



WEST NORTHWEST

A bi-monthly newsletter to faculty/staff/retirees of WSU Long Beach, Mt. Vernon, Puyallup & Vancouver

FEATURE PROFILE - EXTENSION NUTRITION

The Extension Nutrition program addresses important nutrition education issues for individuals and families in Washington state. One of the most critical issues over the last few years has been hunger. In 1999, USDA reported that Washington had one of the highest rates of hunger and food insecurity in the US; it was ranked second nationwide, higher than Mississippi! In 1986 **Sue Butkus** moved from Pullman to Puyallup to increase the collaboration between Washington State University and state programs that provide food assistance and nutrition education.

Food security and improved nutrition for limited resource families and children is addressed by *Food Sense*, a combined effort of Extension Family and Nutrition Education Program (EFNEP) and Food Stamp Nutrition Education (FSNE). EFNEP targets low income families with young children. Food Stamp Nutrition Education targets food stamp (Basic Food)¹ recipients and schools in which more than 50% of the children receive free and reduced-price lunch. In round numbers, 30,000 individuals were enrolled in *Food Sense* in 2004; school children comprised approximately two-thirds of the program.

To fund FSNE, USDA Food and Nutrition Service (FNS) matches the resource commitment from Washington State University faculty and staff, as well as other state and local agencies. For the 2005 fiscal year, the combined efforts of Washington State University, the state and local partners and USDA FNS will total \$7.4 million.

Puyallup faculty and staff involved in the project are: **Sue Butkus**, PI for Food Stamp Nutrition Education; **Elaine Mayes**, FSNE project manager and EFNEP state coordinator; **Kathleen Manenica**, *Food Sense* coordinator of marketing and educational materials and FSNE statewide coordinator; **JoAnn Manke**, coordinator of the new Extension Nutrition Program web site: <http://nutrition.wsu.edu/markets/>; **Kathy Poole**, FSNE budget and accounting support program assistant; and **Christa Albice**, program assistant for Extension Nutrition programs and the state leader in Family Living.

The *Nutrition Education Network of Washington* (NEN) is a public-private partnership partially funded under FSNE. This year the NEN worked with the advanced marketing class at Washington State University to develop a slogan aimed at promoting good nutrition and physical activity. *JayRay Ads and PR* then developed a logo to illustrate the slogan. **Energize Your Life! Eat Healthy-Be Active** has been endorsed by OSPI, DSHS, CTED, and



¹ Food Stamps in Washington State is now called Basic Foods. There are no “stamps” any more. All food assistance transactions are conducted electronically using a plastic card that looks like a credit card.

numerous other public and private agencies in Washington. Fred Hutchinson Cancer Research Center is planning to “test” the slogan as part of their employee wellness program. Contact Pam Amann, marketing coordinator for the *Nutrition Education Network of Washington* at pamamann@comcast.net for more information.

Diabetes Education and Awareness, located at ten sites in Washington, annually enrolls about 1500 people in a five-lesson program. Instructors provide screening of A1c (3-month average of blood glucose) and discuss ways to reduce A1c. The newest project is *Diabetes Education for Elderly Hispanics with Diabetes and their Caregivers*, funded by DSHS, Office on Aging and Disability Services. Shirley Broughton is the state coordinator for the diabetes programs.

Inquiries about the Extension Nutrition Program can be directed to Sue Butkus, PhD., R.D. at 253-445-4553 or butkus@wsu.edu and/or Christa Albice at 253-445-4541 or albice@wsu.edu.

MESSAGE FROM THE DIRECTOR

“Vision: WSU Puyallup is a research and education center for applied science in urban food production; urban, residential and commercial landscapes; water quality; human development; nutrition; high value, specialty agriculture; natural resources, ecosystems; and, economic analysis of the region. In addition the center is a vital life-long learning campus for students, alumni, and the public. WSU Puyallup is easily accessible and visible to a large segment of the population in Washington and serves as a gateway to Washington State University”. Draft WSU Puyallup Action Plan, June 6, 2004.

