfires

As wildfires continued to spread across the West, we recognize that access to credible and timely information is essential. Our communities are now facing multiple crises at once. The nature of agricultural work makes it difficult for farms to stop working unless evacuation is required. During the fires themselves, and post-fire during the recovery period, farmworkers are exposed to smoke, ash, and chemical residue. Stress is high as farms may lose crops, their homes, and farm infrastructure that threatens the viability of their farm in the future. Faculty in the OSU Center for Small Farms and Community Food systems are working with community partners to provide current information that is relevant for small farms and local food systems. We have put together a resource page covering the following:

What Do You Need to Know?
- How do I stay up to date on the location and status of wildfires?
- What about air quality?
- What resources are available for evacuation?
- What do I need to know about wildfires and livestock safety?
- What do I need to know about food safety and wildfires?
- What about farmer’s markets?
- What funding is available for farms impacted by the fires?
- How can I help others who have been impacted?
- What about ash, post fire clean up, and land management?
- Resources en Español
- General Wildfire Resources

We will continue to update or add to these resources as they evolve. If you have resources or updates you would like to see listed here, please email Teagan Moran: Teagan.moran@oregonstate.edu.

2020 Dry Farming Virtual Field Tours

The OSU Dry Farming Project hosted its first virtual field tour series in August/September this year with 137 people participating! There were nine tours on various dry farming topics, including:

• Site Suitability, Soil Management, Potato Variety Trials, Tomato Management & Variety Trials, Bean & Squash Variety Trials, Corn Breeding and a Harvest Showcase.

Participants joined from all over Oregon as well as California, Washington, Idaho, North Dakota, Nevada, Colorado, Florida, Wisconsin, Maryland, Maine, West Virginia, Alabama and one participant even joined us from Brazil! We all missed having in-person field days this year, but were excited that we were able to broaden our reach in this format.

Fifty-three percent of participants were commercial farmers and of those, 51 percent did not have access to irrigation. The participants whom are not farming commercially self-identified as homesteaders, aspiring farmers, as well as NRCS and non-profit staff. A majority of virtual field tour participants (64 percent) have not tried dry farming yet, although the remaining 36 percent had anywhere from 1 to 5 years of experience. This is significant because 5 years ago, 2015, was a drought year and the very first year the Dry Farming Project hosted a demonstration. Only a couple of participants reported having dry farming experience that first year, and there has been an increasing number of growers experimenting with dry farming and engaging in participatory research and events with the Dry Farming Collaborative in the last 5 years.

When Dry Farming Virtual Field Tour participants were asked, ‘Why are you interested in dry farming?’ some of the following responses were given by farmers:

• “To conserve water and become more efficient while still producing flavorful, nutrient dense foods.”
• “Although we do have water rights, the cost of irrigation infrastructure has been prohibitive.”
• “Although we do have water rights, the cost of irrigation infrastructure has been prohibitive.”

In a follow-up survey 55 of the 137 participants provided feedback and of those respondents,
- 100 percent reported skills or knowledge improved
- 68 percent plan to apply something they learned (e.g. techniques and varieties highlighted in virtual field tours)

Weren’t able to attend 2020 Dry Farming Virtual Field Tours? That’s okay! We recorded and archived all 9 virtual field tours for you to view and reference as needed. For more information about the individual tours and to access recordings visit: https://smallfarms.oregonstate.edu/smallfarms/dry-farming
Beginner Farmer and Rancher Resources in Oregon

Our Small Farms team regularly collaborates with farmer support organizations all across Oregon. We are active within the Oregon Community Food Systems Network (http://ocfsn.net/), which has a working group dedicated to supporting Oregon’s beginner farmer and ranchers at all stages of their development. That group has put together two great resources for people in Oregon who are looking for assistance: whether it be for farm training, business development, financial assistance, or land access. You can review all your options in one place. The brochure is an at-a-glance reference, which introduces organizations by category, and the interactive online Story Map enables you to search by category or location and will direct you to individual websites for detailed information. We invite you to explore!

- **Oregon Beginning Farmer and Rancher Resource Guide**: Brochure https://beav.es/oXf
- **Beginning Farmer and Rancher Service Provider Guide**: Online Story Map bit.ly/oregonbfrd

For Linn and Benton County Farmers - Meet your Farm to School Hub Coordinator

- Monday, November 9th 5:30–6:30 p.m.
- Come learn about selling to schools/Farm to School Procurement opportunities and how to engage. Even with school closures, schools are buying local products. This is an opportunity to meet your Regional (Linn/ Benton Counties) Farm to School Coordinator, Jessica Worden.
- Register to receive meeting link: https://apps.ideal-logic.com/osuextension?key=F3T9-25VWY_K9KH-5PTF_1505708d
- Contact Teagan.moran@oregonstate.edu with questions.

Virtual Adaptive Ag Water Symposium

As Oregon and other western states deal with drier growing seasons and higher wildfire risks, it is critical to increase our knowledge of how to grow more food with less water, design for enhanced water retention and infiltration, understand the future of water law in Oregon, as well as how to protect farms and crops using green fire breaks.

