



Extension

UNIVERSITY OF WISCONSIN-MADISON
DANE COUNTY

February 2023 Summary Report

This monthly summary report highlights a single program or project that each of the Dane County Extension Educators worked on this past month to provide just a sample of the type and breadth of programming offered. The FoodWise program annual report is also included. Along with an introduction to Nadia, a new member of the Dane Extension team. If you would like more information on any of our programs, please contact us or visit our [website](#).

Carrie Edgar, Director

Nadia Alber joins the Dane County Extension as the 4-H Associate Educator



Nadia has worked with kids and young adults for a long time, and her primary interests are experiential learning, livestock farming, and kids. After graduating from college in 2004, until starting graduate school in 2009, Alber taught in private and public schools, on farms, at outdoor education centers, and in after-school programs around the country. She received an M.S. in Environment & Resources from the Nelson Institute for Environmental Studies at UW-Madison in 2011. Most recently, Alber served as the Director of the UW-Madison School for Beginning Dairy & Livestock Farmers. Alber owns and manages a small, diversified organic farm with her husband and two young children. Nadia can be contacted at alber.nadia@countyofdane.com.

Agriculture

Will Fulwider, Crops & Soils Educator, produced a new [episode](#) for farmers to Extension's Field Notes Podcast to provide listeners with a seasoned perspective on frost seeding red clover into standing wheat in order educate on the nutrient management, weed control, and forage opportunity of the practice.

Alison Pfau, Dairy Educator, assisted with the UW Repro Roadshow, a program that provided the latest research-based information to improve the understanding of current timed AI protocols for use with sexed semen for veterinarians and other dairy professionals. 93% of participants said "yes" to, "I have gained new insights on how to help my clients utilize sexed semen to manage breeding in their herds." 100% of participants said "yes" to the question, "I have increased my understanding of ways to optimize conception rates while using sexed semen." Participants completing the evaluation poll indicated they impact the management of over 317,000 cows and work with over 3,000 farms.

Claire Strader, Organic Produce Educator, coordinated the Organic Vegetable Production Conference featuring production and management information for advanced organic growers serving direct markets. The conference, at the request of farmers, now includes both online and in person content. The 2023 conference took place in late January and early February and included 23 sessions over 4 days with 32 farmer and Extension presenters. Translation and interpretation was provided and digital participant hubs including all handouts, presentations, supplemental materials, and video recordings of the sessions are available for access from the event.

Feedback from the
Conference attendees:

*"This is the place for
vegetable farming nerds...
I learned so much!"*

*"Overall this conference is
amazing. It provides a
level of detail that is hard
to find in other
educational spaces."*

Chelsea Zegler, Ag Water Quality Specialist, presented a poster at the Wisconsin Phosphorus Conference. The Conference was organized to review the past 10 years of water quality science and policy implementation, and to plan for the next 10 years. The event brought together agency, academic, conservation professionals, and local government stakeholders to focus on the largest surface quality pollutant in the state. The poster session was a great opportunity to network with other professionals on the new Ag Water program and to educate a diverse group on the edge of field monitoring results from Discovery Farms. More than 200 attendees participated.

Community Development



Jess Guffey-Calkins, Food Systems Educator, assisted with the planning of a series of webinars to equip food entrepreneurs with increased skills and knowledge for operating successful food business enterprises. [Learn more here.](#)

Sharon Lezberg, Community & Organizational Development Educator, along with Michelle Probst, Natural Resources Educator, facilitated 5 meetings of a Midwest regional collaborative effort to improve tree canopy maintenance and planting in urban areas. The goal of the meetings was to share information about successful strategies and to develop a project proposal for a phase two NSF grant application.

Horticulture

Lisa Johnson, Horticulture Educator, is collaborating with colleagues on planning a statewide webinar series where participants learn best horticultural practices to mitigate pollinator decline and climate change, decrease environmental contamination and pollution, and grow healthy plants for sustainable gardens and communities.

Human Development and Relationships

Clare Dahl, Financial Security and LifeSpan Educator, provides a monthly workshop for veterans living in transitional housing, where residents can participate in one-on-one personalized financial education, coaching, and goal setting. This effort is designed to help veterans move toward financial stability.

Natural Resources

Michelle Probst, Natural Resources Educator, posted a new article, [Outdoor, Active, and Healthy: A Mindset for Cross-Country Skiers During Warmer Winters](#) on the Dane County Extension Climate Change Blog. Climate change is an important issue in Dane County. Many people are concerned about adaptation to climate change impacts and searching for ways to reduce their own environmental impact. In this blog series, educators present information about local and statewide climate impacts and issues. These posts are an opportunity to summarize information and provide resources for community members to implement changes to address the climate crisis.

Positive Youth Development

Lisa Curley, 4-H Extension Educator, coordinated a Plant Propagation and Moisture Meter Workshop for Dane County 4-H members. The activities are designed to create a sense of belonging while introducing youth to STEM activities in a hands-on environment. Youth were able to explore their SPARKS in horticulture when propagating new plants from cuttings and create a simple computer program to measure moisture in soil using a Micro:bit.



