

Bernalillo County Cooperative Extension Service

2022 Advisory Report



ABOUT THE COOPERATIVE EXTENSION SERVICE

New Mexico State University Cooperative Extension Service (CES) is a network of available local experts who bring relevant information, education, and research to the residents of New Mexico. NMSU Extension relays this information to residents by offering programming in the areas of Agriculture, Natural Resources, Family and Consumer Sciences, and 4-H Youth Development. There is an Extension Office in every county in the state of New Mexico.

The Bernalillo County Extension Office is one of NMSU's 33 "satellite" offices. There are five full time extension agents, two administrative assistants, and several part time staff members.



HORTICULTURE



AGRICULTURE



**4-H YOUTH
DEVELOPMENT**



**FAMILY & CONSUMER
SCIENCES**



**NUTRITION
EDUCATION**



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Bernalilloextension.nmsu.edu

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A Message From the County Director



John Garlich

Welcome to the Bernalillo County Cooperative Extension Service. I am privileged and humbled to share with you—our community—the awe-inspiring work Extension continues to do in and for Bernalillo County and New Mexico. In 2022, we slowly regained our in-person presence as COVID infections and regulations eased. Yet, we also recognized that our virtual presence was equally important to many people. Extension rose to both audiences to provide quality education and outreach opportunities.

This past year brought with it some changes to the office. In July, the office welcomed Phillip Alden as the 4-H Family Consumer Science Agent. Also, the office happily enjoyed having Tori Diaz as the summer intern. We also welcomed Suzanne Porter-Bolton to coordinate the ICAN – Nutrition Education program. Sadly, we said goodbye Sara Moran, the Horticulture Agent, who left us in November to be closer to family. We were finally able to meet in person to celebrate the retirements of Virginia Chaves, Cindy Davies, and Lauri Martino, all of whom retired during the lock-down. Cindy Davies was also inducted into the National Extension Association of Family Consumer Science Agents Hall of Fame.

Getting back together in-person has been great to see people again and re-connect. Each of the program areas realized unique impacts with the educational programming provided. As you read through the booklet, take the time to note the efforts the agents make and the work they have done to help the community with health outcomes, food production, positive youth development, and much more. There are many opportunities in the community to help and volunteer. We welcome your feedback as our community about potential partnerships or education opportunities, as well as your help with volunteering out into the community to make our programs a success.

As we start 2023, we look forward to continuing our help and education to you, our Bernalillo County and New Mexican community. We also want to say THANK YOU for your continued support of the Cooperative Extension Service and the work we do. We strive to Empower YOU 'to Make the Best, Better.'

In gratitude,
John Garlich



Funding for the Bernalillo County Extension is provided by the USDA, NMSU, and Bernalillo County.



Agriculture & Horticulture



Master Gardeners

The Albuquerque Area Extension Master Gardener (AAEMG) is a program that seeks to preserve and beautify the environment while improving the quality of life in the community. To meet that goal, AAEMG provides current research-based information that promotes horticulture best management practices, sustainability, and environmental initiatives developed by Cooperative Extension Services from New Mexico State University.

Participant Feedback

- Increase knowledge in garden topics
- Confidence when talking to the public

Master Composters

The Bernalillo County Master Composters program seeks to educate interested citizens on how to voluntarily channel organic home waste into a beneficial resource. Volunteers are trained in the science, materials and various methods of home composting. Volunteers are encouraged to teach and support Bernalillo County residents in their efforts to properly manage home waste and reduce landfill inputs.



300

MASTER GARDENERS



- **42** New Master Gardeners
- **50** hours of training
- **95%** gained knowledge in horticultural topics
- **12** classes open to the public, with **~420** attendees
- Answered more than **1,200** questions

15,254

VOLUNTEER HOURS SAVED

\$456,857.30



1,961 POUNDS OF PRODUCE

Donated to food banks and Extension Programs. This equates to **5,883** servings of fruit and vegetables.

5 MAJOR CONTRIBUTIONS

- Think Trees New Mexico Conference
- Ready, Set, Grow!
- Extension Master Gardener Advisory Board
- Albuquerque Area Extension Master Gardeners
- Bernalillo County Master Composters



Statewide

On Farm Food Safety

The agent delivered On Farm Food Safety classes through the NMDA – Produce Safety Alliance (PSA) online classes each month as well as with the New Mexico Farmers Marketing Association Tier 1 and 2 training. These trainings teach farmers about the hazards and risks for food safety and food-borne illness associated with growing fresh fruits and vegetables. In New Mexico, local institutions, i.e. schools, early childhood centers, and senior centers, receive state funding to purchase New Mexican grown produce. These institutions require the farmers to receive education training, but also submit a food safety plan to be reviewed prior to purchasing. The agent helps the farmers with these food safety requirements and reviews, which enables the farmers to sell to local institutions while fulfilling the institutional requirements for food safety. Unofficial purchases of local produce was estimated at about \$1 million of which \$450K was reimbursed by the state. Also, these food safety education and farm reviews are allowing more producers to sell at local retail grocery stores or local food hubs and aggregators.