Many faculty and staff at the Puyallup Research and Extension (R&E) Center have invested hours preparing the Action Plan. I am very fortunate as the new Puyallup Director for that investment. I will have a course of action to continue.

One of our joint tasks within the next 6 weeks is to create the final version of this iteration. I say, this iteration, because an Action Plan should be the compass that points the direction, rather than the road map, and we will need to visit our vision often to evaluate our progress and to see if course corrections are required. I am looking forward to this journey that creates the reality that will follow our vision.

I am more mindful than ever of how we fit within the greater University since our future depends on being part of the greater whole. I appreciate how the vision you developed for the Puyallup R&E Center furthers the vision and mission of Washington State University.

Washington State University 2002 to 2007 Strategic Plan vision and mission statements.

“Vision: Washington State University offers a premier undergraduate experience, conducts and stimulates world-class research, graduate and professional education, scholarship and arts, and provides an exemplary working and learning environment that fosters engagement.

“Mission: As a public, land-grant and research institution of distinction, Washington State University enhances the intellectual, creative, and practical abilities of the individuals, institutions, and communities that we serve by fostering learning, inquiry, and engagement.”

<http://www.wsu.edu/StrategicPlanning/strategic-plan.html>

--Jon Newkirk, Director beginning October 4, 2004.

PRESENTATIONS/MEETINGS/TRAININGS/INVITATIONS

Art Antonelli, John Stark and Gary Chastagner attended the XXII International Congress of Entomology in Brisbane, Australia during the week of Aug 15. John Stark and Gary Chastagner presented a poster

on Christmas tree IPM. John Stark also presented a paper on the Brisbane meetings.

Art Antonelli, John Stark, Gary Chastagner, Jenny Glass, and Ray Maleike gave various presentations at the Christmas

PRESENTATIONS/MEETINGS/TRAININGS/INVITATIONS (continued)

Tree Insect and Disease IPM Workshop in Puyallup, Sept 22.

Art Antonelli began his 30th Master Gardener training season with a full day of teaching Basic Entomology and IPM to the beginner class in Aberdeen, Sept 28, and in Clark County, Oct 19.

Carol Miles attended the Dean's meeting in South Africa in June and, based on her report, contributed to the formation of a new multi-institutional collaboration with universities in east and southern Africa. A total of 6 US institutions are putting together a USAID proposal to work with African universities to build capacity to address hunger and poverty.

Craig Cogger and **Rita Hummel** spoke on biosolids management in agricultural and horticultural crops at the Northwest Biosolids Annual Conference in Welches, OR, Sept.

Craig Cogger and **Andy Bary** were on the organizing and teaching team for the Compost Facilities Operator's Training Workshop. **Gwen Stahnke** and **Rita Hummel** were among the workshop presenters. The workshop included classes, panels, a field tour, and daily hands-on composting exercises. Thirty-five compost professionals from seven states and British Columbia attended the workshop, WSU Puyallup, Oct 18-22.

Craig Cogger taught guest lectures for three soils classes in Pullman, and gave a seminar for the Biology Department and Pacific Lutheran University.

Dean Glawe presented the talk "Biology, Identification and Control of Powdery Mildews," at the workshop on powdery mildews held at Oregon State University, North Willamette Valley Research and Extension Center, Aurora, Oct 14, 2004.

Dean Glawe was co-organizer and co-convenor of the Symposium "Co-Evolution of Fungi and Plants" held at the 2004 American Phytopathological Society Annual Meeting in Anaheim, CA, Aug 30, 2004.

