OSU - GROW Healthy Kids & Communities Receives Community Partner Award from Molalla River School District

Periodically the Molalla River School District Board recognizes the impact of various groups and organizations that make a difference in the lives of children in the community of Molalla. In August, the board recognized Oregon State University’s Generating Rural Options for Weight Healthy Kids & Communities (GROW HKC) research and Extension Program as an outstanding community partner.

In partnering with OSU Extension’s Clackamas County-Family and Community Health program the Molalla River School District has received grant funding totaling $110,000. These dollars have been used across the district to implement a district wide Farm to School program, ($70,000 from the Oregon Department of Education), construct new running and walking trails with fitness stations at Molalla Elementary ($8,000 from Clackamas County and $10,000 from General Mills), paint new games on the elementary school playgrounds ($500 OSU Extension Clackamas County), build a school garden at Molalla High School ($5,000 YA-4-H & Pacific Source), and create new wellness programs including a before school running club, ($1,000 from Tufts University), and a wellness committee at Molalla elementary ($10,000 GROW HKC USDA NIFA funding).

In addition, GROW has provided support in the community by partnering with Bear Creek Byway, Molalla Library, Real Deals Grocery, Milk Creek Produce and the GROW Action Team to promote healthy eating and physical activity by using GROW research to secure additional resources to support active transportation ($8000, Bear Creek Byway Clackamas County HEAL grant) and improve local food and physical activity access through the Oregon Farm to School program and the Bob’s Red Mill Storywalk project ($25,000). The GROW HKC Action Team has also been granted $13,000 for community projects to make changes to the community nutrition and physical activity environment (GROW HKC-USDA NIFA funding).

The aim of the GROW HKC research and Extension program is to partner with communities to generate rural options – resources, capacity, and readiness – to support weight healthy kids and families.

Beret Halverson
GROW Healthy Kids and Communities Faculty - Clackamas County
Harvest Dinner Attracts Growing Crowd

The North Willamette Research and Extension Center (NWREC), located in Clackamas County just south of Wilsonville, hosted its annual Harvest Dinner in late September. Now in its third year, the event has grown steadily to 120 attendees—including local farmers, financial and in-kind supporters of the Center, elected officials, OSU faculty and staff, and the public. The dinner celebrates the ending of the summer harvest season, the research and education work completed, and is a thank you to all who have contributed to the successes of the past year.

“Many individuals and organizations make our work possible at the Center,” said Mike Bondi, OSU Regional Administrator for the Clackamas area and Director at NWREC. “We exist to bring science and education together to improve farming and agricultural practices. We couldn’t do our work effectively without the support and involvement of people in the community.”

The Harvest Dinner included a special “OSU-themed meal created by Bon Appetite—a catering company based at George Fox University in Newberg. Bondi begins by identifying different food items from the Center’s research and education programs of the past year and works with the catering company’s chef to prepare a menu. Nearly all of the featured foods on the menu have some connection to NWREC and OSU.

This year’s Harvest Dinner included several wonderful types of beets from a new culinary vegetable variety trial at NWREC as well as tomatoes, squash, eggplant, and pumpkin seeds from projects with local farmers. Also, featured were all seven of the new Beaver Classic cheeses produced by students in the Food Science and Technology program at OSU in Corvallis.

“It’s always a great meal. We tell a special story through the foods and dishes we present. It’s a story about local agriculture and the work NWREC does with our farming community to support the food supply we all need in our community.”

NWREC is OSU’s only agricultural experimental farm in northwestern Oregon that focuses its research and education programs on nursery and greenhouse production, berries, Christmas trees, fresh market vegetable and specialty seed crops, small farm production, and pesticide registration research.