In response to this need, The Dry Farming Institute (DFI), https://dryfarming.org/home/events/, in partnership with Oregon State University (OSU) Extension Service announces the Virtual Adaptive Ag Water Symposium funded by Western Extension Risk Management Education (WERME) and USDA National Institute of Food and Agriculture (NIFA). This FREE virtual event will be held on November 6th, 2020 and is designed to expand upon and complement the OSU Dry Farming Project Virtual Field Tours offered this past summer. The Symposium will run from 9 a.m.–2 p.m., and will include three hour-long sessions with an hour break in between each session.

For more information and to register visit: https://dryfarming.org/home/events/

Be prepared and stay protected. Free N95/KN95 masks have been provided by Oregon Department of Agriculture for farm workers and are being distributed by OSU Extension Services. We still have some available, don’t wait until you need them. If you want to up your supply please contact your County Extension Office to place an order and arrange a pick up. Linn County: 541-967-3871 Benton County 541-713-5000

http://extension.oregonstate.edu/linn
Oregon announces new top 20 agricultural commodities list

From the Oregon Department of Agriculture

Agriculture remains vital to Oregon’s economy. The state is home to more than 37,200 farms and ranches and with the commercial fishing industry, the state produces more than 220 commodities, generating about $5 billion in annual farm gate sales and services a year. According to the latest estimated data, greenhouse and nursery products remain Oregon’s leading agricultural commodity with an estimated value of production of nearly $1 billion ($955,166,000) in 2019. Hay became the second top grossing commodity at $674,280,000 for 2019 value of production, up from $590,414,000 last year.

Cattle and calves ranked third, recording value of production at $625,158,000. Milk and grass seed round out the state’s top five spots. The data used to create the state’s top 20 agricultural commodities list is gathered using several sources of estimates including, the Oregon Department of Agriculture (ODA), the U.S. Department of Agriculture National Agricultural Statistic Service (NASS), Oregon State University, the Oregon Department of Fish and Wildlife, and the Oregon Wine Board.

The rest of Oregon’s top 20 list contains the same commodities as the previous year, although some positions have changed. Please note, cannabis (hemp and marijuana) is not included in the agricultural commodities list. Before the enactment of the 2018 Farm Bill, hemp was not federally recognized as a legal agricultural commodity. For crops such as hemp, survey data is collected by USDA NASS. It is anticipated that hemp will be added to the list of crops surveyed by USDA NASS in the next couple of years. Additionally, there is no farm gate value available for marijuana at this time.

Oregon’s top 20 agricultural commodities: 2019

1) Greenhouse & nursery $955,166,000
2) Hay $674,280,000
3) Cattle & calves $625,158,000
4) Milk $552,096,000
5) Grass seed $517,406,000
6) Wheat $282,948,000
7) Grapes for wine $237,784,000
8) Potatoes $198,889,000
9) Blueberries $134,254,000
10) Pears $108,774,000
11) Onions $108,409,000
12) Christmas trees $104,451,000
13) Hazelnuts $84,480,000
14) Cherries $75,221,000
15) Hops $71,628,000
16) Dungeness crab $67,671,967
17) Eggs $56,798,000
18) Mint for oil $40,536,000
19) Apples $38,746,000
20) Sweet corn $38,103,000

Lebanon Native New South Valley Field Crops Agent

By Mitch Lies,
GROWING Editor

Christy Tanner, who grew up in Lebanon, Oregon, and holds a Ph.D. in horticulture and agronomy from University of California, Davis, is the new Field Crops Extension Faculty for Linn, Benton and Lane counties.

Tanner, who spent the past two years in Ontario, Oregon, as assistant professor of practice in field crops and watershed management for Malheur County Extension, replaced Will Jessie, who left last December after 18 months in the position.

As field crops Extension agent for the south Willamette Valley, Tanner will be working with Oregon’s world-famous grass seed industry. Oregon produces about 50 percent of the world’s supply of cool-season grass seed and more than 90 percent of the U.S. supply. The seed is used on lawns and in pastures in most of the U.S.

Steve Salisbury, research coordinator for the industry trade group the Oregon Seed Council, said he was pleased with the hire.

“From an industry standpoint, to have somebody coming in who is ambitious, energetic, very sharp and intuitive is great news. And she wants to be here. I think she is a good fit,” he said.

Tanner, who worked as a research assistant for Grassland Oregon in Salem for a little less than a year prior to joining Extension in Malheur County, said she plans to start by getting to know growers and their issues.

“She noted that she hopes to make applied research a key part of her contribution to the industry. “My impression is that growers value research specific to their crop-production systems,” she said.

Tanner said she enjoyed her time in Malheur County, but is excited to be moving back to the valley to continue her career.

