

Extension Highlights 2010 ANNUAL REPORT



Bayfield County
^{UW}Extension

Bringing the resources of the University of Wisconsin to Bayfield County

Agricultural Community & Economic Development

Lake Superior Woody Biomass Trials

With funding support from Xcel Energy and the Wisconsin Office of Energy Independence, Jason established the Lake Superior Woody Biomass Trials. The Trials include 24 acres of plantings in Ashland, Port Wing, and Spooner that seek to evaluate suitable cultivars of hybrid willow and hybrid poplar, demonstrate the agroforestry practice of alley cropping, and investigate re-plant options of harvested hybrid poplar plantations. The ten-year project was established in 2010 and will yield valuable data for years to come. A series of Research Bulletins and annual field days will be used to communicate the results to farmers, loggers, and others with an interest in woody biomass production.



▲ *Dedicated bioenergy crops such as hybrid willow being planted here may provide new economic opportunities for farmers and landowners.*

New Crop Development....In Our Own Backyard

With funding support from the University of Wisconsin, Jason was able to hire a Research Assistant to screen wild populations of American hazelnut growing in Bayfield, Douglas, and Burnett County with the goal of finding the highest yielding plants in a given population. The top two plants from each of 18 sites are currently being propagated and planted in replicated trials in WI and MN. The trials will help us compare the yield of the plants eventually leading to development of a commercial cultivar for Northern Wisconsin. The full results of this long-term project can be found on the Bayfield County website in the Research Bulletin section. Anthony Kern of Northland College has been working to understand the genetic diversity within and between the American hazelnut populations, information that is crucial toward development of a robust breeding program. Researchers at UW-Superior have been pressing the oil from Jason's collections as part of an Army funded project to develop cold-weather biofuels from oils derived from plants native to Northern Wisconsin.

Bayfield Fruit

The market for locally and sustainably produced fruit continues to expand. To help the fruit growers in Bayfield, Jason has established a series of long-term trials on black raspberries, white and red currants, wine grapes, and sweet cherries. The goal of the trials is to provide locally relevant production information to the Bayfield fruit growers in support of fruit crop diversification. In 2010, we had our first harvest of black raspberries and taste testing suggests Blackhawk is the best tasting variety. In addition, we had our first harvest of the new cold-hardy wine grape cultivar, Marquette.



Agricultural Community & Economic Development



Bayfield Regional Food Producers Cooperative

To help grow the agricultural economy of the region, Jason convened a group of food producers engaged in direct marketing high-value, differentiated food products to figure out ways to increase sale of products to larger markets outside Ashland and Bayfield County. Providing facilitation and assistance, Jason helped the 12 producers form the Bayfield Regional Food Producers Cooperative and launch the Bayfield Shores Harvest Trail (www.bayfieldharvesttrail.com). Held the third week of October, the Harvest Trail is intended to bring customers to the region and help build regional brand identity to assist with marketing product outside the region. In its first year, the Harvest Trail brought more than 150 people to the region and resulted in more than \$7000 in sales of product the third weekend of October. Over the coming years, the Harvest Trail is expected to grow.

School For Beginning Gardeners

As an alternative to the 36 hour Master Gardener General Training Course, Jason taught the 12 hour School For Beginning Gardeners. Attended by 41 people, the course provided training on soil management, vegetable production, tree and small fruits, and disease, weed, and insect pest management. Gardening is a lifelong activity and remains a popular and important part of the lives of our community's citizens. By providing research-based gardening information, Jason helps gardeners produce a cornucopia of fruits, vegetables, and flowers

Master Gardener General Training Course

The purpose of the Wisconsin Master Gardener Program is to train horticultural volunteers across Wisconsin. In 2010, Jason provided horticulture training to 22 citizens of Ashland and Bayfield County through the Master Gardener General Training Course. The Course included 27 hours of classroom instruction on a range of topics from basic botany to landscaping and growing tree fruits. The Course also included three field sessions in May, where the participants learned about rain gardens, helped renovate the Ashland Health and Rehabilitation Garden, and installed new landscaping at the Ashland Area Enterprise Center. After receiving the training, the participants are expected

to complete 24 hours of volunteer work each year to maintain their Master Gardener certification. In 2010, Master Gardeners in Ashland and Bayfield County contributed 1,113 hours of volunteer time to our community.



▲ Master Gardeners hard at work at the Ashland Area Enterprise Center.

