

#### **Agriculture**

For updated Valley E-Newsletters click <u>here</u> \*Bold duplicates from the previous month

#### Lyssa Seefeldt | Regional Dairy Educator



A presentation to Chippewa Valley Forage Council Members where farmers learned about how fats in the dairy diet are used by cows, limitations of different types of fat, and considerations/discussions to have with their nutritionist on the inclusion in the dairy diet.

#### Jerry Clark | Regional Crops & Soils Educator



A presentation for Minnesota Hop Growers Association members where participants learned about cost of production estimates for growing established hops to lower input costs and increase farm profitability.

A presentation for Wisconsin Land and Water Association members where participants learned about industrial hemp production and how it fits into existing cropping systems to increase soil and water conservation and environmental benefits.

A training program for private applicators where participants learned about safe handling and application of restricted-use pesticides to protect themselves and the environment.

A crop insurance and grain marketing program for new and experienced grain crop farmers where participants learned strategies to develop a grain marketing plan to lower risk and increase farm profitability.

A training session for manure applicators and farmers where participants learn to apply manure safely and accurately to keep themselves safe, protect the environment, and increase farm profitability.

A seminar for beef and dairy farmers where participants learned about alfalfa, forage, and farm management topics to increase forage, livestock, and dairy profitability.

#### Horticulture

#### Margaret Murphy | Horticulture Educator



Seed starting program for people living with dementia and their care partners that offers hands-on experience to grow and care for plants and encourages the use of fine motor skills. This effort is to teach vegetable gardening skills and offer a sense of fulfillment as participants grow plants for use in the Eau Claire County Meals on Wheels program.

A presentation for the public in partnership with the Cardinal Learning Center for Community Education on landscaping for birds where participants learned the value of creating ecological niches



to support bird populations, especially backyard species that are experiencing significant declines. This effort is to encourage individuals to adopt gardening practices that support bird habitat and health throughout the year.

A presentation about the benefits of gardening for the public in partnership with Chippewa Falls Public Library where participants learned and discussed how gardening is a great way to incorporate many mental, physical, and social benefits into your life. This effort was designed to encourage people of all ages to incorporate plants and gardening into their lifestyle to experience many of these benefits.

#### **Community Development**

We are in the process of hiring this position.

#### Health & Well-Being

Sandy Tarter FoodWlse Coordinator



Joy Weisner FoodWlse Educator



Jael M. Wolf Bilingual FoodWlse Educator



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, and food safety. 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 collaborative effort with the Eau Claire Health Alliance- Chronic Disease Prevention Action Team to promote the 2024 initiatives. This effort helps promote community engagement that includes increased physical activity, food access, and healthy eating as action steps to reduce chronic diseases.

A 6-week nutrition education series for 5th graders at Lakeshore Elementary where they learn about MyPlate 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 women in Affinity House, a transition home, where they learn about food resource management, reading nutrition labels and reducing sugar intake, and creating healthy meals/snacks. This effort will help limited resource participants to make healthy food choices on a budget.

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.

A 6-week nutrition education series for 5th graders at Longfellow Elementary where they learn about MyPlate 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.



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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.

Participation in the Health Dunn Right- Chronic Disease Prevention Action Team monthly meeting including active support for Winter Fun in Dunn initiative. The goal of this effort is to help guide objectives and strategies that support initiatives to improve the health of residents.

An educational caregiver event at Menomonie Head Start where parents learned the benefits of getting kids to help in the kitchen along with a healthy snack preparation. This effort supports parents in encouraging their families to eat healthy and reduce mealtime struggles.

A presentation to UW-Stout Community Nutrition class. This effort shares the work of Extension and the FoodWlse program to the students for greater understanding of the local opportunities for the community and FoodShare families.

A series of 6 nutrition lessons for 3rd graders at Lakeshore Elementary. This effort will help students explore MyPlate and discover why people need to eat food from all five food groups, identify benefits of physical activity, and identify why one snack might be a better choice than another snack by reading a Nutrition Facts Label.

A 6-week nutrition education series to 3rd graders at Longfellow Elementary (including students in the Spanish Dual Immersion Program) to learn about the importance of eating five food groups, physical activity, healthy habits, and trying seasonal fruits and vegetables. This effort will encourage students to choose a goal to try more fruits and vegetables at each meal.

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.

#### Margo Dieck | Health and Well-Being Educator



Continued meetings with community partners and attending community meetings to better understand the mental health needs and landscape within Eau Claire County and the Chippewa Valley. Needs and potential areas for Extension support are also revealed through this process.

Met with seven agencies (public, private, nonprofit, school) in effort to better understand the mental health landscape in Eau Claire County and the Chippewa Valley.



#### Positive Youth Development

#### Rachel Hart-Brinson | 4-H Program Educator



Houseplant project workshop for the Pleasant Valley 4-H Club where we learned about the history of houseplants and planted their own plant. This activity was to support learning and the Spark of growing houseplants.