Linda Chalker-Scott gave the following invited presentations: "Myth-information: five favorite fallacies." Snohomish County Master Gardener Recognition Dinner,

Everett, WA; "Bare bones transplanting: a tough love approach." King County Master Gardener Recognition Dinner, Seattle, WA; "Too much of a good thing: can soil amendments hurt your landscape?" Restoration Ecology Network, University of Washington, Seattle, WA; "Compost tea: separating fact from fantasy." Master Gardener Foundation of Washington State Annual Conference, Olympia, WA; "Plant myths debunked: an urban horticulturist's perspective." Fall Expo, Washington Chapter, American Society of Landscape Architects, Seattle, WA; "Plants without problems: a good place to start." Kitsap County IPM Workshop, Poulsbo, WA; "Mulches to reduce pesticide usage." Kitsap County IPM Workshop, Poulsbo, WA; "Mulches for your beds: what works and what doesn't." Bellevue Garden Club, Bellevue, WA; "Right plant/right place: the abiotic approach." Whatcom County Master Gardeners, Bellingham, WA; "Urban plant stress: causes and symptoms of common environmental stresses." Clark County Master Gardeners, Vancouver, WA; "Urban plant stress: causes and symptoms of common environmental stresses." King County Master Diagnosticians, CUH, Seattle, WA.

Renée Prasad and **Bill Snyder** gave the following presentations: "Intra-guild predation impacts fly biocontrol by generalist predators," Annual Meeting (Agroecology Section) of the Ecological Society of America, Portland, OR, Aug 2; "Factors limiting conservation biological control," International Congress of Entomology in Queensland, Australia, Aug 17.

Debbie Inglis gave the following presentations: "Potato Diseases in 2004," Western Washington Potato Grower's Breakfast, Burlington, Aug 4; "WSU-NWREC Revitalization Plans", WSU-NWREC staff/volunteers, Aug 17.

Vance Corum taught a class of 40 Evergreen State College students the key principles behind an expanded Rapid Market Assessment approach to farmers' market research, Oct 7.

PRESENTATIONS/MEETINGS/TRAININGS/INVITATIONS (continued)

The **Small Farms Team**, in partnership with American Farmland Trust, developed and offered a 2-hour mini-workshop for urban-influenced farmers and their advisors

to make producers aware of alternative pest control practices within the context of the Food Quality Protection Act.

PUBLICATIONS

Antonelli, A., Stark, J.; Chastagner, G. *Christmas Tree Pest Research: Past, Present and Future*, Christmas Tree Lookout, Fall 2004, pp12-14.

Cogger, C. 2004. Manure on Your Farm: Asset or Liability. (Written as part of a national small farms fact sheet project for the Livestock and Poultry Environmental Stewardship Program.)

Chalker-Scott, L., and Collman, S. J. Submitted. Washington State's Master Gardener program: Thirty years of leadership in university-sponsored, volunteer-coordinated, sustainable community horticulture. *J. Clean. Prod.*

du Toit, L.J., Derie, M.L., and Pelter, G.Q. 2004. Prevalence of *Botrytis* spp. in onion seed crops in the Columbia Basin of Washington. *Plant Dis.* 88:1061-1068.

Glawe, D. A. 2004. *Pacific Northwest Fungi Database*. Department of Plant Pathology,

Washington State University, Puyallup, WA. <http://pnwfungi.wsu.edu>

Johnson, D. A., Inglis, D. A., and Miller, J. S. 2004. Control of potato tuber rots caused by oomycetes with foliar applications of phosphorous acid. *Plant Dis.* 88:1153-1159.

Moore, P.P. 2004. *Cascade Delight Red Raspberry*. *HortScience.* 39:185-187.

The August 2004 issue of the WSU Vegetable Team Pathology Newsletter, written by **Lindsey du Toit** and **Debra Inglis**, can be viewed on-line at:

http://mtvernon.wsu.edu/path_team/currentnewlet.htm#issue. This issue focuses

on the impact of *Iris yellow spot virus* on the onion bulb and seed industry in Washington, and provides results of various vegetable cultivar trials in Washington.

