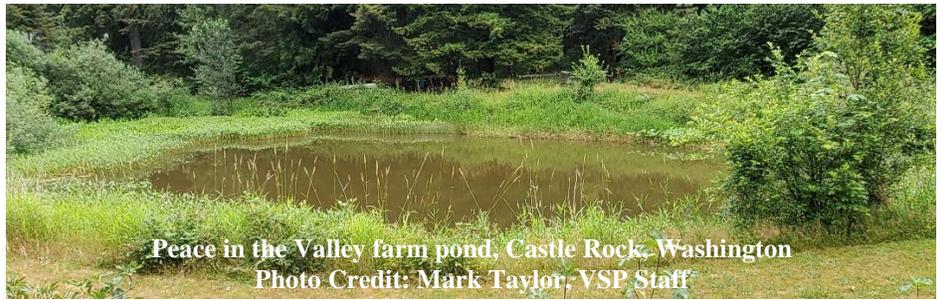


- Pg. 1 – Summer Workplace Safety Tips to Prevent Heat Stress on the Farm*
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Peace in the Valley farm pond, Castle Rock, Washington  
Photo Credit: Mark Taylor, VSP Staff

# The VSP Voice



## Summer Workplace Safety Tips to Prevent Heat Stress on the Farm

With a recent **Excessive Heat Warning** in effect across the Pacific Northwest as summer kicks into high gear, **Cowlitz County VSP** wants to help make sure that local farms remain production and safe for farmers and workers alike.

According to the Centers for Disease Control and Prevention, farmworkers die from heat-related illness at a rate of 20 times greater than that of the entire U.S. civilian workforce. Yet, with appropriate steps heat-related illness is preventable and fatalities are easily avoided.

To protect workers, ensure that they have easy access to plenty of cool water and allow them to drink 1 cup of water every 20 minutes); provide a shaded area (i.e. a temporary tent) for breaks, and consider providing hats and water bottles for your workers.

Be sure to provide training or refresher training (for returning workers) to field workers to ensure that they are properly educated in the signs and symptoms of stress related conditions that can occur during

periods of weather when high temperatures and extremely high humidity levels occur.

Hold tailgate talks at the beginning of hot days to review heat stress best practices, and encourage workers to watch out for each other. Allow workers to slow their pace, take rest breaks, and seek shade if they are experiencing early symptoms.

And remember, workers who are young, older, or have medical conditions are more vulnerable to heat stress.

### HEAT SAFETY TIPS

(Tips courtesy of: *AGAMERICA LENDING*)

- Make sure all farm workers and employees know about preventing heat stroke.
- Plan 15-minute breaks in a cooled area or shade for every two hours of work.
- Drink one cup of water every 15 to 30 minutes working in the heat.
- Avoid eating or drinking caffeine, alcohol, and sugary items because they increase dehydration.
- Wear light-colored, lightweight, loose clothing.
- Schedule strenuous work, or that which requires personal protective equipment, for the morning and evening hours.
- Take a break at the hottest part of the day.
- Gradually adjust to working in the heat.
- Know if your prescriptions and over-the-counter medications might make you more susceptible to heat stroke.
- If you have a chronic health condition, get clearances from your doctor to work in hot and humid environments.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<p style="text-align: center;"><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>• Move person to cooler place</li> <li>• Cool using cool cloths or bath</li> <li>• Do not give anything to drink</li> </ul>
@NWSSacramento weather.gov/Sacramento		@SacramentoOES SacramentoReady.org

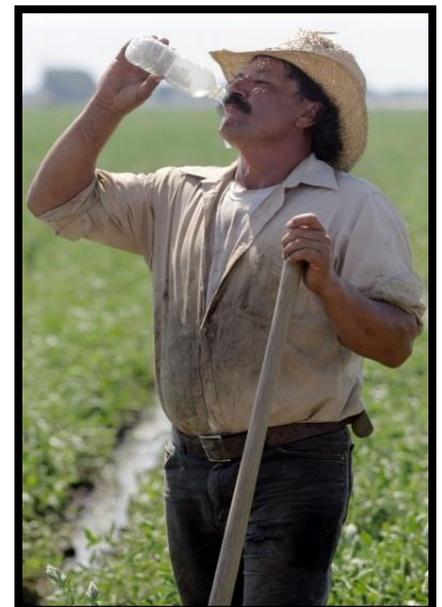


Photo credit: Greg Rihl Enterprise

**Are you interested in Conservation Farming?**  
**Sign up for the VSP today!**  
 Contact: Mark Taylor  
[taylorm@co.cowlitz.wa.us](mailto:taylorm@co.cowlitz.wa.us)  
 or call: (360) 577-3042, Ext. 1-6660

