

**Jackson County Extension Education Committee  
FoodWise Report for 3/1/2022 – 3/31/2022**

**FoodWise Projects, Events & Professional Development - April Duval, Coordinator:**

- Prepare and conduct Cooking Matters event with Head Start families. March event: Making Recipes Work: 3 families attended.
- Preparations for April 12<sup>th</sup> Cooking Matters lesson (virtual) with Head Start families. Topic: No More Meal Time Madness Power Points in two languages, scripts, translation needs, folder materials prep, etc.
- Communications with schools about spring programming: 4K lessons with Lincoln Elementary and Forrest Street 4K; 4 lessons in month of April
- FY23 planning preparations and documents. Met with Regional Program Manager to go over revision suggestions for Action Plan. Submitted revisions as per suggestions. Worked on budget spreadsheet which includes partnerships, events, costs associated with direct teaching (food samples, travel, etc.) and staffing plan.
- Harvest of the Month and Cooking Matters Facebook page posts:  
[facebook.com/extension.jacksoncounty/](https://facebook.com/extension.jacksoncounty/)



**Did you know?**

You can flavor water with herbs, spices, fruits, or vegetables and serve as beverages for meals and snacks!

**COOKING MATTERS**

**FoodWise Direct Education by April Duval, Nutrition Education Coordinator:**

School	Grade	# of Classrooms	# of Lessons	Lesson Topic
Lincoln Elementary	5 <sup>th</sup> Grade	2	3	Dairy Fruits and Vegetables Sugars



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# February, March 2022 Report

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## 4-H

Andrea Rippley

- An onboarding program for volunteers that prepares them for their role in the 4-H organization. Through this training, volunteers are introduced to their role and given the tools to succeed.
- A video recording of a monthly newsletter for 4-H Families where they learn about upcoming programs, events, and deadlines. The goal of this effort is to connect with families in a verbal way and give them another option for receiving their news.

## Health and Well-Being

Karla Gearing

- A presentation for local volunteer caregivers of the elderly where participants learn the signs of a suicidal person and the steps to intervene. The goal of this effort is to decrease the frequency of suicide.
- Support for the Together for Jackson County Kids coalition monthly meeting and support in the maintenance of the coalition's records, reporting, and meeting documents.
- Implementing Botvins Life Skills for the Blair Taylor School district where lesson planning occurred with Blair Taylor staff to prepare classroom roster, program materials, and session calendar.

## Agriculture

Steve Okonek

- A farm newsletter for farmers and people in agriculture industries that provided information regarding sulfur fertilization in crops, benefits of including oats in crop rotations, and results from three years of corn nitrogen fertilization plots in Trempealeau County. The goal is to help farmers be more economically and environmentally sustainable.
- A presentation to provide information to farmers about selecting nitrogen rates for corn production at a farmer led watershed group. Nitrogen rates were explained in the context of cover crops. The goal is to help farmers make informed decisions about cover crops and nitrogen application rates.
- A study using a test plot to determine if there are differences in successful alfalfa establishment due to companion crop choices. This test plot will help organic farmers make choices of companion crops to use in establishing alfalfa as a way to minimize the impact of weeds on seedling alfalfa, and conventional farmers can utilize the findings of this plot as weed resistance to herbicides increases.
- A workshop for farm businesses that helped them identify tax consequences of farm business transfer, fair versus equal distribution of assets, and differences among generations with regard to communication and work life balance. The goal was to support them in passing the farm from one generation to the next.



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- A workshop for farmers where they learn about crop production practices and making management decisions to deal with high fertilizer prices or unavailable fertilizers. The goal of this program is to help farmers meet financial, production, and environmental goals of running a farm business.
- A workshop for farmers where they learn about crop production practices and making management decisions to deal with high input prices or unavailable inputs. The goal of this program is to help farmers meet financial, production, and environmental goals of running a farm business.
- A workshop for organic farm businesses that helped them select warm season annual forage species for haying and grazing of livestock to provide resilient forage production during hot and dry summer months. Inter seeding of cover crops was presented as a weed control strategy in organic corn and soybeans.

## Horticulture

### Jacob Kluza

- Reached out and connected with groups of various master gardeners, local educators, as well as local industry professionals including in person meetings to determine program priorities and needs.
- Submitted introduction article to various multimedia platforms as well as submitted a topic article on the dangers of Oak wilt to Ag newsletter.
- Began participating in the weekly Statewide Horticulture Team Meetings facilitated by Jay Dampier where we are discussing the Program Plan of Work.
- In the Process of creating an updated poster to be displayed locally to help increase awareness about the position and services offered.
- Reached out to various partners including; the Farmer's Market in Black River Falls, Arcadia, as well as spring thaw. Meetings with the groups have been scheduled.

### ***Your Extension Staff***

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