PLANT PATENTS

Moore, P.P. WSU 1090 (Cascade Delight) red raspberry, PP14,522. February 10, 2004

FIELD DAYS, TOURS AND EVENTS

An Open House was held at WSU-NWREC on July 29. Presentations included: "Revitalization Efforts and Our Volunteers" by **Debbie Inglis** and Pete Jacoby; "Schematic Design for Site & Facility" by Rex Bond and Dan Podell of ARC Architects; "Timeline and Budget" by Virgil Hansen of WSU Capital Planning. Informal discussion groups, and displays by WSU-NWREC staff on entomology, fruit horticulture, vegetable pathology, vegetable seed, and weed science research also occurred.

The WSU-NWREC Potato Field Day was held on August 18. The event featured research being conducted by **Mike Derie, Jessica Gigot, Lindsey du Toit, Babette Gundersen, Debbie Inglis, Tim Miller, and Christiane Steen.**

The WSU Onion Field Day was held on August 27 on the Wayne Ker Farm near Quincy. **Lindsey du Toit** and **Martin Chilvers** presented research reports on *Botrytis* neck rot of onions, and Lindsey du Toit presented a research report on the impact of *Iris yellow spot virus* on onion bulb and seed crops in the Columbia Basin.

In cooperation with the Western Washington Fruit Research Foundation, **Gary Moulton** and staff of the Fruit Horticulture department conducted orchard tours for foundation members on July 10, August 14, September 11 and October 16. From 70 to 100 people attended the tours,

FIELD DAYS, TOURS AND EVENTS (continued)

and were able to go through the orchards, ask questions about their home orchard problems, and sample the various fruits.

Also on October 16, preceding the orchard tour, a general Open House/Field Day was held featuring speakers on topics of interest to home growers. Dr. Margriet Dogteram from Coquitlam, B.C. presented a program on her specialty, mason bees, and David Johnson, a grower, breeder and author from Milton, WA discussed "Successful Grape Culture in Western Washington." Loretta Walker, Master Gardener home economist and dietician, gave a timely program on what to do to preserve the fruit after harvest. Dr. Bob Norton, WSU Professor Emeritus, acted as moderator, also closing the program with a talk on "Fruit Tree Management." Visitors tasted apples at the Fruit Horticulture table, sampled grapes and unusual fruit on display, and could buy and order informational bulletins from the Skagit Master Gardeners table. Commercial displays of nursery items, mason bee products and agricultural supplies provided additional information.

On October 23 the Fruit Horticulture department took part in the All About Fruit Show, sponsored by the Seattle Tree Fruit Society and held in the center concourse of the Factoria Mall in Bellevue. At a display of apples grown at WSU-NWREC, **Jacky King** answered questions on tree fruit culture in general, and **Dr. G. Hollis Spitler** presented a talk on "Growing Blueberries at Home." Dr. Bob Norton spoke on "Fruit Tree Care" and also lent his expertise to the Fruit Identification booth where people could bring their unknown fruit varieties to be examined by a panel of knowledgeable experts on old (and new) orchard varieties.



The **Small Farms Program** held two well-attended Field Days this year at WSU Puyallup. A good mix of around fifty enthusiastic farmers, producers, program staff, and press walked the research plots, viewed farm equipment and the pasture poultry project, and learned about current and upcoming research and the results of the various experiments.



Field Day topics included organic systems research, relay planted cover crops, pastured poultry, organic potato and winter squash variety trials, and tillage and cultivation equipment for small farms. Presenters were **David Muehleisen, Andy Bary, Craig Cogger and Marcy Ostrom.**

Small Farms Team members helped support annual fall harvest celebrations in twelve counties. Several new counties have joined from the East side. County harvest celebrations typically include a tour of local farms. Several counties also hold a community dinner where local foods are served. The goal is to educate the public about local agriculture and build connections across urban/rural regions. While final counts are not in for 2004, an estimated 20,000 visitors toured farms during Harvest Celebrations in 2003.



