



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Celebrating Local Apples

Extension Winnebago County
joins in the Great Apple Crunch!

Our office proudly participated in [the Great Apple Crunch](#), a regional celebration of National Farm to School Month (F2SMonth). This annual event, celebrated by communities across the midwest, encourages schools to bite into a locally grown apple to support healthy eating and local agriculture.

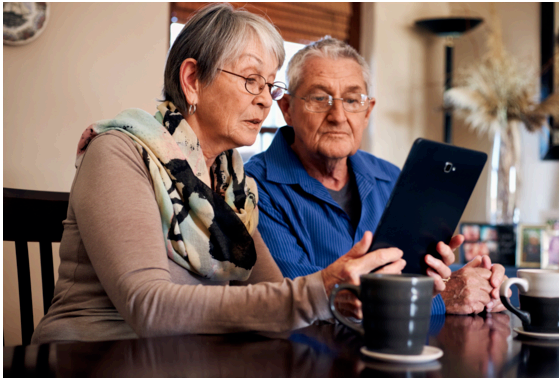
Staff in our office enjoyed fresh apples from Redmon's Apple Basket Orchard in Ripon. The Crunch is a tasty and impactful way to promote seasonal eating, to support Wisconsin apple growers, and to connect people with the origins of their food.

We are proud to support Wisconsin farmers, and to celebrate the power of local food. Share your Crunch moments this month using **#GreatAppleCrunch** and **#F2SMonth**!

920-232-1970

625 E. County Road Y #600 | Oshkosh





Free Planning AHEAD series!

End-of-life planning is the ultimate gift you can give your loved ones. At any age, a medical crisis could leave you unable to communicate your own health care decisions. Join us for [Planning AHEAD](#), a multi-session program that gives you the tools and resources to help begin or continue the end-of-life planning process.

This type of planning, including advance care planning, is not just for people who are old or ill. Anyone aged 18 or older should plan for the uncertainties of life.

Plan ahead - don't leave a mess, leave a legacy.

Series Dates: Tuesdays, November 11, 18, & 25.

Time: 1:00pm - 3:00pm

Location: Appleton Public Library (200 N. Appleton Street)

Cost: FREE

Register by calling 920-832-5121 or online at <https://bit.ly/PlanningAheadAPL>

Todd Wenzel

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Crops & Soil

Farming on a Tight Budget: Finding Balance Between New Ideas and the Environment

Each year, farmers in Winnebago County grow corn and soybeans on more than 75,000 acres of land. But this year, prices for these crops are lower than what it costs to grow them. Right now corn is selling for about \$3.85 per bushel, and soybeans are around \$9.37 per bushel. That's quite a bit less than the break-even prices for \$5 for corn, and \$12 for soybeans that were expected when planting began.



Because of this, farmers will need to think carefully about how to keep their farms running while also protecting the land and the environment. As the 2025 harvest wraps up, and planning for 2026 begins, it's a good time to look at helpful tools and resources that Extension can offer.

The article, "[Farming on a Tight Budget: Balancing Innovation and Sustainability](#)" shares useful information from Extension experts to help farmers make smart choices in the months ahead.

Kevin Jarek

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Congratulations to our 2025 Winnebago County 4-H Award Winners



On October 4th, the Winnebago County 4-H Program hosted the annual 4-H Fall Family Banquet. The banquet took place at Rolling Thunder Lanes in Neenah, and we celebrated with a pizza buffet, youth and adult awards, and bowling! Click here for a copy of the banquet program.

CLICK HERE 



Health & Well-Being

[WeCOPE](#) Returns! Managing life's challenges in healthy ways allows us to take better care of ourselves and others. Join us for WeCOPE, a FREE, evidence-based program that helps adults cope with daily stress.

We have an upcoming WeCOPE series:

IN-PERSON: Fridays | 1:30-2:30pm

Omro Community Center

No registration is needed. **There is no cost to attend this class.**

- **October 17:** WeCOPE Overview, Emotional Awareness
- **October 24:** Gratitude, Noticing and Savoring Positive Events
- **October 31:** Everyday Mindfulness, Mindfulness Meditation
- **November 7:** Positive Reappraisal
- **November 14:** Self-Compassion, Acts of Kindness
- **November 21:** Personal Strengths, Attainable Goals

Questions? Contact Katie!

Katherine (Katie) Jaegly

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Community Development

There's still time to register for [Introduction to Plain Language!](#)

Join this FREE virtual workshop to learn strategies for word choice, font selection, grammar use, user testing, and more that help us communicate quickly and effectively with both native and nonnative English speakers.

Registration is open for:

- Tuesday, October 28th | 1:00pm - 3:00pm

More information at: <http://go.wisc.edu/plain>

Presented in partnership between UW-Madison's Cultural Linguistic Services and UW-Madison Division of Extension.



Fast Pitch Business Competition is back!

Got a bold business idea or venture ready for its next leap? Step into the spotlight at the annual [Fast Pitch](#), part of the [New North Pitch Series](#)!

Applications are open October 1-31.

Event details:

November 11, 5:00pm - 8:00pm

Bordini Center at Fox Valley Technical College, Appleton



Cash Prizes!

Partners: UW-Oshkosh SBDC, Fox Cities Chamber, UW-Madison Extension, Oshkosh Chamber, Venture Center at FVTC

Sponsors: New North, NEW Launch Alliance, WBD

Questions? Contact Mia Ljung at mia.ljung@wisc.edu or call 920-470-4645

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Horticulture

[Subscribe](#) to our email list.



The past month has been very dry in Winnebago County. We've had only about 1.5 inches of rain in the last four weeks - that's less than half of what trees and grass need to stay healthy! On top of that, we've had some hot days, even though this time of year we usually see our first frost.

Some rural areas have gotten close to freezing, but cities like Oshkosh stay a little warmer because of buildings and pavement. This means urban trees and lawns are dealing with big swings in

temperature. Because of this, without enough water in the soil, plants are more likely to get damaged when winter hits.

To help your trees and lawn stay healthy:

- **Keep watering** until the ground freezes
- **Young trees** may need up to 2 inches of water each week
- **Water slowly and deeply** so it reaches the roots
- **Keep mowing** your lawn until the grass stops growing
- **Only fertilize trees** after the leaves fall, or wait until early spring

Happy Gardening!

Jacob Kluza

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 **Horticulture Program**
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON

Free Online Gardening Programs

employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

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