### Additional Resources

Warning Signs & Symptoms of Heat-Related Illness

<https://www.cdc.gov/disasters/extremeheat>

Heat Illness Prevention

[https://deohs.washington.edu/pnash/heat\\_illness](https://deohs.washington.edu/pnash/heat_illness)

# Small Scale Farms in Cowlitz County Produce Such Sweet Success

Robert Norris' *Peace in the Valley* apiary in Castle Rock, Washington is aptly named. Hidden within the serene greenery of mixed Pacific Northwest woodlands, gently buzzing hordes of happy honeybees flit from one flower to another, diligently collecting nectar and pollen before returning back to their colonies.



Beekeeper, Robert Norris  
Peace in the Valley apiary, Castle Rock, WA  
Photo credit: VSP Staff, Mark Taylor

Locally grown food creates important economic opportunities, provides health benefits, and helps to reduce environmental impacts.

Many large, industrial honey production operations heat up their honey supply and filter the warm liquid prior to filling the containers for sale (jars and plastic honey bears). Many of the health benefits of honey are lost when it is heated and filtered.

Local, raw unfiltered honey contains pollen grains from the flowers of local plants.

Whether trees, shrubs, grasses, or



Robert started with just two colonies years ago, but through splitting healthy larger colonies into smaller ones, capturing swarms of wild honeybees, or cutting them out of the walls of buildings, he now manages about 30 hives on his countryside acreage.

His reward? A bountiful crop of delicious, highly sought-after **“local honey”**.

Local, raw honey provides numerous benefits to those who consume it.

## BENEFITS OF CONSUMING LOCAL, RAW HONEY

*Source: Carolina Stewardship Association*

Local, raw honey has healing properties.

Its antimicrobial properties can kill certain types of bacteria. Added to a cup of hot tea, it can soothe a sore throat as it coats the throat when swallowed.

Local, raw honey helps with seasonal allergies.

Local, raw honey reduces the lifespan of colds. Eating two ounces a day can reduce a cold by up to two days.

Local, raw honey is a natural antiseptic, as since it has antimicrobial properties, it is great for treating wounds. It speeds up healing, diminishes swelling, and gives tissue the opportunity to grow back more quickly.

Local, raw honey helps tame the stomach flu. It calms the inflammation of the stomach, and is also a great pain reliever.



which will greatly diminish if blended with large quantities of the milder-flavored, lighter-colored honey harvested from large patches of white clover.

In addition, purchasing local, raw honey helps to support nearby farm families, and contributes towards strengthening local economies. Local, raw honey that is sold in stores within close proximity to the apiaries which produced it, helps to reduce greenhouse emissions associated with long-haul transportation of farm goods by diesel trucks and/or commercial airliners, and contributes to improving our carbon footprint.

If you're interested in learning how to keep honeybees and would like to start your own honey production operation, there are several avenues you can use to obtain the skills and



flowers. Many who suffer from local allergies find that they may benefit by ingesting local raw, unfiltered honey, as it can contain small amounts of local **allergens** (i.e. pollen) that are native to the area they live in.

Overtime, a person may become less sensitive to local pollens, and as a result, they may experience fewer seasonal allergy symptoms.

Large industrial honey companies also blend mass quantities of honey that is produced and harvested from large regions and from a broad spectrum of flowering plants. Unique local flavors (i.e. blackberry, mint, clover, etc.) are diluted down and lost as they are blended together into one large mass. Dark, local honey harvested from local forests, can have a rich, intense flavor, and

technical knowledge needed to manage a successful honeybee keeping venture.

**Cowlitz County WSU Extension Office** offers an annual Beginning Beekeeping course that brings in experienced beekeepers who have decades of experience they are willing to share with those interested.

[extension.wsu.edu/cowlitz/](http://extension.wsu.edu/cowlitz/)

SW Washington also has a large beekeeping organization you can join. **Cowlitz Beekeepers Association** meets the 3<sup>rd</sup> Thursday of each month.

[cowlitzbeekeeping.wixsite.com/website](http://cowlitzbeekeeping.wixsite.com/website)

# Local Farm Youth to Resume 4H & FFA Market Sales at the 2021 Cowlitz County Fair

Summer is in full swing and with Washington State COVID-19 mandates finally lifted, local youth will once again be showing and selling their market animals at the Cowlitz County Fair in Longview, Washington from Thursday, July 21<sup>st</sup> through Saturday, July 24<sup>th</sup>, 2021. Admittance to the county fair is free and operational hours are from 12:00 pm noon through 10:00 pm at night.