In partnership with the Tilth Producers of WA, the **Small Farms Team** organized a pioneering, on-farm educational effort. Farm walks were held on nine Westside farms during the summer growing season, bringing together farmers and university specialists to address the real-life issues encountered on the farms. Each farm walk averaged 25 people, with a mix of farmers, prospective farmers, and specialists from a variety of disciplines, including horticulture, entomology, soils, and plant pathology. At each farm walk, specialists showed growers how to

FIELD DAYS, TOURS AND EVENTS (continued)

quickly and effectively “scout” their fields for pest insects, and shared information on pest management alternatives tailored to specific farms and regions.



A dozen Extension, teaching and research professionals attended the Quillascut Farm School, a farm-based cooking school in rural Stevens County on October 11-15, for a firsthand look at how food gets from the field to the table. Among other activities, the participants helped milk goats and process cheese at the weeklong retreat. **Rich Hines**, communications specialist for CSANR and the Small Farms Program, designed the project



and helped obtain the SARE grant to fund it. Veteran specialty cheese producers Rick and Lora Lea Misterly started the cooking school at their farm three years ago after taking a course on small farm entrepreneurship offered by Al Kowitz, WSU Stevens County Extension. With the assistance of a professional chef, the school now trains culinary students throughout the summer. The students go back to the city committed to sourcing local and sustainable food products for use in their menus.

GRANTS

The following awards were granted by the USDA Organic Research Initiative:

Carol Miles, and Stephen Jones, “Evaluating and Developing Varieties for Organic Systems”, \$31,382; **Debbie Inglis**, **Carol Miles** and **Lindsey du Toit**, “Organic Seed Treatments on Vegetables”, \$30,000; **Tim Miller** and **Debbie Inglis**, “Organic transition crops for the PNW”, \$30,959; **Craig Cogger**, **Andy Bary**, **David Muehleisen**, **Marcy Ostrom**, and **Tim Miller** “Cover Crops for Weed Management in Organic and Transition Systems”, \$14,319; **Carol Miles**, “Alternative Mulches for Weed Control in Vegetable Production Systems”, \$14,767.

Patrick P. Moore. Small Fruit Breeding in the Pacific Northwest, \$90,000, USDA-SCA

Lindsey du Toit received \$3,500 from the CA Processed Onion and Garlic Research Committee in support of her research on seedborne disease of onion.

The **Small Farm Team** received an award from the USDA Risk Management Agency Research and Education Partnerships to expand the number of county extension sites for our Cultivating Success courses in Sustainable Small-Acreage Farming, including adding courses in Hmong and Spanish, \$362,000.

PEOPLE

Welcome to **Elaine Mayes**, County Extension Educator EFNEP and FSNE. Elaine has been working for WSU since 1978, beginning in Walla Walla, and then moving to Spokane. She was responsible for EFNEP in Spokane County from 1982-2001 and also did food safety programming. In 2002, Elaine moved into a statewide responsible position as EFNEP Coordinator and state coordinator for FSNE contract development and evaluation. Elaine came to WSU Puyallup in October. Her responsibilities include managing the rapidly growing FSNE program and fulfilling state coordinator demands for EFNEP.

Annie DeBauw joined the Plant Pathology department at WSU Puyallup in September as Ag Research Tech I. Annie has a degree in Environmental Science from WSU Vancouver and Botany from UW. Annie worked on an agricultural research farm in Vancouver while attending WSU and is excited about her position working with ornamental bulbs and Christmas tree research

PEOPLE (continued)

with **Gary Chastagner** and **Kathy Riley**. She will be attending some pesticide training courses in January.

Randi Luchterhand, Ag Research Tech I, is working with **Jon Johnson** in the forestry department. Randi is from Oregon, where she graduated with a degree in Chemistry, with emphasis on biochem, and minors in Women's studies and Chinese studies. Randi is helping Dr. Johnson with riparian buffer projects located throughout Washington. Welcome to WSU Puyallup!

Congratulations to **Lanette Singleton**, long-time secretary at WSU-NWREC, on her recent marriage and retirement.

