

Boulder County Commissioners, Extension Advisory Committee, and the
Boulder County Extension Staff Annual Meeting

06/15/2015

Natural Resources Building Meeting Room, 9595 Nelson Road, Longmont 80503

Attendees: Cindy Domenico, Boulder County Commissioner
Deb Gardner, Boulder County Commissioner

Extension Advisory Committee:

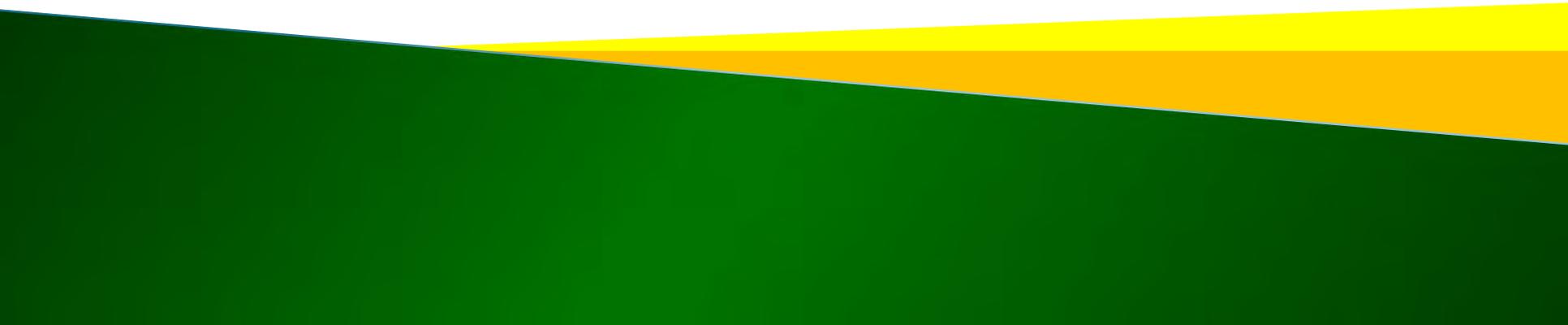
Cheryl Christensen
Kristin Lopez
Glen Schultz
Annie Conry
Sheri Rasmussen
Arlan Dormann
Rob Alexander

CSU Extension, Boulder County Staff:

Kevin Miller
Amy Lippold
Audra Harders
Lisa Wallace
Sharon Bokan
Teri Jo Laber
Kim Morrison
Nicolette Ahrens
Adrian Card
Anne Zander
Deryn Davidson
Carol O'Meara
Maria Aldaba
Jane Barnette

Colorado State University Extension in Boulder County

2015 Boulder County
Commissioner Meeting



4-H Youth Development



Kim Morrison
Nicolette Ahrens
Lisa Wallace
Audra Harders



Boulder County 4-H Impact

Continued program and membership growth

- Increase enrollment
- Expand the opportunity for community club
- Reach underserved audiences
- Expand the opportunity for school enrichment and outreach



Focus for 2015

Maximize Human Resources – volunteers and staff

- Volunteer base over 200
- Engage Middle Management Volunteers



Focus for 2015

Maximize Human Resources – volunteers and staff

- Maximized support staff
- AmeriCorps partnership



Where Do We Go From Here?



- Maximize potential staff support
- Balance management of programs and staff/volunteers



Horticulture

Deryn Davidson, Carol O'Meara, Cassey
Anderson and Zach Williams

The past year...

County, regional and state partnerships
Site visits – HOAs, Green Industry diagnostics
Native Plant Master and Pollinators
Community Garden – berry trials, new apples
Peck Orchard – tours and workshops

Jamestown Recovery Project

Nina Andaloro and Rebecca Lawrence
contacted Carol for Master Gardener assistance

- designing and planting 24 properties
- very accelerated timeline

Master Plan

- Multiple site visits
- Facilitated resources for 30 properties
- ~ 30 + soil analysis kits
- Educated residents on soils, appropriate plant choices, design
- Design workshop
- Design Days (8 area designers volunteered their time = ~\$3000)