Sixty-four FFA and 4-H members, ranging from 8 to 18 years of age, have been busy since the previous fall, raising, training, preparing their animal exhibits for the fair. They have raised rabbits, goats, sheep, hogs, beef, chickens and turkeys.

The County Market Sale is traditionally held on the Friday evening of the Cowlitz County Fair. The profits received from the sale are usually reinvested in the exhibitor's next animal project or are used for future educational expenses.

Jessica Aylesworth, a member of the Castle Rock High School FFA chapter, has raised market animals for the last 6 years, and has used part of her profits from past sales to help fund the building of a new barn on the family property, and save for college. This year she has raised and is selling a Black Angus market steer and also a market hog. Swing by the livestock barn and ask her what raising a market animal means to her. Make sure to watch her in the show ring as she

puts her animals through their paces, as they compete for Grand Champion market steer and hog. Then watch Jessica compete against other FFA members in the Showmanship category.

The 4-H & FFA Market Sale is on Friday, July 23, 2021 and the Auction starts at 6:30 pm. Make sure you arrive early if you want a seat in the stands with a good view. Bring your check book and expect to bid high if you plan to bring home some high-quality,

locally meat. Once the bidding starts, it comes fast and furious and will keep you on the edge of your seat. If you're interested in bidding on a market animal, you must first, **REGISTER** as a **Buyer** (the paperwork is available at the auction site just prior to the sale). Second, **BID** on the animal(s) you would like to purchase. Once you win the bid, you have two options:

Option 1 – Purchase the animal outright at full price for yourself as an individual or as a business, or with a partner. Option 2: "Turn" the purchased animal – you pay a floor price and "turn" or resell the animal to a commercial buyer.



*Castle Rock FFA member Jessica Aylesworth will be selling her Black Angus market steer at the Cowlitz County Fair*

**Complimentary VSP Conservation Farming Refrigerator Magnets for our loyal monthly Readers!**



Actual size!

## Community Events

### VSP Ag. Viability Committee Meeting

Thursday, August 19, 2021 3:00 PM - 4:00 PM (PDT)

General Meeting Room on the 3<sup>rd</sup> floor of the County Administration Bldg.  
207 4th Avenue North, Kelso, WA 98626

### VSP Conservation Farming Educational Booth

**Cowlitz Community Farmers Market: 9:00 am to 2:00 pm**

2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month through October 23, 2021

**No Farmers Market the week of the Fair – Booth in the Fair Grounds**

**Cowlitz County Fair: 12:00 pm – 10:00 pm**

July 21 - 24, 2021

### Silver Lake Watershed Advisory Council Mtg.

Tuesday, August, 10 2021 – 1:30 pm

Join from PC, Mac, Linux, iOS, or Android:

<https://wsu.zoom.us/j/7756056320?pwd=RzVxbTl0dXpyUjIjSDdsWnJnTXdydz09>

Meeting ID: 775 605 6320 **Password: 12345**

**Phone Call:** +1 253 215 8782 +12532158782,,7756056320#

**Visit our VSP Educational Booth at the Cowlitz County Fair or the Cowlitz Community Farmers Market and get your free 3" magnet!**

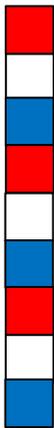
Cowlitz County Voluntary Stewardship Program  
 Building and Planning  
 207 Fourth Avenue North, Rm. 100  
 Kelso, WA 98626-4124  
[www.co.cowlitz.wa.us/vsp](http://www.co.cowlitz.wa.us/vsp)

July 2021 issue!

## Cowlitz County VSP

*Dedicated to strengthening agriculture viability through conservation farming practices that protect water quality and enhance environmentally critical areas, and to the promotion of productive farmland(s) so that future generations can choose to farm.*

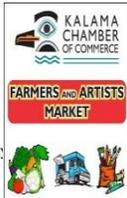
### Conservation Partners... and participating local landowners!



Washington State Department of Agriculture



Cowlitz County  
 WASHINGTON STATE UNIVERSITY  
 EXTENSION



Cowlitz Community Farmers Market



**SWOFFORD FAMILY FARM**

TOUTLE • WASHINGTON SWOFFORD.FARM



Beef pastureland in Castle Rock, Washington

Photo Credit: Mark Taylor, VSP staff