



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Professional Development at Extension!

Did you know that spending time in nature can benefit your physical and mental well-being? This is just one lesson that our Area 10 (comprising of Outagamie, Waupaca and Winnebago Counties) staff learned at Mosquito Hill Nature Center on February 29.

From team-building activities to discussions on community engagement strategies, our day was filled with insights that will enhance our ability to serve the community effectively!

We encourage you to explore the wonders of nature firsthand and unlock the transformative power for yourself - your body will thank you for it!



WINNEBAGO COUNTY

June 28 to JULY 1

2024 4-H COLORBLAST SUMMER CAMP

Upham Woods - Wisconsin Dells
Grades 3-8

\$145 EARLY BIRD REGISTRATION FEE ENDS MARCH 6TH

\$170 AFTER 3:30

Download Registration Form: <https://bit.ly/3RS0kyU>

4-H camps provide youth with the chance to meet new people. 4-H Summer camp is an overnight experience. Youth learn about the natural world, themselves and each other. Activities include hiking on irregular terrain, swimming, canoeing, crafts, art, music, recreation and campfire time. Transportation is included.

4-H News

The 2024 4-H Summer Camp registration is open until May 10th!

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Download registration form [here!](#)

4-H for all!

Dana Berger

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Health & Well-being

Learning Brick by Brick: Cultivating STEM Skills Through Block Play

Block play isn't just child's play—it's a fundamental tool for shaping future innovators. As children stack, balance, and engineer with blocks, they're not just building towers; they're constructing a solid foundation in STEM skills. Through hands-on exploration, problem-solving, and collaboration, block play cultivates creativity, spatial reasoning, and engineering principles, setting the stage for a lifetime of curiosity and discovery in science, technology, engineering, and mathematics.



Interested in hosting a free (to you and participants) block play session? Extension Winnebago County has resources available. Contact Katie to learn how to bring block play to your organization or classroom.

Katherine (Katie) Jaegly

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Harvest of the Month

It's good - It's in season - It's local

This month FoodWise is highlighting Cabbage! Stop by the Extension Office for more materials and recipes.



Cabbage is the Harvest of the Month!

Add cabbage to your favorite family meals:

- Add cabbage to your favorite veggie soup, stew, or stir fry.
- Use cabbage leaves as a tortilla or wrap.
- Add raw cabbage to salad.

Make meals and memories together. It's a lesson kids will use for life.

- Select** – Choose cabbage heads with compact leaves.
- Store** – Tightly wrap in plastic and refrigerate for up to 7 days.
- Prepare** – Carefully run a small knife around the core to remove it. Slice or chop the leaves.

Did you know?

Green and red cabbage are the most common, but other types of cabbage include Napa (Chinese cabbage) and Savoy.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

For more information about FoodWise or to contact a local FoodWise Educator:

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Extension
UNIVERSITY OF WISCONSIN-MADISON
HORTICULTURE PROGRAM

Free Online Gardening Programs

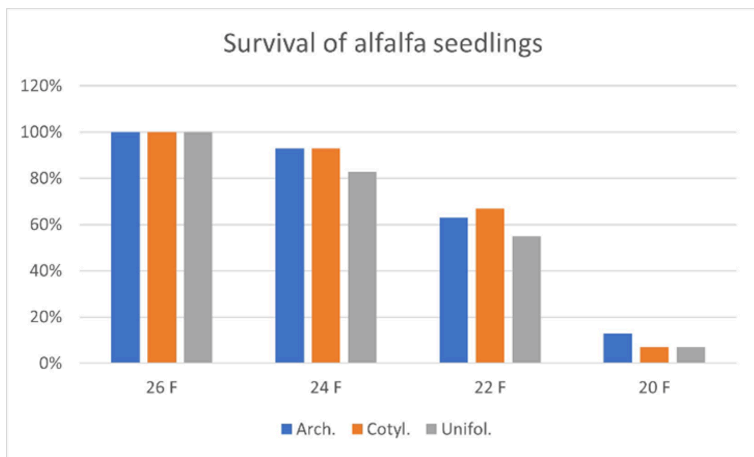
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Crops & Soil

How Early is Too Early to Begin New Seeding Alfalfa Plantings?

Farmers have already begun hauling manure, and spring tillage has commenced! The historically mild temperatures in February are to thank for this early start.

However, a survey of soil temperatures across North-East and East-Central Wisconsin fields reveals lower than ideal values. So the question is: is it safe to start seeding new alfalfa?



[Check out this article to find out!](#)

The bottom line: I understand that, with the potential of drought-like conditions possible again in 2024, farmers want to get new seeding alfalfa planted early enough to catch April showers. But while germination is important, seedling survival is necessary. **Ideally, plant alfalfa when the risk of 24* F or lower air temperatures will not adversely affect seedling survival.**

Kevin Jarek

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Human Development & Relationships

Money Matters is an online program designed to improve your financial habits. Through this course, you will gain money management skills and build knowledge you can use to improve your finances. The course can be completed through online self-study only or online self-study with financial coaching

by an Extension educator.

Money Matters includes 16 self-paced modules of personal financial learning. Topics covered include Explore Credit Scores and Credit Reports, Make a Spending Plan, Managing Student Loans, Money and Relationships, What is Credit and How to Build It, and Debt Management. Five modules have been translated into Spanish. After finishing each module, Wisconsin residents can receive a certificate of completion if you meet the requirements.

Participants can pair their **Money Matters** activities with one-on-one financial coaching with an Extension educator. Financial coaching is a unique approach for increasing individuals' financial capability, distinct from counseling, advising, or teaching. Our financial educators can help walk through ideas and options to create a budget, keep up with bills, pay down debt, plan for big

[Subscribe](#) to our email list.

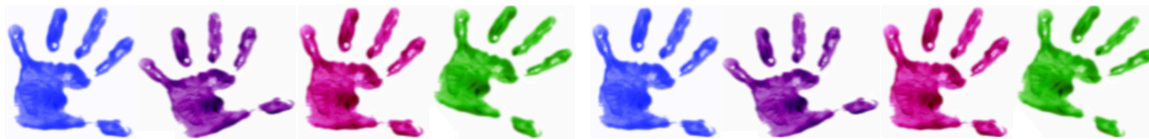
The **Money Matters** website can be reached [here](#). Contact Todd Wenzel, Human Development & Relationships Educator, to schedule an individual and confidential financial coaching session.

Todd Wenzel
todd.wenzel@wisc.edu



NOW RECRUITING
**CHILDCARE
PROVIDERS**

2024 Dates:
February 22nd
March 21st
April 24th
May 23rd



We are looking to create a qualified pool of 4 - 6 caregivers (adults, age 18 years and older) to work as part of a team of professionals supervising and interacting with several children (ages 0 - 16 years) while the children's grandparents/caregivers are attending their support group meeting. We are seeking candidates with experience working with children with diverse needs in group-based environments.

Time commitment is 3 hours, one evening per month, 8 months per year. Pay is \$17.00 per hour.

Interested candidates may email introduction, experience, and other information to:
Amy Hendrickson,
Administrative Associate, at
ahendrickson@winnebagocountywi.gov
or call 920-232-1973 for more information.



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