“I think this is a position that makes a lot of sense for me long term,” Tanner said. “It is close to family and it is doing the job I love, so I see myself here for a long time.”
Winter is a Good Time to Plant Fruit Trees

By Erica Chernoh

The best time to plant a new fruit tree is sometime between late fall and early spring. Most fruit trees are shipped or purchased bare-root, and it is best to plant these bare-root trees in the winter when they are completely dormant. Planting in the winter or early spring, allows the tree time to put its energy into establishing new roots before a flush of new growth in the spring.

To plant the tree, start by digging a hole that is just a little deeper than and at least twice as wide as the root ball. Use a digging fork or shovel to rough up the sides of the hole so it is no longer smooth and shiny. This will prevent root girdling and make it easier for the tree’s roots to grow beyond the initial hole. Gently remove the plant from the container or sack and prune off any broken, rotted or twisted roots, making a clean cut. If the tree arrived balled and burlapped, be sure to remove any twine before planting. Center the tree in the hole and make sure the top of the root ball will be even with the soil surface when done (best to plant with the root ball about two inches above ground, to allow for settling). If planting a grafted tree, you need to ensure the graft union will be 2 to 3 inches above the soil surface after settling. For bare-root trees, build a mound of soil in the bottom of the hole, then spread the roots over the top of the mound so they are directed outward from the trunk. Refill the hole with the excavated soil, tamping the soil around the roots as you go. Do not mix in compost or other types of soil medium, just use the soil that you dug out of the hole. If you have a heavy clay soil and want to amend the soil, it is best to do this a few months before planting, or consider planting into a raised (unframed) bed. Once you have backfilled the hole, water the tree in and make sure the tree does not settle too low or slanted. Be careful not to over-water, about 3 to 5 gallons of water per week, either via rain or irrigation, is sufficient for young trees. You can add mulch, such as sawdust, bark dust or gravel around the base of the tree to prevent weeds and conserve moisture. Add about 1 to 2 inches of mulch and place it around the tree like a donut, ensuring that the mulch is not touching the bark. Do not fertilize the tree at planting, too much Nitrogen can burn the roots of young trees. Wait one year before applying any fertilizer or using herbicides around the tree.

For more on planting fruit trees and tree care, check out the OSU Extension publication Growing Tree Fruits and Nuts in the Home Orchard (https://catalog.extension.oregonstate.edu/ec819).

New Pest Alert:
Plum Bud Gall Mite

By Erica Chernoh, Horticulture Faculty, Oregon State University Extension Service, Lane County

The plum bud gall mite (Acalitus phloeocoptes) was recently found on a Shiro plum tree at a home orchard in south Eugene. The eriophyid mite is native to Europe and the Middle East, and was first reported in California in February 2019. The mite can be a pest of most stone fruits, including plum, peach, apricot, and almond.

The mites are microscopic in size (0.15 mm) and are difficult to see with the naked eye. The first sign of the pest is the appearance of galls (1.3-1.8 mm in diameter) formed around buds (Figure 1). The adult females overwinter in the galls then emerge the following spring and start feeding on new buds, leading to new galls being formed around the infested buds. Eggs are laid in the summer, and by fall a single gall can contain 4,000-5,000 mites. Plum bud gall mites are mainly spread via wind, but can also be spread via insects, birds, and the movement and dispersal of infected plant parts.

If you see signs of the plum bud gall mite at your commercial orchard, nursery, or home garden, please contact your local OSU Extension office and submit information and photos to the ODA at: https://www.oregon.gov/oda/programs/IPPM/InsectsSpiders/Pages/IdentifyInsect.aspx

For management recommendations, see UC Pest Management Guidelines for Eriophyid Mites on Plum and Utah Pests Fact Sheet.

References:


Figure 1. Galls (B) and mites (D) as seen under a microscope.

Figure 2. Galls formed around buds of Shiro plum tree in south Eugene.
A farewell note from Maggie

I wanted to use my allotted space in the OSU Extension GROWING newsletter to let you know that I will be retiring at the end of this year.

Working for Extension has been a wonderful experience the last 20 + years in my roles as both a 4-H Outdoor Education/Natural Science Faculty member and as county leader in Benton County. Over the years, I have worked with so many amazing youth, volunteers, teachers, parents and community partners and would like to thank you all for helping to make my time at Extension meaningful.

The OSU Extension Service is a vibrant environment in which to work! No one day is the same as the last. My heartfelt thank you to my colleagues who serve the public with so much passion and creativity. I feel honored to have worked with them both in Benton and Linn County and around the state.

I am planning to stay in the area, so I am sure I will see you around the county. Thank you for letting me take some space to say goodbye!

Maggie Livesay

4-H Youth and Growth Mindset

“The expert at anything was once a beginner”
– Helen Hayes

There is a research based 4-H Thriving Model which explains the key ingredients to creating a positive youth development experience for 4-H members. The model is based upon years of research in developmental psychology and youth development.

The Search Institute offers a place to explore resources to better understand the components of the 4-H Thriving Model. Since 1958, the Search Institute has been studying how to strengthen youth success and bring research-based solutions to the most pressing challenges in the lives of young people. The 4-H Thriving Model aims to help youth develop a Thriving orientation (a mindset or outlook for continual growth). The Search Institute identified six indicators for a thriving trajectory that have been incorporated into the 4-H Thriving Model.

