



Welcome to Missoula County

Missoula is known as the Garden City because of its ability to grow local food crops. In the early days, fruits and vegetables were marketed to surrounding mining communities. Today, stores and restaurants use locally-grown food crops, and producers can market through seven farmer's markets.

Missoula County has a population of 117,441 people. Missoula, the county seat, has a population of 72,072. The major industry for many decades was timber, though that has declined significantly since the early 1970s and Missoula has become a regional trade center. Additional categories of economic importance are education services, health care and social services.

Due to interest and concerns about invasive species, the MSU Extension office and Weed District are combined into one department. Considerable effort has resulted in new tools and sustainable methods of managing invasive weeds such as the biological weed control program. Through the encouragement of the Governor, the department has provided statewide leadership in organizing a Montana Invasive Species Council.

Family and Consumer Sciences Summary for 2018

Providing innovative, relevant, evidence-based programs in Missoula County MSU Extension continues to be the goal in Family and Consumer Sciences programs. To best serve the community's ever-changing needs requires knowledge of existing programs, finding a niche among community-based services, and being involved in planning for the future. Building strong partnerships is one of the greatest keys to success. Missoula Aging Services, Missoula Food Bank, Missoula Urban Indian Health Service, Missoula YMCA, Community Diabetes Education Program, MSU School of Nursing (U.M.) campus, Moonlight Kitchens, and Missoula Housing Authority have been especially strong supporters of MSU Extension programs in 2018.



Missoula's Mount Sentinel above the Clark Fork River in town.

Powerful Tools for Caregivers (PTC) classes held in spring and summer had 17 participants. Given the challenge of attending any event away from caretaking responsibilities, completing a six-week class is a big deal. Nearly all participants reported learning at least one new strategy for coping with ongoing stress of family caregiving, including learning to be more assertive and express feelings more confidently to family members. One person was, for the first time, able to schedule a family meeting with difficult siblings; another reported loving the group support and hearing other stories like her—that humor and tears during class gave her strength to face the next caregiving day. Participants exchange contact information to continue building relationships that began in PTC.

Wellness programs such as DEEP (Diabetes Education Empowerment Program) continue to be important. DEEP classes provide basic information on diabetes, nutrition, stress management, resources, and self-management. Participants said class helps them feel less embarrassed about having diabetes and that it was made more manageable with the support of others also dealing with doctor visits, new medications, and less-informed family members.

Food Bank monthly cooking classes have become popular because they are available and interesting for retired seniors, those who are working, income-challenged, kids, and college students. One single parent father who brings his two sons says it is a

great way to spend time together, improve his kid's math skills (measuring and reading recipes), and build confidence and independence. Having recently been released from prison, this father wants "to get it right" by learning how to make quick, nutritious meals with his kids. Seniors enrolled in the ROOTS program (they receive a bag of groceries each month) attend classes that assist them in making a nutritious meal using the commodity and fresh food items. One participant said he didn't know canned beans could taste so good with a "little seasoning and love."

Keeping Invasive Species at Bay

Since 2015, Missoula County Weed District/MSU Extension has worked with Montana's Department of Natural Resources and Conservation and the Governor's office to create the Montana Invasive Species Advisory Council. The council was created by Governor Bullock through Executive Order No. 13-2014 for the purpose of advising his office on a science-based, comprehensive program to identify, prevent, eliminate, reduce, and mitigate impacts of invasive species in Montana. The council was composed of 21 members, representing local, state, federal and tribal land management agencies as well as private land managers, industry and natural resources groups.

In addition to representing Montana county weed districts on the council, Missoula County also served as the fiscal agent for the council's projects and operations, and led the fundraising effort that helped the council accomplish its goals of:

1. Conducting an independent all-taxa assessment of Montana's invasive species programs;
2. Sponsoring a Governor's Invasive Species Summit to engage Montana's agriculture and natural resource communities in a discussion of the results of the statewide assessments;
3. Creating the first Montana all-taxa invasive species strategic plan.

During the 2017 legislative session, the council was restructured as the Montana Invasive Species Council, and continues to advise the Governor's office and the legislature on a science-based approach to the management of invasive species in Montana.

For more information, see this report: http://dnrc.mt.gov/divisions/cardd/docs/misac-docs/invasive-species-bulletin/misc_report-2018_final.pdf/view

The Plant Clinic: Missoula's go-to spot for plant care and pest management information

The Missoula County MSU Extension Plant Clinic provides leadership and educational opportunities to the public on the identification and integrated pest management practices (IPM) of plant diseases, pests and related plant health problems.

- Performing weekly scouting trips, checking on pest levels that challenge gardeners, landscapers and homeowners in maintaining healthy plant communities and environment.
- Trapping for insects such as the codling moth, cherry fruit fly and Spotted Wing Drosophila to give timely warnings on when to spray for pests to control fruit damage. This information helps reduce unwarranted pesticide use. Spotted Wing Drosophila was found for the first time in Missoula County. This fruit fly can infest many fruit crops, and further trapping will be done to determine its threat and range.
- Scouting information is used to update the Pest Alert Hotline which is distributed via email, the MSU Extension website and phone recordings.
- Providing information to 1,600 phone call, walk-in and e-mail clients this year, including information on soil testing, pruning, plant identification, and pest control.
- Assisting the City of Missoula Parks department to train 10 volunteers on round-about plant maintenance.
- Hosting a fruit tree grafting class with local expert Roger Joy. Thirty-two people learned grafting techniques and took home 20 different types of apple, crabapple and pear wood to graft onto their own trees.
- Hosting two rodent control classes for 35 people at the Missoula Ag. Vo-tech farm with Montana Dept. of Agriculture Vertebrate Specialist Stephen Vantassel.