Michael C. Bondi
Regional Extension Administrator - Clackamas Region

Recent TV Spots on AM Northwest

The Community and Urban Horticulture Program has developed a great ongoing partnership with KATU’s AM Northwest. Weston Miller is writing scripts for the show, getting them reviewed by OSU colleagues, and then appearing on live TV to discuss gardening topics. Look for Weston on air on the first Monday of each month at 9 am. Here are some recent clips:

- Planting Fall Veggies - [http://www.katu.com/amnw/segments/Planting-Fall-Veggies-265757631.html](http://www.katu.com/amnw/segments/Planting-Fall-Veggies-265757631.html)

Weston Miller
Associate Professor of Community & Urban Horticulture
Vegetable Varieties Showcased

The Culinary Breeding Network showcased new and interesting vegetable varieties for local farmers at a recent event held in Northwest Portland in late September. The event was held at Chris King Precision Components—a local bicycle manufacturer who also happens to have a large commercial kitchen at his business. The showcase attracted more than 100 farmers, vegetable breeders, Extension faculty and staff, and interested “foodies”—all coming together to examine recent new vegetable varieties and explore their potential in the food and restaurant industry. The showcase included a wide variety of vegetables including: table beets, cilantro, Thai basil, leaf celery, onions, corn, sweet peppers, carrots, winter squash, tomatoes, and potatoes.

Heidi Noordijk is an Education Program Assistant with OSU’s Metro Small Farms Extension program located at the North Willamette Research and Extension Center (NWREC). Noordijk was one of several OSU faculty and staff who worked this past summer to grow the vegetables at NWREC. Those vegetables were showcased in specially prepared dishes by over a dozen Portland area chefs at the showcase. Noordijk’s table featured newly introduced beet varieties being evaluated.

The Network brings together several universities, the Organic Seed Alliance, and more than 30 farmers—with the concept of involving the final consumers in the development in the plant breeding and development process.

Michael C. Bondi
Regional Extension Administrator - Clackamas Region

Local Forest Products Markets

The high-volume forest products markets maintained by large forest enterprises are important markets for woodland owners in Clackamas County. It can be difficult, however, to find markets for the variety of products provided at smaller scale of operations on small woodlands. Woodland owners must take an increasingly active, and sometimes collaborative, role in order to develop profitable small-scale market pathways. Focusing on the smaller-scale wood marketplace, we are working on an assessment of the potential markets of local forest products for woodland owners in Clackamas County.

OSU Extension Forestry in Clackamas County is conducting the assessment in collaboration with Chris Knowles, Extension Specialist in Wood Science, and Alyson Wade, graduate student, at the OSU Wood Innovation Center. The main effort involves first conducting the assessment of niche and specialty wood market potential for Clackamas County woodland owners. The second piece will be organizing the Local Forest Products Market for specialty forest producers, builders, and consumers. The market is November 22 at the Clackamas County Event Center in Canby. Outcomes of the Local Forest Products Market will also feed into the overall assessment. The project will include a summary of:

- woodland owner timber inventory
- potential products
- landowner interests in niche marketing
- manufacturer interests and capacity
- specific recommendations for future local and regional economic development supporting niche and specialty wood enterprises.

Everyone is invited to the Local Forest Products Market to see what our local forest products community has to sell. Vendor booths are $40. If you know any landowners, forest products enterprises, builders, or likely consumers of local forest products, please encourage them to contact Glenn Ahrens. Glenn can be contacted by email at glenn.ahrens@oregonstate.edu or by phone at 503-655-8631.

Glenn Ahrens
OSU Extension Forester
What’s Happening

October:

Molalla Grow Healthy Kids and Communities Action Team Meeting, Thursday, October 16 from 4:30 to 6:30 pm, at the Molalla High School. A community meeting focused on increasing the healthy opportunities in Molalla. Contact Beret Halverson 503-650-3131.

Statewide 4-H Dog Training, October 17 – 18, training to be held in Redmond, Oregon. Contact Jan Williams 503-650-3127.

Oregon Season Trackers, Friday, October 17 from 9:30 am to 2:00 pm, at Hopkins Demonstration Forest, participants can become Citizen Scientists and help monitor seasonal precipitation patterns in partnership with OSU Extension and HJ Andrews Experimental Forest. Participation fee of $35 and pre-registration is required. Contact Glenn Ahrens 503-655-8631.