- Openness to Challenge and Discovery
- Hopeful Purpose
- Transcendent Awareness
- Positive Emotionality
- Pro-Social Orientation
- Intentional Self-Regulation

Each of these indicators has strong research based support behind them. The first indicator, Openness to Challenge and Discovery, comes from research on Growth Mindset led by Carol Dweck, Professor of Phycology from Stanford University. Growth Mindset is an approach to life that where skills and abilities can always be improved through effort and hard work. Challenges are embraced as an opportunity to grow and learn. Feedback is something that is useful in trying new strategies to master and improve a skill or ability. Setbacks or failures are part of the learning process and should just spur you on to work harder and persevere.

One of the greatest obstacles in this journey to growth is being ruled by a Fixed Mindset; the belief that qualities are fixed traits and therefore cannot change. People with a fixed mindset focus energy towards validating their intelligence and talents rather than working to develop and improve them. It’s holding the belief that talent alone leads to success, and effort is inconsequential. This gives way to avoiding challenges for the risk on failing. Failure communicates that you are lacking talent. When this happens, a person with a Fixed Mindset may respond defensively or blame or make excuses for the setback. Carol Dweck reminds us that, “we’re all a mixture of fixed and growth mindsets”. We need to be aware of our thoughts and actions when facing a challenge. Anxious feelings, an inner voice saying you’re not competent, or being crushed instead of interested in learning from a failure are signs of a Fixed Mindset.

Youth need to know that their current abilities have potential for growth. This message is freedom to rise to one’s potential. Those who work with youth can help them understand the dynamics of a Fixed and Growth Mindset and thereby free them to experience that effort and the right practice, leads to improvement in skills and abilities.

In Extension, we are accustomed to providing research-based solutions to problems. Teaching youth the Growth Mindset can help them succeed. In one of Dweck’s studies, 7th grade students were taught about neuroplasticity – how the brain changes when you learn new things. They were shown the evidence that you really can change your intelligence by challenging yourself and learning new strategies. Those students did significantly better on their math test than students in the control group who were not taught the lesson on Growth Mindset.

How we encourage and praise youth can support either a Growth Mindset or a Fixed Mindset.

This is just a brief look at one of the six Thriving indicators. There is so much more to learn about how we can up our game at empowering youth to reach their full potential through the 4-H Thriving Model.

Source: Mike Knutz, Associate Professor at Oregon State University and 4-H Educator in Yamhill County Oregon.

Adult Volunteers Wanted!

The Benton County 4-H Program is actively looking for adults who want to share their time and talents with youth, aged 5-19.

Are you interested in making a positive impact on youth? Do you have an expertise that you want to share? Do you want to learn new skills? Volunteers will receive training, support from OSU faculty and staff, and from other 4-H volunteer leaders, as well as access to project and resource books and materials.

We are especially looking for adults to start 4-H Cloverbud Clubs. Our Cloverbud program is for youth ages 5-8 years old. If you are interested in volunteering with the Benton County 4-H Program, please contact our office for more information. Upcoming trainings will be held virtually via Zoom on November 10, from 6-9 p.m. and December 3, 8:30-11:30 a.m. You only need to attend one session. Please call 541-713-5000 to register.

Benton County and Linn County Extension programs may offer opportunities that are only open to the residents of their respective counties. Please check with your county Extension Office if you have any questions about participation eligibility for specific programs.
Benton County 4-H Reading Circle

4-H members of all ages in Benton County have a wonderful opportunity to connect and share their talents through a program that started in October called the 4-H Reading Circle. Older 4-H members (ages 9-19) can participate as an author, illustrator, or reader to create and virtually share children’s books with the Benton 4-H Cloverbud members (ages 5-8). The books they create will then be printed and made available to checkout from the Benton County public library branches in Alsea, Corvallis, Monroe, and Philomath. This new program will help youth connect with one another, hone their skills, and exhibit their talents in a way the public has not had the chance to see before.

Benton County 4-H Scholarships

There are 10 Benton County 4-H scholarships totaling $15,000 available to current 12th grade 4-H members. All enrolled graduating seniors are eligible to apply. Applications are due January 15, to the Benton Extension office (except the Horse Leaders Scholarship, which is due April 15). For more information, visit our website.

Scholarship Donors
- Moos Family – In Memory of Steve Moos
- Decker Family
- Hitchcock Family
- Bateman Family
- Benton County 4-H Horse Project Leaders Committee

Nature Journaling and Learning Outdoors - It’s a Mindset

by Jody Einerson

Take advantage of the outdoors to learn in a relaxed and inquisitive way, and suddenly learning becomes fun and spontaneous. It works for youth and adults, by tapping into your natural childhood curiosity. Outdoor observation and investigation using a nature journal in a focused way can also encourage a growth mindset. Growth mindset is a term used to describe when students believe they can get smarter, they understand that effort makes them stronger. Therefore, they put in extra time and effort, and that leads to higher achievement (Dr. Carol Deweck https://www.mindsetworks.com/science/).