Zebra mussels.
Photo courtesy
of National Park
Service: [https://
www.nps.gov/
articles/zebra-
mussels.htm](https://www.nps.gov/articles/zebra-mussels.htm)



YMCA kids outside looking for bugs

- Collaborating with Missoula Public library, presented two classes to 20 people on Deer Resistant Plants and Local Apple Varieties
- Presenting information to 35 people on starting a garden in Missoula at the Missoula Downtown Business Association April meeting.

Busy Summer of Competitions, and Big Winning for Missoula 4-H Members

While summer is a time of rest and relaxation for many, 4-H members across Montana are busy participating in leadership events and competitions. Missoula 4-H members had a tremendous summer in 2018. Below are the details from two events: Montana 4-H Congress and the National 4-H Western Heritage Project Competition.

National 4-H Western Heritage Project

Youth in the 4-H Western Heritage Project learn about the history of the American West from the years 1860 through 1900. They gain public speaking skills and they get an in-depth, hands-on education about the food, clothing, customs, and firearms of the period. In August, six teens from Missoula attended the National 4-H Western Heritage Project Conference and Individual Shoot in Deer Lodge, Montana. There, they attended workshops and competed against 4-H members from Colorado, California, Missouri, Kansas and Montana. Of the 17 award categories, Missoula County members placed in 12 at the national level and 13 at the state level – more than any other county or club in the nation or state!

Montana 4-H Congress

Teens in 4-H gain confidence through competition. They learn how to work toward goals, and how to be humble in defeat and in victory. In July,



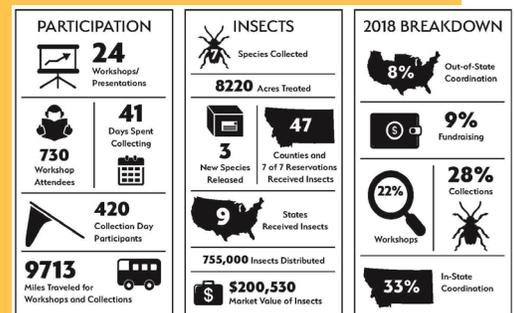
Missoula teens in period attire at the National 4-H Western Heritage Competition in Deer Lodge.

19 teens from Missoula attended Montana 4-H Congress on the MSU campus in Bozeman. They all competed in state contests, and one ran for state office. Kylee Billingsley, from the Frenchtown Valley 4-H Club, was selected as one of only five State 4-H Ambassador Officers. She will represent Montana youth on the state 4-H Leaders Council. McKenna Quirk from the Two Rivers 4-H Club won first place in the state Public Speaking Contest. She will compete in public speaking at the Western National Round-up in Denver in January. Missoula's team of Max Andres (Two Rivers 4-H Club), Logan Turner (Blue Mountain 4-H Club), and Trevor and Zac Zimmerman (Mullan Trail Mustangs 4-H Club) won the state Gavel Games contest, displaying their skills in Parliamentary Procedure. They will compete in the national contest in Denver in January.

Montana Biocontrol Coordination Project

Biological weed control in Montana dates back to 1948 with the release of Chrysolina beetles on St. Johnswort by then State Entomologist, George Roemhilt.

The Montana Biocontrol Coordination Project works to provide leadership, coordination, and education necessary to enable land managers across Montana to successfully incorporate biological weed control into their noxious weed management programs.



2018 EFNEP Grant Year Recap

The Expanded Food and Nutrition Education Program (EFNEP) in Missoula County is a nutrition education program for limited-resource families with children, as well as youth. The main goal of EFNEP is to help limited-resource families and youth acquire the knowledge, skills, and attitudes necessary to change behavior for nutritional well-being.

In 2018, Missoula's EFNEP educators Julia Goar and Bonnie Medlin reached 45 adults and 1,192 youth through a total of 470 classes. At right, a graphic summary of the 2018 program year.



Missoula EFNEP's 2018 Grant Year in review

New Horticulturist Kaley Hensel

New horticulturist Kaley Hensel was planted in Missoula County in August. Hensel attended the University of Missouri, lived and worked on a diversified farm, and worked as a horticulturist after graduation. She has a Bachelor's Degree in soil and environmental science, and a Master of Science in Horticulture. Since settling in, Hensel has enjoyed learning and experiencing a new community and climate. She taught her first Master Gardener series and looks forward to developing new horticultural programs.

Some future goals for horticulture education in Missoula County include:

- Collaborate with the horticulture community to increase knowledge and success of specialty crops
- Provide hands-on classes and learning opportunities for gardeners and producers
- Expand Farm-to-School programming
- Develop a Junior Master Gardener program

contact us:



EXTENSION

Missoula County

2825 Santa Fe Court
 Missoula, MT 59808
 (406) 258-4200

missoula1@montana.edu
<http://missoula.msuextension.org>



Campbell Barrett
 Extension Agent



Gerald Marks
 Extension Agent



Kelly Moore
 FCS Extension Agent



Kaley Hensel
 Horticulture Extension Agent



Julia Goar
 Nutrition Educator



Bonnie Medlin
 Nutrition Educator



Sandy Perrin
 Plant Clinic Horticulturist



Sharon Gaffney
 Administrative Support



Colleen Terrazas
 Administrative Support