Before



Now









Before



During



Before



Now



Before



Now









Before







Before







Before









Programs

Colorado Master Gardener program
Emerald Ash Borer Response Team
LawnChecks

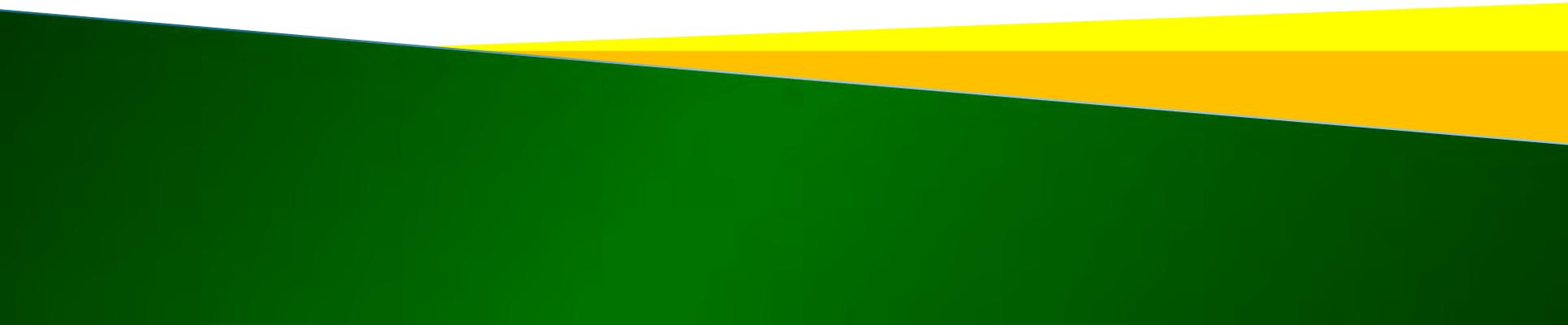
Home Landscape/Garden questions/diagnostics

Emerald Ash Borer Outreach

- Western Integrated Pest Management Center Grant
- Seedling Tree Give-Away
- Tree Team
- County Brown Bag Presentations
- First Detector Trainings – municipal staff

SNAP–Ed in Boulder County

Educator: Maria Aldaba



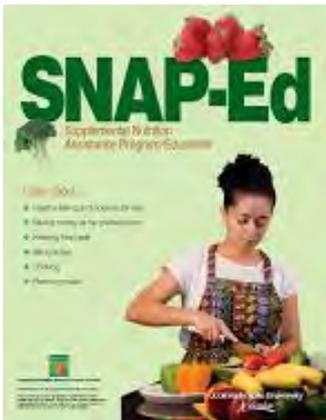
SNAP–Ed Program Impacts & Outcomes

First 7 months of FY15:

- We have hosted 96 classes in Boulder County
- 343 family members reached

Behavior change:

- 91% report improvement in **nutrition practices**
- 94% report improvement in **food resource management**
- 67% reported increased **physical activity**



Why is this important?

- ▶ Food Insecure/low income citizens – more vulnerable to obesity
- ▶ Medical costs for people who are obese are dramatically higher than if normal weight

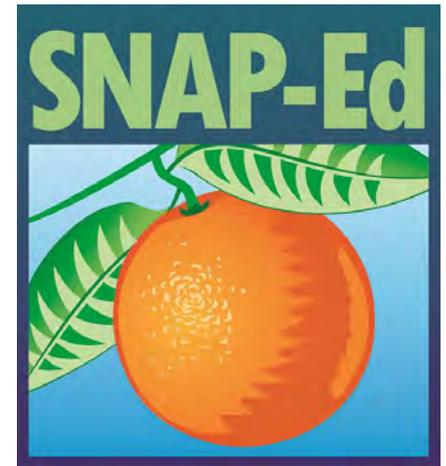
Why is this important?

- ▶ Regular consumption of high sugar drinks – 1–2 cans per day – have 26% greater risk of developing type 2 diabetes when compared to people who rarely consume these.
- ▶ Diabetes – major cause of heart disease and stroke.

Why is this important?

- ▶ Despite Boulder County's healthy reputation, low income residents struggle with healthy food choices.
- ▶ Only 23% of households earning less than 25K annually are consuming the recommended amount of fruits and vegetables per day.