Agriculture Education

The Ag agent collaborated with NMSU Aquaponic specialist and Santa Fe Community College to deliver beginning Aquaponics workshops including a 4 week online education series and an in-person training in Santa Fe. 66 people attended the online training with 15 people in-person.

The Ag and Horticulture Agents continued to participate and deliver programs with the NMSU Ready, Set, Grow webinar series hosted by the NMSU Horticulture Specialist. This monthly program reached over 1500 people in 2022 teaching them varying topics of horticulture, agriculture, growing food, and much more.

Community Development

Horticultural Outreach

In 2022, the Bernalillo County Cooperative Extension Services (BCCES) collaborated with Camino De Vida Christian Church. Their members are primarily from Guatemala. Pastor Carmen and Pastor Guillermo contacted the Horticulture Agent and started to develop a Horticulture program for the church members to participate in and build their own community garden. All classes and materials were provided in English and Spanish languages.

In January 2022, Nissa collaborated with the APS Coordinated School Health Department to reach out to all APS school gardens via email offering them free seeds in an effort to re-start their gardens post COVID. 47 schools accepted the offer. Nissa also provided assistance directly to 27 schools.



The Village of Los Ranchos:

“Aligning Our AgriFuture”

The Village of Los Ranchos continues the Aligning our AgriFuture project through the Strategic Doing process by engaging the public. Extension has participated in a number of convenings to which the need for educational trainings arose. The Ag agent collaborated with the village to host workshops on various topics including fruit trees, grapes, soil health, composting, plant diseases/pest management, and seasonal gardening. The agent assisted with various youth educational related agricultural activities.

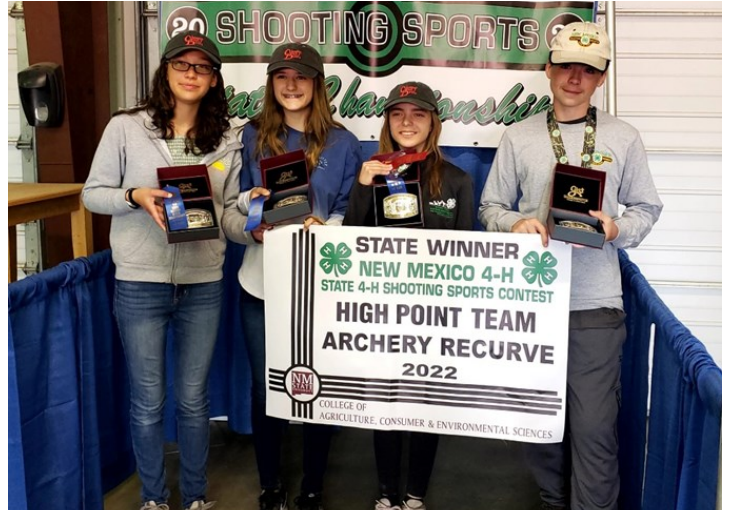


4-H Youth Development

Youth Spotlights

Senior 4-H Recurve Archery Team were the 2022 State Champions

The senior team from Bernalillo County won this year's contest, which qualified them for the National Shooting Sports Championship in Nebraska. Pictured from left to right: Addie Gillingham, Katelynn Lajeunesse, Lauren Sesnie, and Gregory Gallegos.



Kara Batie, Krista Batie, Logan Porter, and Tucker Dossey (Not Pictured)

Bernalillo County Senior 4-H Pistol Team: 4th place at State Championship



Sylus Roy, Katelyn Peach, Teagan White, Ethan Pedroncelli

Bernalillo County Senior 4-H placed second in Food Challenge



Katelyn Peach

Awarded a \$1,000 grant from Walmart for the Harvest Festival

Reanna Gallegos

Started a 4-H Club at Ernie Pyle Middle School in October 2022



154

Youth enrolled
in 4-H

Registered adult
volunteers in
2022

58

4,000

Youth
participating in
4-H in school

Grant funds
awarded for
2022 Urban 4-H
Program

\$42,350



Program Highlights

Adventures in Leadership Camp:

The New Mexico 4-H Adventures in Leadership Camp is a camp targeted at Air Force connected youth. Thirty-one Air Force connected youth from across the country attended the camp. Approximately one-third of youth in attendance were from states other than New Mexico. Camp activities included healthy living programming, 4-H project exploration stations, sewing, woodworking, high ropes course and white-water rafting.