Sewing Workshop part I--About Your Pattern where we talked about different types of fabric, how to find your size, and how to prepare your fabric and pattern pieces. This workshop was to help prepare beginning sewers for sewing a simple pattern.

Sewing Workshop Part II--Beginning to sew where we pinned and cut out pattern pieces from our chosen fabric with the help of volunteers to build skills in sewing.

Celebrated the participation of two clubs in our GooseChase engagement scavenger hunt by providing 4-H swag to members at their 4-H club meeting. This was to recognize their participation and engagement in a community-building activity.

The Art U program culminates with an art show and celebration on March 4th. This program allows youth to participate in virtual art lessons led by art education students from the University of Wisconsin-Stout. There are over 50 participants this year. We have gotten overwhelmingly positive feedback from the parents of participating youth.

Preparation for summer programming of a 4-H Baking Club and a 4-H Fiber Arts Club. These clubs will be in partnership with the Eau Claire Area School District and reach a different audience than our current enrolled membership plus support the Sparks of Baking and Fiber Arts.

Interviewing and completing the hiring process for an Eau Claire County Summer Intern. The summer intern is integral in increasing summer programming capacity.

Preparation for the Area 6 Clover U Program on April 6. We will be offering sessions on fishing, watercolors, cooking, dogs, jewelry making, and sewing. Registration has closed and we have over 20 youth participating.

#### **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 (don't put in planning or fact sheets, only programming)

A Wisconsin Drought Task-Force group met to ensure that state agencies are responding correctly to the severity of drought across the state. The Cranberry Outreach Specialist attended the meeting to make state agencies aware of the impacts of drought upon cranberry growers. (Allison Jonjak)

A framework was developed to establish cooperative on-farm research for outreach specialists and others within the Crops & Soils program. This will result in easier access to on-farm trial data for growers and encourage a culture of grower research participation. (Allison Jonjak)

Focus on Forage was a series of four webinars for farmers and consultants in WI and the Upper Midwest in collaboration with the crops and soils program designed to provide information for high quality forage management and be responsive to timely and future needs. (Scott Newell)

A webinar for dairy producers where attendees learned about Dairy Margin Coverage sign-up, changes to the program, and utilizing the decision tool to help determine coverage levels. (Jackie Mccarville)

A GDD Harmonization Task Force is organized to coordinate SpargDD, CFWDD, and CranDD across researchers, growers, and temperature sensor companies so that growing degree days can be used consistently to determine progression through egg hatch of critical cranberry insect pests. This will allow growers to time applications more precisely, allowing fewer applications to get equal-or-better control of pests. (Allison Jonjak)

A webinar, one session part of Badger Dairy Insight, for dairy farmers and dairy industry professionals, where participants learned the latest trends for using sexed semen and beef semen for reproduction. The goal of this effort was to increase knowledge of the latest University research on the use of sexed semen, beef semen, increasing conception rates and how dairy professionals can practically apply these technologies to their clients' farms. (Jackie Mccarville)

A field day and classroom instruction for goat producers and those interested in becoming goat producers where basic introductory kid development, doe care, biosecurity, feeding strategies and marketing were discussed. This program was developed as Clark County has a rapidly expanding dairy goat, and meat goat, family scale enterprise largely among the Amish Community. The success of this program may develop into future offerings. (Matt Lippert)

A meeting of Crops & Soils field staff and UW-Madison College of Ag & Life Sciences Specialists to develop more intentional coordination around on-farm research related to cropping systems in Wisconsin. The purpose of this effort is to carry out the Wisconsin Idea by connecting Extension staff across the state to the research being conducted by faculty and bringing those ideas to farms where they can be applied and tried to increase agricultural sustainability and profitability across the state. (Natasha Paris)

A presentation for attendees at the Wisconsin Land & Water Conservation Conference, where attendees learned about the results of a survey of agencies and organizations that support farmer-led watershed groups in



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Wisconsin. The goal of this effort was to inform the audience of how the survey was used to better understand how producer-led watershed groups function and the nature of support they receive from partners. Attendees also learned about the types of support that are most beneficial and most needed by producer-led groups. (Anna James)

A coaching and Money Matters program for qualifying individuals, where participants learn how to create financial goals and gain money management skills. The goal of this program is to increase participants' ability to meet their financial goals and increase their financial capability for long term financial success. (Jeanne Walsh)

A 4-week virtual series for youth (Youth on the Rise) in which they explored the world of bread baking. The series had two tracks: quick breads and yeast breads. During each session, youth learned basic skills and techniques and baked along with the instructor. (Laura Huber)

A risk, crop insurance and grain marketing hybrid course, where material was adapted into a more relevant format for use in-person, as stand-alone educational videos and articles, and an on-line course. The Farm Pulse - Crop Insurance and Grain Marketing course will assist farmers and ag professionals in identifying strengths and weaknesses of their business to assist them in making decisions that will improve their farm profitability. (Katie Wantoch)

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## **UPCOMING EVENTS**