- ▶ Our Center
- ▶ Boulder Housing Partners – Red Oak Park, Kalmia, Housing First
- ▶ Wild Plum Center
- ▶ Mental Health Partners
- ▶ Genesis Teen Parent Program
- ▶ Boulder Food Rescue partnership
- ▶ Casa La Esperanza
- ▶ Youth Center



Family & Consumer Sciences Programming
Anne Zander

Preserve@Home online 6 week food preservation training

- ② Collaborate with *University of Idaho Extension*
- ② Trained 28 in January *and looks similar for June*
- ② 2016 looking to include *Washington State Extension* revised curriculum

CSU Ext Colorado Cottage Food Safety trainings

Working with Master Food Preserver Volunteer

Food Safety & Preservation



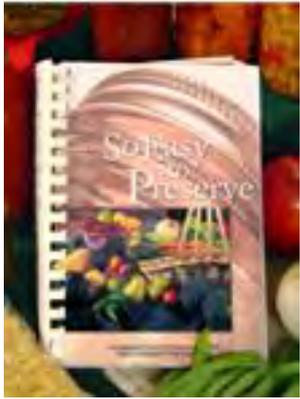
- Encouraged cottage food vendors to register for P&H online training (jam/jelly/preserves/dehydration)
- [Colorado Cottage Food Safety trainings & 3 year certificate \(offered monthly\)](#)
- Answering questions/concerns/or moving beyond from cottage food vendors after training.
- Established a 300 member listserv to keep them updated
- Encouraged vendors to participate in Boulder County Fair 1st Weekend Local Artisans.
- One vendor moving from cottage food to commercial with their dry tea mix!!!
- Chocolate candy vendor added toasted quinoa to bar and it is “hot” selling item.
- Lavender grower expanded to farm tours, dinners, besides her salts, sugars, and baked goods.
- Rusty Donuts and other vegan, gluten free, paleo diet baked products.

New audiences reached



- ▶ *CSU Extension Cottage Food Safety training* include new audiences of home food entrepreneurs, backyard poultry, honey producers, farmers market managers, county public health department employees, Dept of Ag, etc.
- ▶ Worked with **Elizabeth Black** providing her information she requested to help her put together *“Fresh Produce and Cottage Foods Sales Home Occupation in Boulder A Guide to Get Started.”*
*She graduated from the Cottage Food Safety Training!
- ▶ Trained 5 youth cottage food vendors, 7 Latina, and one blind individual !!!
- ▶ Worked with **Colorado Farm Fresh Directory** to put something in the directory to help consumers understand what is allowable and what is not allowable under cottage food law.

FCS Programs



- ▶ **Master Food Safety Advisor** (volunteer)
- ▶ **Boulder County Fair Open Class Dept. Superintendents** (volunteers for 17 departments)



Oh yes & phone calls and emails

- ▶ Q – Why can't I use my buttercream frosting recipe for my cakes/cupcakes? Everyone loves it and who is going to stop me? (CF)
- ▶ Q – Do I really need Food Product Liability insurance as a cottage food vendor?
- ▶ Q – The CF Bill the Governor signed on June 5th says I can make "pickled vegetables" so what does that mean and when can I start?
- ▶ Q – Is the cottage food safety training offered in Spanish?
- ▶ Q – Something is *eating tiny holes* in the shirts in 3 different closets. I don't want to buy new shirts if the problem will continue. What is causing this?
- ▶ Q – We didn't sign up for health insurance what can we do is there anything we can do?
- ▶ Q – Can I eat the vegetables from my garden that was flooded....the root vegetables?
- ▶ Q – Can I get a radon kit from your office and where do I put it to test?
- ▶ Q – It was on the internet, in a magazine, etc. **soit is correct, Right?**

So what is ahead...