Ely Moya Malaver, Bilingual Youth Development Educator, has developed a [blog post](#) to highlight Youth Governance Program participants' reflections on the program. The goal of these posts is to create a public space in which youth use their leadership skills, share their experiences with local government, and civic engagement.

Taylor Seale, Community Youth Development Educator, is collaborating with colleagues on the development of a place-making curriculum that focuses on youth engagement in community development projects. The goal is to connect youth to their local community, and to understand how built environments impact social inclusion, mental health, and physical health of youth.

Upcoming Events

- WI Nonprofits Connect to Learn: Communicate what Matters!
- Selling at the Farmers Market: Case Study of Selling Eggs at the Local Farmers Market
- Clean Energy Series
- Green Thumb Gardening Spring Series
- Shrub and Tree Pruning workshop
- The Economics of Downtown Revitalization: Putting Some “Oomph” Behind the Numbers

Visit our website to learn more about Extension and upcoming program opportunities

<https://dane.extension.wisc.edu/>

Dane County Staff

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| Nadia Alber 4-H Associate Educator | Venkata Karri Nutrition Educator | Holly Simon FoodWise Curriculum Coordinator |
| Jess Guffey Calkins Food Systems Educator | Sharon Lezberg Community Development Educator | Claire Strader Organic Produce Educator |
| Lisa Curley 4-H Extension Educator | Claire Mance Healthy Community Coordinator | Phin Ter Thao Bilingual Nutrition Educator (Hmong) |
| Clare Dahl Finance and Life Span Educator | Javiera Morales Clerk (Bilingual - Spanish) | Chip Thompson Clerk |
| Carrie Edgar Area Extension Director | Ely Moya Malaver Bilingual Youth Educator (Spanish) | Maya Walther Natural Resources and Youth LTE |
| Will Fulwider Regional Crops Educator | Alison Pfau Regional Dairy Educator | Carla Williams Communication Specialist |
| Jackie Gehin FoodWise Administrator | Michelle Probst Natural Resources Educator | Kula Yang Family Relationships Educator |
| Edwin Huayta Bilingual Nutrition Educator (Spanish) | Emily Randerson Nutrition Educator | Ze Yang Bilingual Nutrition Educator (Hmong) |
| Sandy Jensen Deputy Director | Kelsi Salm Nutrition Educator | Chelsea Zegler Agriculture & Water Quality Educator |
| Lisa Johnson Horticulture Educator | Taylor Seale Community Youth Development Educator | |



Healthy Choices, **Healthy Lives**

The FoodWise program is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments through nutrition education at the individual, community and systems levels for Wisconsin residents with limited incomes

The **Landscape**

35%

of population lives in census tracts that are low income & have low access to healthy foods



33%

of adults have obesity



8%

of individuals are food insecure



12%

of households receive SNAP benefits



Achieving More **Together**



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Dane County, FoodWise partners with schools, after-school programs, Head Start programs, senior meal programs, and food pantries to help make the healthy choice the easy choice in our communities.

Community Impacts **In 2022**



Dane County FoodWise provided education to approximately 1,000 learners in a variety of settings and all age groups in Hmong, Spanish and English.

We increased outreach to include Middle and High School age groups where we teach Teen Cuisine and Around the Table.

And we started leading the Strong Bodies series with older adults throughout Dane County.

Older Adults...Get Fit!

After being isolated due to the pandemic, Senior Centers were eager to get started in their endeavor to offer more diverse programming. They wanted to provide activities to get older adults moving again; opportunities to socialize; and continue the conversation about making healthy eating choices. In answer to their need, Dane County FoodWise began teaching the Strong Bodies strength-building series.

Along with building strength, a nutrition component is included with each session.

Half of our participants are over the age of 60 with 3/4 of those being over the age of 76.

One Dane County participant is 90 years young and has built a personal rapport with our educator. She loves telling the educator how much she is gaining by taking this class.

We started our first series with Colonial Club Senior Center in August and interest grew exponentially.

We are teaching Strong Bodies with the YMCA, Neighborhood House, Waunakee Senior Center and more community partners are on the waiting list to begin soon.

Docs...Increase Knowledge

Doctors play an important role in providing trusted health information to families.

In 2022, FoodWise met with 13 pediatric residents from UW Hospital and Clinics to talk about identifying food insecurity, the impact of nutrition assistance programs including WIC and school meals, and connecting patients to food resources. As pediatricians become more familiar with the community resources available and increasingly comfortable speaking with families about food insecurity, we build capacity at every level of care to support families in accessing nutritious and affordable food.

Physicians interest in food security work continues to grow. FoodWise materials have already circulated among new partners within the UW Department of Family Medicine and Community Health and new relationships are being built within the network of Free and Charitable Clinics. We are excited to continue our work engaging the medical community in establishing systems of support for family food security.

Connect With Us

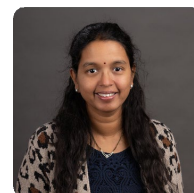
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