



# NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



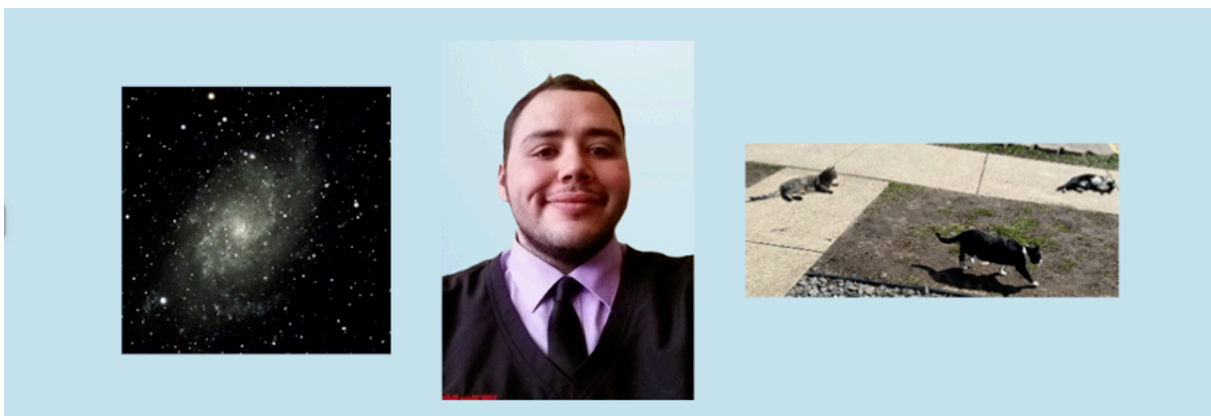
## Welcome Jacob, Our New Educator!

Extension Winnebago County is excited to welcome Jacob Kluza to the team. He'll be filling the role of Horticulture Educator.

He is from the Fond du Lac area and received his education through UW River Falls, where he studied horticulture, soil science, and hydrology. He went on to do his master's at North Dakota State University, where he worked with high-value crops in intensive growing conditions.

Jacob came to his Winnebago County position from Jackson and Trempealeau Counties. While there, his priorities were youth education and the advocacy of health and wellness through horticulture, and promoting equity through inclusivity and access.

Jacob looks forward to starting programming soon and building positive, authentic relationships with the residents and the county. Feel free to send a friendly hello to Jacob at [kluza@wisc.edu](mailto:kluza@wisc.edu)!



## 4-H News

Strollin' The Fair Without A Care

[Subscribe](#) to our email list.



Winnebago County 4-H will have many fun activities and fundraisers to participate in during the [Winnebago County Fair](#). The fair takes place Wednesday July 31st - Sunday, August 4th.

**4-H Dipper** | stop by for a delicious ice cream treat like shake or sundae!

**4-H Basket Raffle** | Tickets are \$1ea or 6 for \$5

**Make-'N-Take** | Wednesday thru Friday, 9-11a

**Baby Chick Hatching** | Wednesday & Thursday

**4-H Spotlight Stage** | Saturday, 1-4:30p

**Chalk Board Art** | Sunday, Jul 28

**4-H Fashion Show** | Wednesday, Jul 31, 4p

**4-H Youth Awards Ceremony** | Sunday, Aug 4, 11a

See you at the county fair!

Dana Berger

[dana.berger@wisc.edu](mailto:dana.berger@wisc.edu)



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
HORTICULTURE PROGRAM

# Free Online Gardening Programs

## Health & Well-Being

**StrongBodies Summer Registration Now Open**

Did you know that regular physical activity reduces the risk of chronic illnesses?



[Subscribe](#) to our email list.

**StrongBodies** is a strength training program that has been shown to increase strength, muscle mass, and bone density. Classes are designed for mid-life and older adults and include progressive resistance training, balance training, and flexibility exercises.

Free, virtual **StrongBodies** classes are held twice weekly on Tuesdays and Thursdays from 9:00-10:15 AM. [Sign up today](#) and see what StrongBodies can do for you!

Prefer to join us in person? A free, in-person class is held at Marian Manor (600 Merritt Avenue, Oshkosh) on Mondays and Thursdays from 2:00-3:00 PM. All are welcome!