4-H on Base:

The Bernalillo County 4-H Military Partnership works with Air Force the National Guard to provide 4-H programming to military-connected youth on installation. 4-H Agents provide military-connected youth with scholarships to attend state level leadership events, summer camps, project exploration days, and professional development for youth center staff. Youth participated in several activities, including STEM, leathercrafting, and baking biscochitos.

Garden Kits Project:

More than 30 garden kits were handed out in 2022. Youth were able to choose from a variety of kits, such as salsa kits, herb garden kits, or cut flower kits. Each youth member was also given a Garden Project Guide to help them through each phase of the process from seed starting to harvest.

Turkey Bingo:

County Council raised \$5,000 for agricultural equipment to be used by the county and 4-H youth who would otherwise not have access to specialized equipment.

Healthy Living Program



- **361** high school students participated
- **78.7%** of youth reported learning ways to be active
- **80.6%** claimed they now encourage their friends to be active
- **74.8%** said they have given their families suggestions on healthy eating habits

Fair

- **127** Youth Exhibitors
- More than **900** entries in Youth Hall, Small Animal, Horse, and Large Animal
- **94** entries for youth indoor exhibits
- **\$124,000** generated by Large and Small Animal Sale



PROGRAM AWARDS



- National winner for the NAE4-HYDP Excellence in Urban 4-H Programming
- STEM Award winner for Non-profit Excellence in STEM

Family and Consumer Science

National Extension Association of Family and Consumer Sciences 2022 Hall of Fame



Family and Consumer Sciences continued strong programming and impacts during the third year of the pandemic. Many programs returned to in-person classes, though a wide variety of online programs were also offered.

Cindy Schlenker-Davies, retired FCS Agent and Program Director, was inducted into the NEAFCS Hall of Fame in recognition of her long-time dedication to the field. The "Stress Management and Resiliency Programs," a webinar trilogy presented throughout the COVID-19 pandemic, was awarded first place at the state level and also won national awards.

Wellness Programming

Kitchen Creations

Throughout the year, three 4 week sessions were offered to **180** participants statewide. In 2022, Kitchen Creations pivoted back to in-person sessions. This program is made possible by strong collaborations with agents statewide, the American Diabetes Association, and the NM Department of Health Diabetes Prevention and Control Program.

- **100%** of participants reported they were satisfied with the classes and understood the strategies to plan and prepare healthy meals.

Eating Well With Diabetes

In Summer 2022, a three session series, Growing and Cooking: Leafy Greens (June), Summer Squashes (July), and Tomatoes (August) was held

- **100%** of participants reported a deeper understanding of how to grow, shop for, store, and cook the vegetables discussed.
- **82%** reported they would grow these vegetables in the next twelve months

Walk With Ease

Five 6 week programs focused on reducing arthritis pain and improving overall health.

- **50** residents reported they would change their practices based on what they learned
- **100%** planned to continue walking after the class ended

National Diabetes Prevention Program (NDPP)

A year long program for people with pre-diabetes to reduce their risk of developing Type 2 Diabetes through diet and exercise.

- **100%** reported increase in healthy habits citing eating more non-starchy vegetables, being more physically active, having strategies for managing their weight, and having a more positive and resilient mindset towards continuing a healthy lifestyle.
- **100%** reported weight loss of 3-13 pounds

Walk With Ease

Five 6 week programs focused on reducing arthritis pain and improving overall health.

- **50** residents reported they would change their practices based on what they learned
- **100%** planned to continue walking after the class ended

Living Well with Inflation

A four week statewide virtual webinar series created in partnership with a team of Extension agents from across the state.

- **100%** agreed they better understood the impacts inflation has on their lives
- **95%** agreed they learned specific strategies and tools to deal with the impacts of inflation



Master Food Preservers

For the past several years, home food preservation has become a popular DIY project. With the increased number of people preserving food at home, it is vital for research based food safety information to be available to home canners.

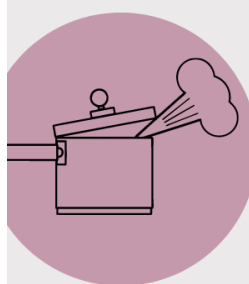
Food Preservation classes were back in person in the summer of 2022! The pressure canning classes were the most popular, as many new gardeners wanted to preserve their precious harvest.

