

## **Extension Eau Claire County**

## May 2023 Report

## Agriculture Lyssa Seefeldt | Regional Dairy Educator



Jerry Clark | Regional Crops & Soils Educator



Dairy e-newsletter for farmers, nutritionists, veterinarians, other agribusiness professionals, and other interested individuals to inform participants of new dairy management articles/factsheets, connect with dairy educators, and learn about upcoming programming to help them learn about new research and management techniques to improve their overall farm sustainability.

An information table for the public at Chippewa County's Chippewa Strong Event where information on the positive impact plants have on various areas of our lives was offered. This effort is designed to increase awareness of the benefits of plants and how we can incorporate more plants in our lives.

Updating and adapting a risk and grain marketing curriculum into a more relevant format for use in-person, stand-alone educational videos, and an on-line course. This curriculum will assist beginning, organic and transitioning dairy farmers in identifying strengths and weaknesses of their business to assist them in making decisions that will improve their farm profitability.

A dairy production and management newsletter for farmers, managers, employees, and agribusiness professionals, where subscribers learned about dairy facilities and ventilation, reproduction, animal well-being, nutrition, and Extension dairy production and management resources. This effort was designed to provide a timely and reliable source of dairy management news and updates to help them improve farm business viability, environmental sustainability, and food safety through animal welfare.

A video series for food and farm business entrepreneurs, where participants develop the framework needed for effective food and ag entrepreneurship and relate to the resources, they need to be successful. This effort was designed to help participants assess their skills, assets, personalities, and/or networks to help decide about a business opportunity or new enterprise.

#### Community Development

Addison Vang | Community Development Educator



An educational program on Food Licensing to learn about the different licenses for prepared food businesses and basic food safety practices open to all, with the goal of reaching underserved populations. The goal is to reduce challenges and barriers for food entrepreneurs to sell prepared foods in the Chippewa Valley. The workshop offered Spanish and HMoob interpretation.

Develop a soil health/testing program for the Chippewa Valley to support small farmers understanding how to conduct soil samples, interpretation of test results, and soil health practices. Community assessments have indicated a desire to understand soil health to support vegetable production. The summer months will involve developing and identifying partners with the fall/end of the harvest seasons devoted to education and soil testing. The goal of the program is to support Chippewa Valley small farmers

with soil health knowledge and also provide non-English speakers and underserved farming communities who have traditionally had issues accessing resources due to language barriers and, or lack of awareness.



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A farmers market survey for Chippewa Valley to better understand market vendor and small farmer needs. The survey will be distributed during the peak summer farmers' market months and is designed to inform market decisions as well as understand the market's impact on the community food system.

### Health & Well-Being

Sandy Tarter | FoodWlse Coordinator Educator

Joy Weisner | FoodWlse Nutrition Educator | Jael M. Wolf | FoodWlse Nutrition







A collaboration with Feed My People Food Bank to host the Hunger Prevention Coalition meeting with multiple local agencies attending and providing updates as it connected to food security in the area. This effort provides connection and opportunity to share local initiatives such as the Farmers Market-Market Match program and more to promote within the community.

A Harvest of the Month social marketing campaign and event at Augusta Elementary where promotional materials were shared with families and all school youth were offered a cafeteria tasting of the highlighted vegetable-radishes. This effort supported parents in creating healthy food environments and guided children to try healthy foods.

A 3-lesson series at Bridge to Hope which provides shelter and support for individuals and families effected by domestic violence, sexual assault, and human trafficking where they learn about nutrition, meal planning, utilizing pantry foods, and food safety. The goal of this effort is to help participants make healthy choices on a limited budget.

An educational event on Farmers Market -Market Match program to Eau Claire Area Hmong Mutual Assistance Association. The goal of this effort was to share the procedures and benefits of this program that allows FoodShare recipients to receive double tokens for food purchases which increases their food security and promotes local produce.

A 5-week nutrition education series with Western Dairyland Fresh Start program for at-risk teens and young adults where they learn about nutrition, food preparation/cooking, food safety, and mindfulness. The goal of this effort is to empower teens/young adults to adopt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious snacks and meals at home.

A Blazing Lion Family event at Longfellow Elementary where students, parents, and staff meet before school to walk laps and FoodWlse provided nutrition information, recipes, and stickers to kids. This effort helped to increase awareness of FoodWlse programming along with supporting increased physical activity and nutrition education.

A 6-week nutrition education series for 1st graders at Augusta Elementary where students engage in language arts while learning about eating healthy, being active, and the importance of handwashing. This effort will help students explore, identify, and taste new fruits and vegetables.

A 6-week nutrition education series to 5th graders at Augusta Elementary where they learn about healthy habits and how the nutrients in foods contribute to a healthy diet. This effort will help the students plan healthy meals and snacks using a variety of foods from the food groups.

A 4-lesson series for preschoolers at Augusta Elementary to learn about fruits, vegetables and keeping their bodies healthy. This effort helps children to learn to use their senses with colors, music, and tastes to explore foods and physical activity.



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A 6-week nutrition education series for 1st graders in Lakeshore Elementary. The goal of this effort is for students to learn about eating healthy, being active, exploring fruits and vegetables, and the importance of handwashing.

A 6-week nutrition education series for 3rd graders at Flynn Elementary to learn about the importance of eating five food groups, physical activity, and included hands-on activities. This effort was designed to encourage students to try more fruits and vegetables at each meal.

Multiple meetings and emails with local partners to support our local farmers markets by implementing a new Farmers Market in Chippewa and plan for Market Match programs in Menomonie and Eau Claire Farmers Markets. This effort will help to improve food security with the development and implementation of a program for SNAP/FoodShare recipients to use benefits for food purchases.