Hello to **Michele Fry** and **Joyce Skelton**. Michele and Joyce will be working part-time over the next few months to help in the front office until Lanette's position is filled.

Lindsey du Toit was the winner of the Extension Digital Photo Contest for the month of August, with a photo of an onion seed crop in bloom in the Columbia Basin.

Dr. Rita Hummel, WSU Associate Professor of Horticulture, was a special guest at a reception hosted by Weyerhaeuser's Council of Scientific and Engineering Advisors, honoring Dr. Norman E. Borlaug -- 1970 recipient of the Nobel Peace Prize and "Father of the Green Revolution." Drs. Borlaug and Hummel are both graduates of the University of Minnesota. Following the reception, Dr. Borlaug presented a lecture entitled "Agriculture, Forestry and the Environment – Bridging the Divide. Dr. Borlaug was visiting the Pacific Northwest as the Keynote Speaker for the 2004 American Forest and Paper Association's 2004 Forestry School Deans' Tour, hosted by Weyerhaeuser Company. Additional information on the life and accomplishments of Dr. Borlaug may be obtained at www.normanborlaug.org.



GENERAL ANNOUNCEMENTS

Cultivating Success Courses were offered at 7 different county extension sites around the state by **Small Farms Team** members. New funding from two Risk Management Agency Grants (\$362,000) will allow the Team to expand Cultivating Success to a total of 13 sites across Washington and Idaho, and adapt the Sustainable Farming and Business Planning courses for Hmong and Latino producers. Rural Roots and University of Idaho are project partners on both grants. The Team welcomes new Hmong and Latino staff members for this project. An additional Higher Education Challenge grant was obtained by Cathy Perillo to develop distance access to Cultivating Success courses.

The Mill Creek Riparian Interpretive Trail at the WSU Vancouver campus was completed in October. This has been a year-long project that involved constructing 1.2 miles of trail, 6 kiosks, and a bridge. The Interpretive Trail is designed to expand knowledge and understanding of the ecological functions of plant and soil systems

that border a waterway. Well-managed plant and soil systems can contribute to a clean, safe water supply. Maintaining good water quality in Mill Creek is necessary to preserve a healthy environment for the fish, wildlife and people who live in and along the creek. Posters along the interpretive trail were written by **Dr. Carol Miles**, Washington State University Department of Horticulture and Landscape Architecture, in collaboration with Washington State University faculty and staff at Vancouver, Pullman, Pierce County, and Mason County, and with Clark County Public Works and Clean Water Program staff. Funding for the interpretive trail was provided by Washington State University Vancouver student services, and the Washington State Department of Ecology and the Environmental Protection Agency.

Its official! The new name for the Center at Mount Vernon is the *Washington State University Northwest Washington Research and Extension Center at Mount Vernon*, WSU-NWREC. The name change

GENERAL ANNOUNCEMENTS (continued)

reflects the new regional mission of the Center.

Considerable progress has occurred on planning the new laboratories, offices, demonstration kitchen, public auditorium, and greenhouse headhouse at WSU-NWREC. Construction of the new septic system by *IMCO General Construction Inc.* of Bellingham began in late October. Installation of temporary power, moving of the weather station and horticulture trailer, and general preparation for next year's construction activities are also occurring at

this time. Designated laboratories, offices, and staff will be moved to temporary quarters late winter/early spring 2005; demolition and construction are expected to begin in late spring/early summer 2005; and, new construction is expected to occur through summer 2006. FYI, the latest plans are posted in the auditorium at WSU-WREC. The Mount Vernon staff thank **Gail Clowers** and the physical plant staff for their valuable assistance during this process! For more information on WSU-NWREC, visit their website at: <http://mtvernon.wsu.edu/>

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Please send news items for the Winter edition of *West by Northwest* to Heather Schriver at Washington State University Puyallup, 7612 Pioneer Way E, Puyallup, WA 98371-4998 or e-mail: schrive@puyallup.wsu.edu. **Deadline for the Winter edition is January 31st.** Editor: Heather Schriver.