Producing Hay for Profit Workshop Series

Hay production is an important part of our agricultural economy and culture. The last few years have been challenging for hay producers with extreme drought followed by too much rain at the wrong times in 2010. In 2007 and 2008 there was a hay shortage and in 2010 an over-abundance of hay. To help hay producers with their businesses, Jason organized and hosted a 4-session *Producing Hay for Profit Workshop Series* that included sessions on enterprise budgeting, evaluating hay quality, producing high-quality hay and managing hay fields.



▲ During the Hay for Profit Workshop Series, participants learned how to evaluate hay quality using forage quality analysis.

Community, Economic & Business Development



▲ A panel of entrepreneurs answers questions at the 2010 Lake Superior Business & Technology Conference.

Community Economic Development Education

Tim served as an educational and informational resource to the Bayfield County Economic Development Corporation (BCEDC) Board and Lake Superior Region Wisconsin Innovation Network (WIN) Chapter Advisory Board. He helped plan, recruit presenters and promote, and served as a moderator for three of the sessions at a **2010 Lake Superior Business & Technology Conference: Fostering Entrepreneurship in the Lake Superior Region**, which was attended by 129 persons. Seventy-seven persons attended a **Critical Issues in the Forestry Industry Conference**, at which Tim presented information on sustainable forestry principles. He also helped to plan, recruit presenters, promote, and introduce the program and some of the sessions' speakers at the conference.



▲ The audience listens intently to a speaker at the Critical Issues in the Forestry Industry Conference.

Land Use Planning Education

Tim presented, distributed information and answered questions, along with the County's Planning & Zoning director, at a **Bayfield County Comprehensive Land Use Planning Implementation Session** for town plan commissioners that was attended by 46 persons. He furnished information/answered questions related to implementing comprehensive plans from the Towns of Barksdale, Eileen and Oulu. Tim promoted UW-Stevens Point/UW-Extension Center for Land Use Education conducted **Advanced Plan Commission Workshops** in Ashland and Solon Springs. In addition, this educator provided training at a **Scenic Byway Assessment Training Meeting** for municipal representatives who planned to conduct a Highway 13 corridor assessment within their communities.

Superior Days

Tim participated in **Superior Days 25** activities in Madison on February 23 and 24, 2010. He served as a team leader for a small group of Superior Days delegates who met with and shared legislative issues with staff from four assigned state representatives. He also served as the facilitator for a Department of Natural Resources agency meeting; and attended Departments of Corrections, Public Service Commission, Veterans Affairs, Administration, UW-Extension, Agriculture, Trade & Consumer Protection, Transportation and Tourism agency meetings



▲ Tim Kane joins Bayfield County Human Services Department staff along with AADC's executive director for lunch during Superior Days 25.

Business Development Education

During 2010, Tim counseled and/or provided information to 14 preventure and/or existing business clients. He helped plan and co-facilitated at three **Biofuel Sector Initiative Meetings** for biofuel industry and training partner organization representatives. He prepared a biofuel sector initiative gap analysis matching identified industry training needs with the programs offered by training organizations to address them. The above biofuel sector planning activities laid the groundwork for the eventual award of a **\$463,488 Wisconsin Industry Partnership Grant** to the Northwest Wisconsin Workforce Investment Board to fund the training of workers for biofuel production in northwest Wisconsin. Tim gave a presentation on "Business Development Resources Available Through UW-Extension" to members of the Bayfield Chamber of Commerce & Visitors Bureau, which was attended by 21 persons. He also promoted several UW-Superior Small Business Development Center (SBDC) sponsored business classes/seminars.

Organizational Development & Environmental Education

Organizational Development

This educator helped plan and served as a facilitator at two **Bayfield County Land Records Modernization Plan Update Input Meetings** that were used to identify key land records customers/users/stakeholders and the most important land records needs/issues. He made arrangements and facilitated a **Departmental Budget Strategizing Group Meeting** for the County Human Services, Health, Child Support, Veterans and UW-Extension Department Heads. Tim served as the facilitator at a **Bayfield County Board of Supervisors Budget Planning Meeting**, where County Board members identified important issues facing County government and budget priorities for 2011, and agreed upon a target tax levy for the County's 2011 budget. In addition, he collaborated with the Ashland County UW-Extension community development educator to begin plans to implement an **Ashland & Bayfield Counties Leadership Program** in 2011.