4-H Tack Sale, Saturday, October 18 from 9:00 am to 1:30 pm, at the Clackamas County Event Center. Admission is $1. Contact Wendy Hein 503-655-8635.

4-H HEARTH Book & Bake Sale, October 18 from 9:00 am to 2:00 pm, at the Clackamas County Event Center. Admission is $1. Contact Jan Williams 503-650-3127.

Tuna Canning Food Preservation Class, Saturday, October 18 from 9:00 am to 2:00 pm, participants will gain the knowledge and skills needed to can tuna using current, research-based instructions, receive hands-on instruction, recipes, and resources. Class fee of $60 applies and pre-registration is required. Contact Kelly Streit 503-655-8634.

Beneficial Insects in Christmas Trees Workshop, Monday, October 20 from 8:30 am to 2:30 pm at NWREC, this workshop will highlight the results of local trials using beneficial insects as a part of an integrated pest management program. Participation fee of $15 and pre-registration is required. Contact Glenn Ahrens 503-655-8631.

Clackamas County Farm Forestry Association Annual Woodland Farmer Recognition Banquet, Thursday, October 23 from 6:00 to 9:00 pm, the annual Woodland Farmer will be recognized at the banquet held at the Farmstead Restaurant & Pub in Molalla. Dinner is $30 per person and pre-registration is required. Contact Jean Bremer 503-655-8631.

4-H Shooting Sports Leader Training, October 24 – 25, training for existing 4-H leaders to work with youth in shooting sports. Contact Jan Williams or Trisha White 503-655-8635.

November:

Community Forestry Day, Saturday, November 8 from 8:30 am to 4:30 pm, at Hopkins Demonstration Forest, 16750 S Brockway Rd, Beavercreek. Contact Jean Bremer 503-655-8631.

Treats From the Dryer Food Preservation Class, Thursday, November 13 from 6:00 to 9:00 pm. Participants learn to prepare foods for drying, methods of drying, how to store dried food to retain quality and nutrition, review equipment needs, and evaluate recipe resources. Class fee of $30 applies and pre-registration is required. Contact Kelly Streit 503-655-8634.

Mushroom and Truffle Fungi Forest Foray, Saturday, November 15 from 9:00 am to 4:00 pm at Hopkins Demonstration Forest, interact with Fungi experts and educators, collecting, identifying, and learning about the fungi found in your local forest. Pre-registration required. Contact Glenn Ahrens 503-655-8631.

Introduction to Pressure Cooking Food Preservation Class, Saturday, November 15 from 9:00 am to 1:00 pm. Participants build skills preparing a quick, healthy main dish using a pressure cooker. Class fee of $30 applies and pre-registration is required. Contact Kelly Streit 503-655-8634.

Molalla Grow Healthy Kids and Communities Action Team Meeting, Thursday, November 20 from 4:30 to 6:30 pm at the Molalla High School. A community meeting focused on increasing the healthy opportunities in Molalla. Contact Beret Halverson 503-650-3131.

Local Forest Products Market, Saturday, November 22 from 8:30 am to 5:00 pm at the Clackamas County Event Center, buy and sell wood and other products from local woodlands. Contact Glenn Ahrens 503-655-8631.

4-H County Awards & Recognition Night, Saturday, November 22 from 6:30 to 9:00 pm, annual event to honor volunteer milestones, record book skills, and other awards. Contact Wendy Hein 503-655-8635.

Observation of Thanksgiving, November 27-28, Clackamas County Extension will be closed to observer the Thanksgiving holiday.

December:

Community Forestry Day, Saturday, December 13 from 8:30 am to 4:30 pm, at Hopkins Demonstration Forest, 16750 S Brockway Rd, Beavercreek. Contact Glenn Ahrens 503-655-8631.