



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Winter 2019-2020

Highlight: Horticulture

Extension Waukesha County's Horticulture educators provide research based programming to a variety of audiences including landscape professionals, farmers' market managers and vendors, Master Gardener Volunteers, community groups and organizations. Highlights from this year's programming include produce safety trainings and the Youth Garden Program.

Keeping fruits and vegetable safe and free from pathogens that make people sick is a priority for consumers and farmers alike. To help farmers learn about practices that will help keep human pathogens off produce, Kristin Krokowski, Commercial Horticulture Educator, leads trainings for farmers around the state. These trainings focus on the federal Food Safety Modernization Act Produce Safety Rule and Good Agricultural Practices (GAP's). In 2019, 364 people were trained. Six additional trainings are scheduled for 2020. Produce safety recordkeeping workshops are also being held in the spring of 2020. For more information on produce safety and trainings offered visit <https://fsmaproducesafety.wisc.edu/>.

In partnership with Waukesha County Health and Human Services Department, Ann Wied, Consumer Horticulture Educator coordinates the Waukesha County Community Youth Garden Program. Established in 2016, it provides an alternative to potential sanctions of placement in a juvenile facility for youth in Waukesha County. Over the past four years, 88 youth have participated in the Youth Garden Program, which donates all the fresh vegetables harvested to the Waukesha Food Pantry, 2,691 pounds to date.

Extension provides horticulture and nutrition education during the program. The Youth Garden Program is held in a designated section of the Waukesha County Rental Gardens.

For more information about the Extension Waukesha County Horticulture programs or services, visit www.waukeshacounty.gov/UWEX/hort/.

"I think the most important lesson I learned is that even though you are there for a mistake made, you're still helping people in need"

Past Participant,
Youth Garden Program

Accepting Donations to Support Extension Programming

Waukesha County is experiencing a growing diverse population. One of our efforts in Extension is to prepare 4-H youth with cross cultural experiences to engage with the underrepresented growing diverse population.

We are seeking donations to help support youth leadership activities and events as we continue to outreach to underrepresented families. Donate today at <https://supportuw.org/giveto/Waukesha>.

Help Wanted

The University of Wisconsin-Madison Extension has an open position in Waukesha County teaching basic nutrition and food safety to youth and adults. Nutrition background and strong interpersonal communication skills desired. This position is in partnership with ProHealth Care.

This is a part-time opportunity with State of Wisconsin benefits, i.e. retirement, vacation, sick leave, health and other insurance. Apply online at <https://jobs.hr.wisc.edu/> by January 3, 2020. Employment will require a criminal background check. UW-Madison is an AA/EEO Employer.

Container Gardening Presentation at Statewide Garden & Landscape Expo

Extension Consumer Horticulture Educator, Ann Wied, will be giving a container gardening presentation at the Garden & Landscape Expo in Madison on February 7th. The Expo attracts more than 20,000 people from across the Midwest. For details about the Garden & Landscape Expo, visit www.wigardenexpo.com.



For more information on what type of presentations are available to your group or organization, contact Ann at ann.wied@wisc.edu.

StrongBodies Strength Training Offered in Menomonee Falls

Two StrongBodies strength training classes will be held in Menomonee Falls beginning the week of January 6th. The classes will be held twice a week for 10 weeks at St. James Catholic Church and Froedtert & The Medical College of Wisconsin-Menomonee Falls. StrongBodies is a

proven way to increase bone density and muscle strength based on the StrongWomen™ program out of Tufts University.

For more information about the program, please contact Jen Whitty, Health & Well-being Educator, at 262-548-7789 or jennifer.whitty@wisc.edu.

Landscape & Grounds Maintenance Short Course Offered to Green Industry Professionals

Horticulture professionals will learn up-to-date science-based information to assist them in increasing the economic and environmental sustainability of the landscapes they care for. This four-week short course will be offered Wednesday afternoons in February. Registration opens January 2nd.



For more information, visit the green industry website at www.waukeshacounty.gov/UWEX/HORT/GI/.

Interactive Nutrition Lessons in Waukesha Schools

FoodWise educators are teaching series of lessons in 1st-5th grades at six Waukesha elementary schools (Banting, Hadfield, Heyer, Hawthorne, Lowell, and Whittier) during the 2019-2020 school year.

FoodWise's interactive lessons help kids practice making healthy choices such as eating vegetables, fruits, and whole grains, and be more physically active. At each lesson, children sample a healthy recipe or taste-test a variety of vegetables such as broccoli, spinach, and red cabbage; which tend to be lacking in their diets.

For more information, contact our Nutrition Education Coordinator at 262-548-7877 or jill.herz@wisc.edu.



Increased Focus on Projects for Younger 4-H Youth

4-H youth in 5K-2nd grade will sample a variety of 4-H projects in the new county-wide Cloverbud Project. This 4-H project is open to Cloverbud age (5K-2nd grade) 4-H members in any Waukesha County 4-H club. It is a great way for both kids and parents to make new friends in 4-H and identify new learning interests!

Cloverbud Project meetings will be led by 4-H project leaders and teens. Each meeting will include an educational presentation, hands on activity, game and snack. Meetings will rotate to different locations around the county.

For more information about Waukesha County 4-H, go to www.waukeshacounty.gov/uwex/4h/.

Plan Commission Workshop on Public Engagement to be Held April 30th

An Extension Waukesha County Plan Commission Workshop on the topic of public engagement will be held April 30, 2020, for plan commission members, planners, zoning administrators and elected officials at Genesee Town Hall. To be notified about registration for the Plan Commission workshop, email Molly at mellis@waukeshacounty.gov.

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