Planning with Lakeshore Elementary, River Heights Elementary, Boys and Girls Clubs, and Master Gardeners in providing a summer garden nutrition education series. This effort will introduce youth to gardening, promote fresh produce, and provide an opportunity for youth to increase produce consumption.

A series of virtual statewide strength training sessions (StrongBodies) where older adults learn best practices along with nutrition and health education. Participants engage in regular strength training exercises to improve strength, balance, and flexibility so they can stay healthy and socially connected.

#### Horticulture

Margaret Murphy | Horticulture Educator



Planning a 6-week garden program for youth in partnership with the Boys and Girls Club of the Greater Chippewa Valley Menomonie Center and FoodWlse. The goal of this effort is to teach best practices in the garden through hands-on activities, promote life-long healthy eating habits and to foster connections to nature.

Planning an educational garden for the public in collaboration with facilities at the Dunn County Government Building. The goal of the effort is to incorporate native plants into the garden for both beautification and an opportunity to demonstrate plantings that, once established, support pollinators by increasing habitat, are lower in water needs and reduce the need for fertilizers and pesticides helping to keep our waterways clean and reduce chemical input to our environment.

A vegetable container garden program for the Spring Series StrongBodies Chat for participating seniors where they learned about the benefits and ease of growing vegetables in containers. This effort is designed to encourage people of all ages to garden for wellness and food, even if space, time and/or mobility is limited.

A patio garden program at the Augusta Memorial Public Library for the public where they learned strategies to grow successful patio gardens. This effort is designed to encourage people of all ages to garden for wellness, beautification and /or food even if space is limited.

A fruit container garden program for the Spring Series StrongBodies Chat for participating seniors where they learned about several fruits that can be successfully grown in a container. This effort is designed to encourage people of all ages to garden for wellness and food, even if space, time and/or mobility is limited.

A community of practice for horticulture educators where we explore strategies and resources to expand horticulture education and outreach to underrepresented audiences. The goal of participating in this group is to dig into ways we can locally continue to grow and enhance our horticulture programs to reach more diverse audiences.



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Planning a gardening series for the public in collaboration with the Chippewa Falls Public Library One Seed, One Wisconsin program. The goal of this effort is to demonstrate growing tomatoes from seed to harvest to teach and encourage people to try vegetable gardening.

Planning a series of horticulture-based activities for people living with dementia and their care partners, offered in partnership with the Aging & Disability Resource Center of Eau Claire County Dementia Care Specialist. The goal of this effort is to offer hands-on, nature-inspired experiences that provide opportunities to stimulate participant's senses, enjoy social interactions, and provide physical activity while imparting a sense of purpose.

Planning a gardening series for beginners in collaboration with the Cardinal Community Learning Center where participants learn the basics of vegetable gardening, starting seeds indoors and growing vegetables in containers when space is limited. The goal of this effort is to teach those new to vegetable gardening how to get started and encourage people to try vegetable gardening.

#### **Human Development & Relationships**

This position is currently vacant. Watch for the posting soon.

#### Positive Youth Development

Rachel Hart-Brinson | 4-H Program Educator



A citizen science education event where youth (and families) will learn how to collect data on flowering plants and pollinators in their yard along with the No Mow May Chippewa Valley Pollinator Partnership to educate young people on flower identification, scientific sampling methods, and the importance of pollinators.

An in-person Youth for the Quality Care of Animals training specifically for those in the rabbit and poultry project. This was to offer a lower-cost and more species-appropriate opportunity for those who needed this educational opportunity to meet the requirements for exhibiting at the local county fair.

A 3-session Virtual Weaving Series with sessions on weaving patterns, weaving materials, and weaving LED wire to provide project learning for art and STEM to both those enrolled or not enrolled in 4-H.

Camp counselor training where 4-H staff helped 19 young people build community and learn leadership skills that they will use as counselors for the Eau Claire-Dunn-Clark summer 4-H camp to be prepared to lead a high-quality camp program.

A 3-hour staff development workshop (Real Colors) where 4-H summer camp counselors from three Wisconsin counties increased their ability to recognize their strengths and the strengths of others, build rapport quickly with others, understand how others process information, and modify their communication to connect with others. The workshop is intended to help teams work together more effectively.

Planning for two 4-H camps for over 80 youth from Clark, Dunn and Eau Claire counties, where youth will sleep overnight in cabins and tents. The goal is to bring youth together to try new activities, make new friends, and experience nature and time away from home in a safe setting.



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#### **Area Extension Director**

Kristen Bruder | Eau Claire, Chippewa, and Dunn Counties



The role of the AED is like that of the department head in the county. If you have ideas, thoughts, or want to chat about Extension please reach out! Below is a brief overview of the role of AEDs:

Extension fully invests in Area Extension Directors (AEDs) who oversee an area. These administrative positions are responsible for partnership management, staff development, financial management and program coordination.

Through the many interactions the AED has with county partners and local educators, the AED develops a solid understanding of the local needs and county priorities and helps to align Extension educational programs to ensure the programs address county needs. Educators also communicate local needs to their

programmatic Institutes which collectively identify opportunities to address statewide needs.

#### Value Added Programming

Eau Claire, Chippewa, and Dunn Counties

An all-day educational event for new farmers, part-time and full-time operators, low-income startups, graziers and non-graziers featuring guest speakers, farmer/local resources panel, commercial and agency exhibitors, and farmer-to-farmer networking with emphasis on grazing fundamentals, cattle stockman ship and handling facilities, wildlife and grazing ecology and future grazing opportunities and programs. The goal is for people to be able to make informed decisions about the pros and cons of grazing, and to meet other people with similar interests and goals related to grazing and pasture management.