[StrongBodies Website](#)

[StrongBodies Impacts and Research](#)

*Katherine (Katie) Jaegly*

920-232-1979

[katie.jaegly@wisc.edu](mailto:katie.jaegly@wisc.edu)



## Regional Dairy

[July 16th Webinar: Leveraging Digital Technologies to Improve Management Decisions in Dairy Farms](#)

[Dr. João Dórea](#) is an assistant professor in Precision Agriculture and Data Analytics in the Department of Animal and Dairy Sciences at UW–Madison. Dr. Dorea develops research focused on digital technology and predictive analytics to optimize farm management decisions. His research group is interested in large-scale implementation of computer vision systems, wearable sensors, infrared spectroscopy, and other sensors to monitor animals in livestock farms.

[Beef x Dairy Manangement Workshops](#) | July 29 - August 1

*Stephanie Bowers*

[stephanie.bowers@wisc.edu](mailto:stephanie.bowers@wisc.edu)

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## Community Development

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**Entrepreneurs of Color Spotlight**  
Empowering Northeast Wisconsin's business owners of color, by highlighting their business journey and inviting viewers to interact and learn.

Now Replaying 2020-2023 Spotlights

Join Us!  
EVERY THURSDAY @ 6:30 PM

EoCSpotlight@gmail.com

EOC SPOTLIGHT PARTNERS



Facebook, YouTube, and QR code links are also present.

Mia Ljung  
920-470-4645  
[mia.ljung@wisc.edu](mailto:mia.ljung@wisc.edu)

## Human Development & Relationships

**Money Matters** is an online program designed to improve your financial habits. The course can be completed through online self-study only or online self-study with financial coaching by an Extension educator.



Participants can pair their **Money Matters** activities with one-on-one financial coaching with an Extension educator — **TOTALLY FREE!**

The **Money Matters** website can be reached at <https://fyi.extension.wisc.edu/moneymatters/>.

Schedule an individual and confidential financial coaching session today!

Todd Wenzel  
920-232-1982  
[todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu)



## Harvest of the Month

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

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

[Subscribe](#) to our email list.



**Select** – Choose glossy, small- to medium-size squash.

**Store** – Refrigerate and use within 3-4 days.

**Prepare** – Grill, steam, boil, or saute. You can even eat the skin!

**Summer Squash is the Harvest of the Month!**

**Add summer squash to your favorite family meals:**

- Saute chopped squash to add to pasta, burritos, or quesadillas.
- Serve raw slices to dip in hummus.
- Bake thin slices to make crispy zucchini chips.

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

**Did you know?**

Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).



Nutritious, Delicious, Wisconsin!  
#NHarvestofTheMonth




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.

CLICK HERE



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

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## Crops & Soil

The wet weather persists and continues to complicate planting and harvesting decisions for farmers. Those individuals who have crop insurance will want to make sure that if they choose to plant a "cover crop" moving forward that they follow the guidelines established in [here](#).

[Subscribe](#) to our email list.



While the final plant date of July 5th for soybeans has passed for Winnebago County, **UW strongly encourages any farmer who expects to plant a forage crop to inform their insurance agent/adjuster** so there is no miscommunication about what the plan for prevented plant cropland is for the rest of the 2024 growing season. Check out [Wisconsin Agronomy Technical Note 7 Cover and Green Manure Crops Benefits to Soil Quality](#).

Kevin Jarek  
[kevin.jarek@wisc.edu](mailto:kevin.jarek@wisc.edu)

# Farmer Social

## August 7th

**Muddy Bottom Farmers**  
PRODUCER-LED GROUP

**SOIL PIT**  
SOIL EXPLAINED  
with Jamie Patton

**NOPP**  
Nitrogen Optimization  
Pilot Program  
With Lindsey Rushford  
& Monica Schauer

**RAINFALL SIMULATOR**  
with Derrick Raspor  
(Demo Farm Network)

**AUG 7, 2024**  
**2 PM-??**  
**9170 NORTH RD**  
**FREMONT, WI**

Join us for an afternoon all about soil followed by FOOD & FELLOWSHIP!

**PLEASE RSVP FOR FOOD COUNT: (920) 232-1957**

## 4-H Camps

**4-H Summer Camp- Color Blast-** was a success despite not being able to swim, canoe or travel to Blackhawk Island due to high water in the Wisconsin River. All 65 campers, 22 counselors and 13

[Subscribe](#) to our email list.



**4-H Cloverbud Camp- Barnyard Olympics-** will be held Monday, July 15, 8:00-4:00 at Winnebago County Park. Six enthusiastic 4-H counselors will be leading games, crafts, 4-H project area learning, and songs. There will be food and lots of fun!

*Sarah Thompson*

[sthompson@winnebagocountywi.gov](mailto:sthompson@winnebagocountywi.gov)

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