At the recent Wild Wonder Nature Journal Conference, I learned a few things about encouraging that positive growth mindset through using a nature journal.

Frequently I hear, “I can’t draw” when I suggest nature journaling, but like playing an instrument, coding on a computer, or playing a sport, you learn and improve by practice. But how do you focus that practice into the groundwork of a growth mindset? I learned this simple three-step technique of re-phrasing that could help you. Start by re-phrasing statements such as, “I can’t draw a moving bird” into a growth statement like, “It is a challenge to draw a moving bird yet.” By using the word “yet” you are acknowledging that the first statement can be changed. Then follow up with a plan to move that change forward. A plan could be getting a book on drawing birds, practicing drawing three birds a day, or spending time everyday just observing bird behavior. Because what is important

Continued on Page 17

Ready, Set, Enroll!

Oregon 4-H enrolls youth based upon their age as of September 1, 2020:
- 5-8 year olds are Cloverbuds
- 9-11 year olds are Juniors
- 12-14 year olds are Intermediates
- 15-19 year olds are Seniors (*Students who are 19 on 9/1 and have not yet graduated from high school may participate in upcoming 4-H program year.)

Membership Fees:
- Early bird - $40 per member by January 15, 2021 for the first two family members (additional family members will be $10 each)
- Regular enrollment - $45 per member on January 16, 2021 and after for the first two family members (additional family members will be $10 each)

Check or Cash is accepted. Checks payable to: OSU Extension Service, Benton County (Once processed, no fees will be refunded.)

Thank you Benton County 4-H Community!

Our Oregon community needed assistance, and Benton County 4-H stepped up! Thanks to all of the volunteers and members who assisted at the Benton County Fairgrounds in the care of livestock that were evacuated due to the recent wildfires that raged across our state. Your caring, compassion and “can do” attitude helped families who were in extraordinarily difficult situations. Thank you!

Members with Special Needs

All youth are welcome in 4-H! Clubs are encouraged to invite youth with disabilities into their groups, enriching the lives of all the youth involved. If you have members in your 4-H club with disabilities or special needs who require special accommodations for participation in 4-H activities, please contact the OSU Extension Service at 541-713-5000 well in advance of any activity. Our goal is to reach all youth who wish to participate in 4-H.

http://extension.oregonstate.edu/linn
4-H International Opportunities

4-H may be known primarily for project clubs and school-based programming, but there are also wonderful opportunities for youth to experience different cultures through international 4-H exchange programs. Families can host a youth from another country (Japan, Costa Rica, or Finland/Norway) for four weeks during the summer, host a youth for a full year, or local youth can travel to other countries for an outbound adventure.

Each year, outbound countries are determined with Japan being a regular partner country. This year, Oregon youth have the opportunity to travel to Costa Rica, Japan, South Korea, Finland & Norway, Taiwan, Argentina, or Romania. The majority of these programs are one month long over the summer. There are opportunities for year-long exchanges and hosting as well.

Due to current circumstances with COVID-19, international 4-H programming has also made adjustments to offer more opportunities from home. Starting this year, families will be able to “host” an international youth from the safety and comfort of their home without the youth actually coming to stay with them. Six youth who will be travelling to the United States in January will spend a minimum of three hours per month connecting with their “host” family, separate from the family they stay with in January, to share each other’s cultures and introduce local families to the concept of hosting.

Applications for outbound travel are due November 1st, and host families for inbound Japanese youth will be recruited in Spring of 2020. There are also scholarships available for outbound youth to cover 30-75 percent of their travel costs, depending on their financial need. For more information, visit the Oregon 4-H website at: https://extension.oregonstate.edu/4h/international-programs.

Celebrities Among Us!

On October 2, Sherm and Fay Sallee were officially inducted in the National 4-H Hall of Fame! They have been an inspiration to so many people of Linn County. As part of the induction ceremony, they had the opportunity to share their 4-H story.

Fay and Sherm tell their 4-H Story

Oregon State University Extension provides many services to the state’s citizens. Support for the 4-H program is one of these services. Fay took advantage of the 4-H program at an early age as a youth member. She continued with 4-H through her college years and continues to use that support to help other families.

The 4-H program provides a stable platform of professional support to volunteer leaders. It gives volunteers confidence to pursue leading and teaching projects to interested youth and their families in many communities throughout the state. Our family has taken advantage of this support and it has allowed us to work with many youth in our county. With this support, we are able to form a community club. Thanks to help from other adult leaders, we are able to provide projects in up to 12 different subjects each year.

This has impacted our lives in numerous ways. We have met many people from the county who found 4-H projects for their children or grandchildren. In most cases, these projects helped the youngsters find a subject that interested them and one that they enjoyed working on. Most times they surprised themselves by finding out how good a job they were doing by the results at county and state fairs.

Our club specializes in the natural resource area. Members, and their families, get an appreciation for forestry, entomology and outdoor projects on our 45-acre tree farm. Through the 4-H program, we are able to take members on field trips to Hawaii and around Oregon visiting sites related to natural science.