Extension Association

In 2022, the 18 members of the Bernalillo County Extension Association contributed thousands of hours of their time to the community. They also donated \$2,192.30 to Extension and \$119,020.00 to the community.

FCS Program Highlights

- Cindy Davies was inducted into the NEAFCS Hall of Fame
- The "Stress Management and Resiliency Program," a trilogy presented through the pandemic, won First Place in the State and also won awards at the National level
- The FCS area was awarded a General Mills grant for programming in Bernalillo County
- The FCS program maintained strong community partnerships with Roadrunner Food Bank, Crossroads for Women, and the New Mexico Diabetes Advisory



12 MASTER PRESERVERS

Shared food safe preservation techniques at local grower's markets and food events

240 VOLUNTEER HOURS

Aside from aiding with classes, volunteers often judge at 4-H events, and the New Mexico State Fair



9 HANDS ON FOOD PRESERVATION CLASSES

- Freezing and Drying
- Jams and Jellies (2 classes)
- Salsas and Spicy Relishes
- Pickles
- Fruit and Tomatoes (2 classes)
- Pressure Canning (2 classes)

4 VIRTUAL SESSIONS

Overview of Food Preservation classes were held online





Ideas for Cooking and Nutrition (ICAN)

ICAN is a nutrition education program of New Mexico State University. Our mission is to inspire New Mexico's limited-resource families to make healthy food and lifestyle choices. To help us achieve this goal, ICAN is federally funded by USDA grant programs such as EFNEP.

In **2022**, ICAN reached **33,000** clients at **240** locations across New Mexico.



- **93%** of adults improve their food resource management strategies
- **65%** of adults improve their physical activity behaviors

221

Adult
Participants

844

Youth
participants

>214

Classes taught

Contact **Bernalillo County Extension Service** for more information on ICAN programs in your area!
(505) 243-1386 and ask for ICAN!



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HORTICULTURE

- Master Gardeners will work to collaborate with City of Albuquerque greenhouses, Farmer's Markets, Public Libraries, Public Schools, and Demonstration Gardens
- Growing food for local food banks

- On-going support and assistance to Bernalillo County—"Grow the Growers" farmer training program
- Organize varied programs for the Los Ranchos workshop series
- Support the Village of Los Ranchos with the "Aligning our AgriFuture" convenings and outcomes
- Host statewide trainings for "On-Farm Food Safety"
- Support local farmers in the NM "Farm-to-Cafeteria" program
- Provide training on farm business and planning topics



AGRICULTURE



4-H YOUTH DEVELOPMENT

- Simplify the enrollment and onboarding process
- Continue to host and expand the "Adventures in Leadership" camp with 4-H project tracks
- To incorporate more students from the 4-H in the schools program in county events, we will host mini county events (fair, contests, etc.) at the schools
- Increased frequency of hands-on horse project meetings
- Continue to build FCS programming in sewing and baking
- Continue to develop and build our Agriculture programming
- Work with state funding to expand our ability to host different types of food preservation classes for youth
- Expand the Healthy Living Grant program to more schools

- Host cooking classes to promote a healthy life style
- Continue food safety and preservation classes
- Ongoing diabetes and pre-diabetes programs throughout the county promoting healthy self-care
- Continue to host wellness classes
- Continue to collaborate with community partners



FAMILY & CONSUMER SCIENCE



- Continue to offer virtual options, but moving to more in-person education and increasing use of social media
- Reconnecting with pre-pandemic partners and forging new partnership
- Working to provide our education in high schools
- To increase class participants and reach
- To improve physical activity behaviors and frequency
- Be part of a healthy Bernalillo County!!

Meet Our Team

NM
STATE

Brittany Sonntag

Urban 4-H Agent

Conducts non-traditional 4-H programs and oversees 4-H programs in the schools



Suzanne Porter-Bolton

ICAN Supervisor

Coordinates ICAN educators and conducts programming in nutrition and food resource management



Phillip Alden

4-H Family & Consumer Science Agent

Conducts youth programming centered around healthy living, home economics, and leadership



John Garlich

County Director

In addition to being the program director, assists farmers and local food systems through educational programming



Administrative Assistants

Carla Jaramillo
Taylor Roggow

Part Time Staff

Cindy Davies
Nissa Patterson
Elliott Sachse



Dianne Christensen

Family & Consumer Science Agent

Conducts programs around the areas of families and healthy living



Brittany Johnson

4-H Agriculture Agent

Coordinates agriculture and natural resource programs for youth



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Bernalillo County Extension Office

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