



# NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



## The Power of Community and Connection in Mental Health

May is Mental Health Awareness Month—a great time to think about who makes your life meaningful, who inspires you, who sparks joy in your life.



- Support should be available to all
- Each person's mental health journey is unique
- Prioritize self-care and seek support
- Social connection and community support play a vital role in mental health and recovery
- Open conversations about mental health help break stigma and encourage people to seek support

CLICK HERE >

Visit: <https://www.samhsa.gov/>

## Health & Well-Being

### Free Pressure Canner Testing Available

Canning season is right around the corner! We sent our master pressure gauge for its annual maintenance and calibration to ensure accuracy when we test your equipment. And it's just arrived BACK!

In just 15 minutes, we'll check your dial gauge to make sure it's accurate and ready



for the canning season. Let's keep your food preservation efforts safe and successful!

[Subscribe](#) to our email list.

Pressure canners should be tested at least once a year—contact us at 920-232-1979 to schedule your test today!

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920-232-1979

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## Human Development & Relationships



### **Rent Smart for the second half of 2025 is**

**announced!** Join Extension educators for a FREE,

informative Zoom series about the ins and outs of renting in Wisconsin. Learn to develop strong relationships with landlords, and to understand the rights and responsibilities of being a good tenant. Rent

Smart focuses on the knowledge and skills needed for a successful renting experience, and is designed to help individuals with little to no rental experience, or for those who have had difficulty obtaining housing.

Click here to [view the Rent Smart schedule and register](#) for this online opportunity!

The schedule is as follows:

June 2025: 9, 11, 16, 18, 23, 25; Monday/Wednesday from 9am-10am

August 2025: 11, 14, 18, 21, 25, 28; Monday/Thursday from 11am-12pm

September 2025: 9, 12, 16, 19, 23, 26; Tuesday/Friday from 9am-10am

October 2025: 4, 11, 18; Saturday from 9am-11:30am

November 2025: 10, 12, 17, 19, 24, 26; Monday/Wednesday 7pm-8pm

December 2025: 1, 4, 8, 11, 15, 18; Monday/Thursday 1pm-2pm

Todd Wenzel

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## FoodWise News

**No eggs? No problem! Whether you're dealing with shortages, allergies, or want to switch things up, there are plenty of easy swaps for baking. Check out these simple egg replacements to keep your recipes on track!**

- 1/4 cup mashed Ripe Banana per egg (best for moist cakes, muffins and pancakes)

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- 1/4 cup unsweetened applesauce per egg (best for cakes, muffins, quick breads)
- 1/4 cup Yogurt per egg (best for muffins, cakes)
- 1 tablespoon Chia or Ground Flax Seed + 3 tablespoons of Water soaked for 5-10 minutes per egg (best for breads, cookies, pancakes)
- 2 teaspoons Baking Powder + 2 tablespoons Water + 1tablespoon oil per egg (best for light and fluffy cakes)

- 3 tablespoons whipped Aquafaba (chickpea water) per egg (best for meringues, brownies, cookies)
- 1/4 cup Carbonated Water per egg (best for light textured baked goods)

### Happy Baking!

Christi Gabriliska

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## 4-H News

**Summer Fun Days 2025 are here! Don't miss out - Register today!** Winnebago County 4-H has a wide variety of summer fun activities for youth grades 5K-12.

### Check out the schedule:

June 13: Yarn It Up

June 18: Dective Science Day

July 11: Entomology Day

[Subscribe](#) to our email list.

August 18: Spa Science & Mindfulness  
August 20: Back To School MakerSpace  
[Register for 4-H Summer Fun Days Here!](#)

**Other summer activities include:**

[June 12: Funny Face Pots](#)

[June 19-21: Summer Sewing Camp](#)

[July 15: Cloverbud Camp](#)

Dana Berger  
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## Community Development

### Real Colors Training for County Employees

We're excited to share that we've partnered with Winnebago County Extension staff to bring Real Colors workshops into the County's professional development offerings.

These engaging sessions use a four-color personality assessment to boost communication, teamwork, and understanding of different work styles. Several workshops are already scheduled, and more are on their way!

Check out if Real Colors might be right for your organization at [Extension's Real Colors Landing Page](#).



### Community Gardens Map Update

We're getting close to publishing!

In collaboration with Extension Winnebago County's Horticultural Educator, Jacob Kluza, we are developing a user-friendly and extensive community gardens and local foods map. Click here to [check us out, or contribute!](#)

Mia Ljung  
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## Horticulture

**Mow High In May, Juny, and July! It's a simple way to support pollinators, save time, and strengthen your lawn.**

The idea behind No Mow May (letting your grass grow in spring to support pollinators when flowers are scarce) is rooted in good intentions. Many run into problems when June arrives and they mow down all the grass in a single pass. This shocks and weakens the grass and can destroy the very flowers that supported pollinators during May. Rather than going from all to nothing, a better approach is to **Mow HIGH May through July** by setting your mower blades as high as they will go only cut off the top third of the grass at any one time.

**What are the benefits of mowing high throughout the summer?**

- Taller grass developps deeper roots for better water and nutrient uptake
- Shaded soil retains moisture, leading to less watering
- Fewer mowings mean less fuel, time, and wear on your equipment
- Allows flowers like clover to bloom, which feeds pollinators throughout the season
- Helps lawns outcompete weeds naturally, reducing the need for herbicides

Most cities, including Oshkosh, allow lawns from 6-9 inches tall, so your mower's highest setting keeps your lawn both healthy and compliant!

Learn more by reading this Extension article: ["What's the Deal With No Mow May?"](#)

Happy Gardening!

Jacob Kluza

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## Crops & Soils

**Alfalfa Monitoring starts May 12!**

The Outagamie Forage Council and UW-Madison Division of Extension are underway with 2025's annual Alfalfa Monitoring Project to help farmers get the best possible yield and quality from their first cutting.

As alfalfa grows, quality can drop fast, so a timely cutting is key. To help, samples will be collected Mondays and Thursdays, and results posted Tuesdays and Fridays for farmers to track crop progress and choose the best time for harvesting their crop.

Many thanks to [Knigge Farms](#) and Remer Farms for once again serving as host sites in Winnebago County, and to [Tilth Agronomy](#) for helping to collect the samples.



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