A large satisfaction we gain from 4-H is watching the children grow from a shy child to a self-confident young adult who is ready to take on the world.

According to Sherm “4-H is an important influence in our lives and has been through our 54-years of marriage. This started when we first dated, through raising our two children and continue to this day working with youth in Linn County Oregon including our grandchildren”.

Fay quoted “I believe in 4-H being a ‘Family Affair’ where I can enjoy watching members and their families grow and develop in life. It is rewarding to have the members come back years later with their children to participate in our 4-H club.”

The induction ceremony typically is held in person at the National 4-H Center in Chevy Chase, Maryland, but because of the Pandemic the ceremony was held through Zoom. We would love to hear from people that have had the opportunity to work with Fay and Sherm. Please share words of congratulations and memories by mailing cards to the OSU Linn County Extension 33630 McFarland Rd. Tangent, OR 97389, or email to andrea.leao@oregonstate.edu.
TEENS AS TEACHERS:

Farm to School Team
Greater Albany Public Schools

Build skills in leadership, teamwork, teaching elementary youth about healthy foods, and more! Seeking 8th-11th graders from Greater Albany Public Schools to join our 4-H team of Teens as Teachers!

- This Teens as Teachers project runs from November – June 2021.
- An Information Session will be held on: Wednesday, Nov. 18, 2:30-4:00 pm (via Zoom) → Please RSVP to Andrea Leao (contact info below) to get the Zoom link!
- A 3-session Teens as Teachers Training will be held on: Wednesdays, Nov. 25 – Dec. 9, 2:30-4:00 pm (via Zoom)

For more information or to RSVP for the Info Session, please contact Andrea Leao at: Andrea.Leao@oregonstate.edu 541-730-3534

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A New Year to Grow

By Paul Smith, 4-H Program Coordinator

October 1st marks the start of a new 4-H year. While there is still a level of uncertainty of what the new year may look like, one thing that remains certain is that youth benefit from programs like 4-H. It gives them an opportunity to learn, grow, meet new friends and develop their passions in life. Youth are not the only ones who benefit from 4-H. Adult volunteers are able to share their knowledge, help guide youth onto a thriving trajectory and connect with their community.

For those who are interested in becoming involved in 4-H, there is still an opportunity to join as a member or volunteer. 4-H is open to youth ages 5-19. For youth members, a yearlong membership to 4-H is $40, and families with three or more only pay $80. For adults who are considering serving as a volunteer, consider the words of John Quincy Adams, “It is the learning, be it about drawing birds or about the birds around you. For the teacher or parent, guiding children through these three steps will help them learn a positive can do attitude in nature journaling as well as having it carrying over to life.

Remember your nature journal is about making learning fun. Don’t make your nature journal a precious art project but use it as a guide to learning about the world around you. Moreover, with practice your journal pages will become a rich record of what you have learned or what you aspire to “yet” learn.

If there is not enough room for the Winter Twig Investigation just add the reference to the activity.

Try a Winter Twig Investigation:
Name: ____________________________
Date: ____________________________
Time: ____________________________
Weather: __________________________
Location of shrub/tree: __________________________
Description of shrub/tree: __________________________
Type of shrub/tree (if known): __________________________

Select a twig to observe closely. Sketch your twig and label the parts (bud, scars, tip, etc)

Describe your twig including the size, shape, bark, and placement of the buds: __________________________

I wonder: __________________________

To learn more visit: http://www.nmnaturalhistory.org/sites/default/files/documents/education/BosqueEdGuide/Chapter3_12_WinterBud.pdf

Continued on Page 20

Nature Journaling continued from Page 15
Fires in Western Oregon

By Brad Withrow-Robinson, OSU Forestry & Natural Resources Extension.

This season’s wildfires have been devastating to western Oregon.

I recognize the suffering this has brought to so many individuals and communities. The fires affected many people in our reading area and adjacent counties. Many lost everything. Many more evacuated or had narrow escapes. We all know some of them, being family, friends and colleagues. It has been an extremely stressful and painful time, and we hope to be supportive going forward.

But I was heartened by the response of our communities: locally, from across the state and across the country, people showed up, sent assistance and resources, volunteered at relief centers, taking care of people, their pets and livestock at local fairgrounds (a shout out to 4-H!).

Groups and agencies are now scrambling to muster information and resources to help people rebound from the fires. Each group or agency is focusing on its area of responsibility and strength, while coordinating with others for the most effective response possible. The effort stretches from the needs of individual landowners to landscape issues that will affect water quality, infrastructure, public safety, and forest recovery.

Extension’s Post Fire Response

Among the organizations responding is OSU Extension’s new statewide Fire Program, which is part of the Forestry & Natural Resources Extension. Our emphasis in the near future will be helping people with forestlands and related natural resources impacted by the fires. If that includes you or people you know, please visit the Fire Program website (https://extension.oregonstate.edu/fire-program) where you will find a series of webinars addressing key post-fire issues:

- After the Fire – Now what?
- Hazard tree awareness and erosion in post-fire landscapes
- Assessing tree mortality and salvage logging
- Reforestation and restoration
- Tax issues relating to fire

The series is underway, but past webinars are recorded. To find the webinars, use the navigation box on the left side of the main page and choose “Fire Program Online Class Guide.”

