



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Celebrate June Dairy Month!

Did you know June is National Dairy Month in Wisconsin? Dairy Breakfast on the Farm events have been a summertime staple in Wisconsin for decades. Celebrate by attending one this month!



Find a local Dairy event



Human Development & Relationships

The Strong Couples Program

Having a strong relationship with your romantic partner can be hard.

And when you need help, finding trustworthy support can be difficult.

The Strong Couples Program can help! And it's FREE!

[Subscribe](#) to our email list.

The Strong Couples Program is:

Six self-paced online modules and five brief video calls with an Extension educator. Topics include communication, commitment, problem-solving, and fun and friendship.

Why should you and your partner consider the Strong Couples Program?

- Scientifically-supported online program
- Supported by multiple research studies
- Has helped thousands of couples to date

[Click here to register for The Strong Couples Program.](#)

(This program is for couples together for at least six months. This program is NOT counseling.)

Todd Wenzel

Todd.Wenzel@wisc.edu



FoodWise News

SPOT THE HEALTHY BREAKFAST

- 1..Egg omelet with spinach and tomatoes, peppers and cheese, slice whole wheat toast, grapes, low-fat milk
2. Whole grain cereal, strawberries, fat-free milk
3. Oatmeal, nuts, blueberries

All 3 options are healthy! A healthy breakfast:

- is low in saturated fat
- is low in added sugar
- is high in dietary fiber
- has at least 3 food groups



[MyPlate](#) provides the fuel your body. Want increased energy, improved brain function, weight management, and to kickstart your metabolism? Check out [MyPlate.gov](#) today!

Use the three following examples to get your day started just right!

Kristine Soper

Kristine.Soper@wisc.edu



Horticulture

Calling all plant lovers! Join us in growing community connections this summer. You don't need to be a Master Gardener—just someone who enjoys gardening and wants to share that passion.

Here's how you can help:

Join us at the Oshkosh Farmers Market the second Saturday of each month (June–October). No experience needed - just a willingness to talk about plants!

Help tend the Learning Garden at the Coughlin Building. Tasks include watering, weeding, and planting. A great hands-on way to support local food education!

Are you a Master Gardener in need of volunteer hours? UW-Extension is approved for Master Gardener hours.

All are welcome and encouraged to join!

Ready to sign up? Visit [Volunteer Matters](#) to browse opportunities.

Questions?

Jacob Kluz

kluza@wisc.edu

Health & Well-Being

Oshkosh Farmers Market Returns to Main Street!

Head to Main Street this month for fresh, in-season produce and a fun, family-friendly experience. Support local farmers while enjoying healthy, flavorful options. Need recipe ideas? Check out our [Fresh & Simple Recipes](#).



Don't forget your reusable bag and water bottle! See you there!

Calling all Youth - You're Invited to the Breakwater Parent Picnic

Join us on Tuesday, June 18 at 5:30 p.m. at South Park for the [Breakwater Parent Picnic](#)!

Youth aged 12-18 are invited to bring their parents to meet Breakwater facilitators, ask questions, and learn more about Substance Free Futures—a youth-led group focused on substance use prevention. Bring your own dinner and come see what we're all about!

[Check out Breakwater's podcast!](#)

Katie Jaegly

Katie.Jaegly@wisc.edu



Crops & Soils

Determining the Value of Standing Alfalfa

Pricing standing alfalfa can be tricky due to the lack of daily price reports, unlike grain commodities. However, hay market prices from the UW-Madison Extension provide a good estimate. Key factors to

[Subscribe](#) to our email list.

1. Expected dry matter (DM)
2. Yield per acre Estimated DM value per ton
3. Harvest costs

For a more accurate calculation, farmers can use the [Pricing Standing Hay Calculator available here](#), or dive deeper into the full white paper for detailed guidance on fair transactions.

Stay informed and make sure your alfalfa sale or purchase is a fair one!

Kevin Jarek

Kevin.Jarek@wisc.edu



Feedback, questions or accessibility issues: info@extension.wisc.edu | © 2023 The Board of Regents of the University of Wisconsin System

[Privacy Policy](#) | [Non-Discrimination Policy](#) & [How to File a Complaint](#) | [Disability Accommodation Requests](#)

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

You may request an interpreter, materials in an alternative language or format, or other services to make Extension's programming more accessible, by contacting the Extension Winnebago County office at 920-232-1970 on Monday-Friday from 8:00am-4:30pm, excluding holidays. There's no added cost to you for these services.

Share this email:

[Subscribe](#) to our email list.

emma®

[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

625 E County Rd. Y Suite. 600

Oshkosh, WI | 54901 US

This email was sent to .

To continue receiving our emails, add us to your address book.