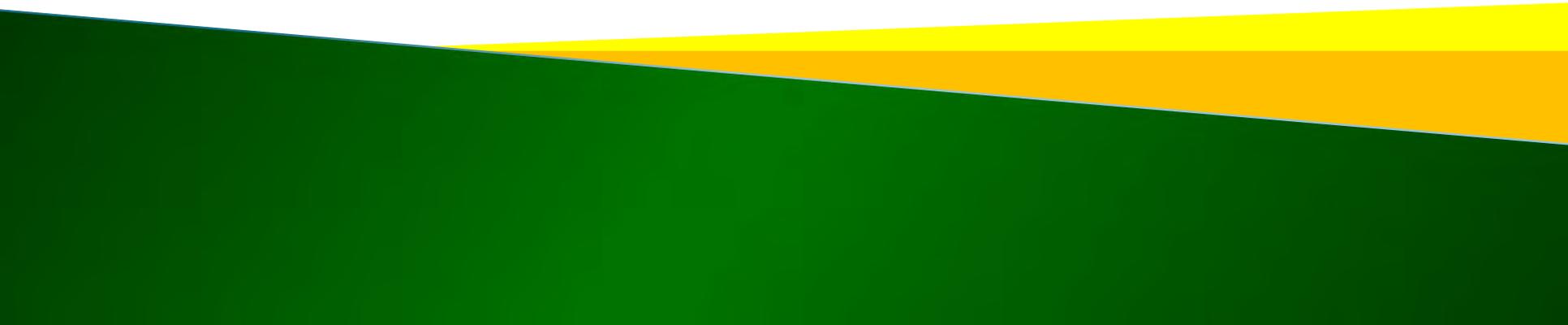
▶ What I see coming:

- ✓ Gut Health and Fermented foods
- ✓ People dealing with taking antibiotics and needing probiotics back into diet
- ✓ Cottage Food Safety Trainings
- ✓ CF vendors needing help with marketing and business questions

▶ What do **you** see affecting families in the county?

Overview of Agriculture Engagement

Adrian Card



Building Collaborations

- ▶ Educational series with BCFM and FAIR



BC Veg Labor solutions

- ▶ BCFM, Bridge House and CSUE
- ▶ Labor for BC veg farms
- ▶ Pilot starts August 2015

Building Farmers

- ▶ Program delay
- ▶ Plan for fall 2015
- ▶ 3rd BFRDP proposal



Colorado State University
Extension

Opportunity for broader engagement and impacts

- ▶ BCFM at 2015 conf
- ▶ 260 attended Feb 24
Denver
- ▶ 155 members
- ▶ 27 sponsors
- ▶ Partnering with
Western Growers



Next Gen Water Sensors

- ▶ Soil tension telemetry to website
- ▶ Demo as Isabelle 2015
- ▶ Hortau Simplified Irrigation



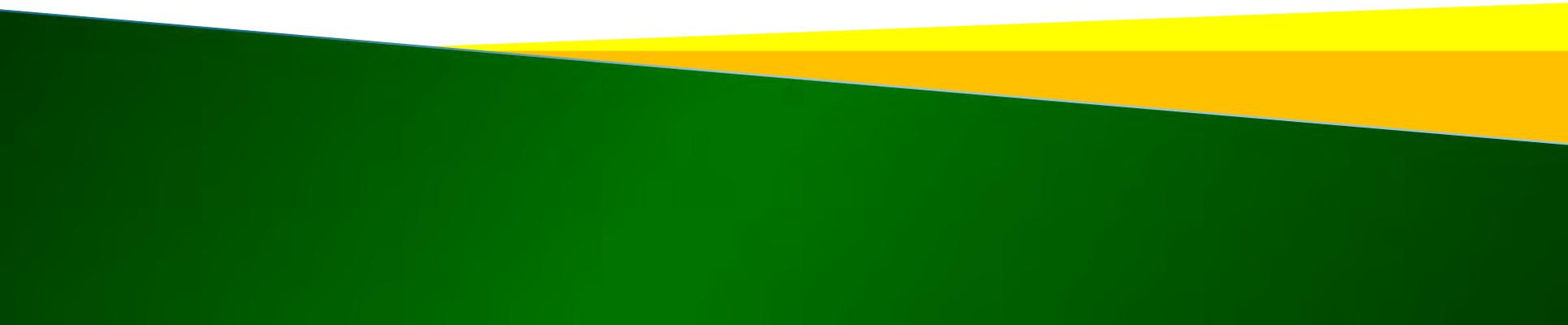
Soil Health

- ▶ Partnered with NRCS
- ▶ Soil Food Web training
- ▶ CSUE and City of Boulder staff
- ▶ Methodologies to assess microorganisms present
- ▶ International Year of Soils



Small Acreage Management

Sharon Bokan



Small Acreage Program

▶ Pollinators



▶ Site visits and public contacts

- Increased 50% over 2013

Small Acreage Program

▶ Grazing

- NRCS
- BCPOS
- CSU, UI, WSU
- Larimer County Extension



▶ Demonstration plots



**Thank you for
your support!**