The webinar guide box has tabs at the top that allows you register for upcoming or view past classes. Click on “past classes” to choose a past webinar, view the recording and find resources related to that webinar.

Additional post-fire resources are on the main page of the fire program. Under “Fire Adapted Communities”, choose the “After a Wildfire” button for an extensive list that is updated regularly.

Finally, if such information is relevant to you, subscribe to the post-fire email list to be informed of upcoming webinars or other resources. Click on “Join” in the orange bar on the Fire Program’s main page to subscribe.

Other resources including an interactive website to help landowners navigate issues, programs and agencies relating to the fire issues are in the works. Stay tuned.

If you do not have reliable internet access, please call the Linn County Extension Office, and we will make print copies of the resources you need.

OSU Fire Program Grows

The new statewide Fire Program has recently hired four Regional Wildland Fire Specialists. Amanda Rau will be serving the Willamette Valley and Cascades fire service area. She will be based at the Lane County Extension office in Eugene. Amanda joins us from The Nature Conservancy where she worked for the past five years as the Fire Manager in both Oregon and Washington. She has robust experience
Leaves drop from trees and shrubs following a wildfire. The impacts will be felt throughout the region, well beyond the footprint of the fires. It will likely be harder for family forest landowners to find contractors, seedlings and other resources to get projects done on their property for a while, wherever they are. Why? The fires are already putting demands on local resources and infrastructure such as loggers and logging equipment, mill capacity, and the ODF Stewardship Foresters who are overseeing many post fire responses. We can also expect to see other resources tested for the next several years, including seedling availability and nursery capacity to produce them. Shortages of many of these shared resources will be felt across much of the state as assets are reassigned or moved around. Recovery will take time.

Fire Preparedness
Not surprisingly, we are also getting calls about preventing and preparing for wildfire. The Fire Program will coordinate our work to expand public fire preparedness, which will be the emphasis of our program next spring. We will work with key partners including Oregon Department of Forestry, County governments, local Fire Districts, the Natural Resources Conservation Service, Soil & Water Conservation Districts and Watershed Councils among others to help prepare at the home, community, and landscape level. This is the approach that was featured on the front page of the July/August GROWING newspaper. Watch for more information on that in future months.

In the meantime, begin your journey at the Fire Program website (https://extension.oregonstate.edu/fire-program). Under the Fire Adapted Communities banner, follow the links to “Before a Wildfire”, and “During a Wildfire” to start learning how to prepare. Also, look at the section on Landscape-scale Land Management, which is how we start needing to look at and address fire preparedness.

Leaf Drop after Ash Blackout Shouldn’t Be of Concern

The clouds of smoke and raining ash are over, but for some common evergreen plants the damage has been done. Don’t worry, it’s most likely temporary.

“With the heavy smoke that pushed air quality off the charts, we have seen unusual defoliation in plants,” said Jay Pscheidt, Oregon State University Extension Service pathologist. “Much of it was normal old leaf drop in response to stress conditions. What is new and concerning is the rapid defoliation of some species of sweet box (Sarcococca species), some holly (flex species) and possibly some burning bush (Euonymus species)."

Reports of defoliation came from many places in the Willamette Valley, including Eugene, Corvallis, Rickreall, Damascus, Milwaukie, Molalla and the Oregon City/Canby area. Plants in places that did not experience heavy smoke such as western Washington did not see this damage, including Seattle, Tacoma, La Connor, Bainbridge Island and Gig Harbor.

Many plants experienced normal leaf drop because of worse-than normal winter drought – half of normal rainfall – and summer drought that followed. Hot Santa Ana-like winds fed wildfire that burned a million acres and contributed to air quality at unheard of levels, in the unhealthy range for seven to ten days and in the hazardous range for a few days in much of the Willamette Valley. Old leaves that were shaded, diseased and inefficient for the plant turned yellow and were shed. Even evergreen plants were casting older leaves or needles, Pscheidt said. This is a normal response by many plants and should not be of concern. Most of these plants will survive and return in spring for a new season.

The sweet box experienced green leaf drop over a few days after the smoke cleared. There is less information about species that were affected but it seems initial reports show damage among S. confusa and S. ruscifolia but not the more common S. hookeriana var. humilis. Plants in gardens and open-air structures were affected but not plants in plastic hoop houses.

There’s been a report of garden-grown blue holly (Ilex x meserveae) and a nursery-grown holly with the same rapid defoliation of green leaves over the same time period. These reports have been confirmed in Springfield, Coburg, Lebanon and Mt. Angel. Unusual defoliation of a large holly bush in Eagle Creek and a ‘Sky Pencil’ holly (L. crenata) in Tigard has also been seen. Sarcococca species are susceptible to a new fungal disease called boxwood blight, but the symptoms are very different. Boxwood blight symptoms include leaf spots, stem lesions, as well as defoliation. Rapid defoliation of green leaves is not a character of this disease.

Euonymus were discovered with older leaves being shed. In one case, an Euonymus had this condition but the Sarcococca next to it were fine. There have been reports of this from Eugene, Molalla and Tigard.

“Although the smoke was hazardous for humans and animals, it is not generally considered a problem for plants,” Pscheidt said. “There was ash fall that blocked our sun for several days, all of which contributed to these defoliation issues. It is important to realize the difference between a normal plant response – dropping of old leaves vs. something that is not normal – rapid dropping of green leaves. We suspect most of these plants will survive pending favorable conditions this winter.”
Volunteer Shannon’s son checking on grandma’s horse.

4-H youth Daisy LaLonde volunteered countless hours feeding, cleaning stalls, and caring for the animals.

plus days, and wouldn’t get home before late evening again until September 19.

“They were long days,” Webster said, “but it was absolutely rewarding. In fact, I didn’t need to be there that last Saturday. I had a wedding to go to that evening. I just felt like I had to follow it through to the end. There were some people and some animals in the barn that I had bonded with and I wanted to make sure everybody left feeling good.”

Webster noted that prior to September 8, she had no experience handling livestock and that she panicked when she realized she would be managing the county livestock shelter. “But I knew it needed to be done, and with the wonderful help of Rep. Shelly Boshart Davis and all the volunteers that came in, we were able to coordinate as a team,” Webster said.

Davis, state representative for the district that includes the fairgrounds and a local farmer, said she “grabbed a cooler, bottles of water and some ice” and headed down to the fairgrounds on that first Tuesday after learning it was the site of livestock evacuations. She ended up being a critical part of the livestock shelter’s management team. “I was glad to be given the opportunity,” Davis said. “A lot of people came together to make sure that people and animals were safe and were taken care of. It was a pretty incredible experience.”

Leao eventually got her family and animals to safety and spent the week of September 14 working 12- to 15-hour days at the shelter. “It was exhausting, but it was super rewarding to hear peoples’ stories and hear how thankful they were that we were there to help them in that time of need,” Leao said.

Webster recounted several stories of gratitude from evacuees. “There were people in the barn that I bonded with, strangers that just hugged me and wanted to share their stories about how it had been such a tough week. To me, that was so rewarding to know that I could be there and support them.

“But I think that is typical of Extension. We want to be out in the community helping,” Webster said. “That is just kind of what we do. If there is a need, we step up and try to fill it.”

Davis said she couldn’t imagine the livestock shelter being successful without Extension. “Specifically, Michele and Andrea were amazing,” Davis said. “Having them there and all their resources was invaluable, and I don’t know if it would have been successful without them.”

A New Year to Grow continued from Page 17

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

4-H staff are always happy to answer any questions and provide guidance to those interested in joining 4-H. More information about Linn County 4-H, as well as member and adult volunteer forms, may be found at https://extension.oregonstate.edu/4h/linn.

Linn County 4-H Staff Contact list
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- JoLynn O’Hearn - Email: JoLynn.O’Hearn@oregonstate.edu  Office: (541) 967-3871
- Paul Smith - Email: Paul.Smith@oregonstate.edu  Office: (541) 730-3469

4-H, ‘All About Hands-On,’ Goes Remote

Continued from Page 1

Benton Counties. The program is a series of four week-long sessions teaching a variety of skills, from computer coding and gardening to painting and leadership.

“We are very grateful that Marion County opened this up to other counties,” said Elli Korthuis, Benton County 4-H educator.

Korthuis added that Benton County 4-H was preparing in early October to produce some new virtual events in the county, including a workshop series focused on different project areas and a creative writing and art project that will be creating ties between older 4-H members, Cloverbud members (those five to eight years old), and the public library.

And, beginning in October, Linn County 4-H in partnership with the city of Sweet Home, launched in-person after-school programming at the community center in Sweet Home.

The program, funded in part by a grant awarded by the Linn County Board of Commissioners, provides after-school educational opportunities four days a week, broken into Monday–Tuesday and Wednesday–Thursday programming.

The Monday and Wednesday portion of the program includes participation from the OSU Extension Outdoor School and a community group in Sweet Home called Showcase, which focuses on advancing the arts. Linn 4-H takes the lead on the Tuesday and Thursday programming, which includes everything from helping students with homework to working on special projects with individuals, Leao said.

The program is open to kindergarten students to high school seniors and provides a variety of educational and activity-based opportunities to participating youth. It is limited to 60 youth in order to meet social-distancing requirements, with 30 participating on Monday and Tuesday and another 30 on Wednesday and Thursday.

“This is great, great opportunity,” Leao said. “As a parent and an educator, I much prefer in-person programming to virtual programming. Our kids are really lacking the social and emotional education that comes with school recently. In this program, we aren’t just focused on the academics, but that whole personal connection.

“We are able to use this time to give the youth an opportunity to develop some friendships and have a little bit of a social outlet,” she said.