Aquatic Invasive Species Control and Lake Management Education

Tim engaged in a variety of lake-related educational activities. A total of 214 persons attended a **2010 Northwest Wisconsin Lakes Conference** held at the Drummond School that this educator helped to plan, promote and handle registrations, and had an educational exhibit on shoreland buffers. He facilitated at a **Bayfield County Lake Group Aquatic Invasive Species Roundtable Meeting** attended by 22 persons. Attending representatives from different lake organizations shared information on their efforts at addressing the threat posed by aquatic invasive species to their lakes. Also, fourteen persons representing organizations that deal with lake issues attended a **Bayfield County Lakes Forum Consortium Meeting** facilitated by this educator. Participants shared lake-related accomplishments, and goals or issues they planned to address.

Local Government Education

He acted as an educational resource for local government officials in Bayfield County. Tim promoted a **2010 County Officials Workshop** in Cable, which was attended by 26 county officials, including four Bayfield County Supervisors, the County Clerk and this educator. He marketed a variety of other educational programs, including the following: **Local Land Use Planning and Zoning Teleconference Series 2010-2011, Conducting Local Elections Teleconference Series 2010-2011, Current Issues Affecting Local Government Officials Teleconference Series 2010-2011, and 2010 Fall Budget and Finance Workshops for Town and Village Officials**. Tim gave an overview presentation on the County UW-Extension Office's services, programs, staff and funding at a Bayfield County Board meeting of newly elected Supervisors. He continued to advise and serve as a resource to the Bayfield County Criminal Justice Council. Tim met with the new coordinator for the County Youth Prevention Offender Initiative Program, and discussed and advised on program evaluation assessment/surveys.

Hazardous Waste Education

This educator conducted an information and education campaign to educate area residents, farmers, businesses, schools and governmental units on the proper disposal of unwanted hazardous chemicals and electronic devices. A total of **299 persons** brought **27,005 pounds** of unwanted **hazardous chemicals**, **2,547 old fluorescent or HID bulbs**, **73 used oil filters** and a **large quantity** of unwanted **electronic wastes** to the four collection events held in **Washburn, Iron River, Bayfield** and **Grand View**. Unwanted **medications** were also collected at the events in Washburn and Iron River with **76 pounds** collected. In addition, he co-taught at a **Bayfield**

County Recycling Workshop for municipal recycling, responsible units that was attended by 24 persons.



▲ A truck load of old computers and other electronics brought to a Clean Sweep collection in Bayfield.



▲ Attendees at the 2010 Northwest Wisconsin Lakes Conference check out the exhibits.

4-H & Youth Development



▲ Members of the Gitche Gumee 4-H club present "Miss Louisa and the Outlaws" directed by Cyndy Castro which received Best of Show honors in Drama at the 2010 4-H Cultural Arts Festival.



▲ During the Law Day, participants actively listen to the closing arguments being made by the prosecution. In the gallery are 60 high school students from Drummond, Northwestern, Bayfield, South Shore and Washburn.



▲ "Archers take Aim" 4-H Projects are the backbone to the overall 4-H Experience.

I pledge my **head** to clearer thinking ...

4-H opportunities **develop self-discipline and skills** for independent thinking. The annual Bayfield County 4-H Cultural Arts Festival is an opportunity for 4-H members to develop and showcase their creative and artistic skills. In 2010 fifty-three 4-H members participated through music, drama, dance, ceramics, arts and crafts and photography. Research confirms that participation in the visual and performing arts plays an essential role in how children learn to read, write and do mathematics. Donna Ganson provides both educational and organizational support to the Cultural Arts Festival and assists the 4-H Ambassadors to Emcee this event.

My **heart** to greater loyalty...

4-H gives youth the opportunity to **feel physically and emotionally safe** while actively participating in a group. The 2010 4-H Summer Camp provided an affordable, high quality camp experience for 64 youth in grades 3-8 at the Pigeon Lake Field Station near Drummond. Ian Meeker and Donna Ganson directly oversaw all aspects of this 3 day camp and trained and mentored 19 4-H high school age counselors. They also directed a schedule of educational activities including nature study, arts & crafts, group recreational games, swimming, kayaking, canoeing, and team building. This summer highlight provides an excellent leadership experience for the youth staff who come back year after year to improve their skills and mentor others. "I learned more than I ever imagined," wrote a first year counselor.

My **hands** to larger service...

By participating in **community service and citizenship activities**, youth experience a connection to their community and play an active role in the greater political system. In 2010 Ian trained and mentored 12 Teen Court panelists to hear and deliberate on first time juvenile cases. In 2010 the Teen Court was also actively involved in the annual Law Day event for area high school youth. Ian Meeker worked with the District Attorney Craig Haukaas and a local attorney to help prepare the high school students to perform a mock trial based on a realistic fact pattern. Students were assigned to be defense and prosecution attorneys and called and questioned witnesses during a live trial in the courtroom in front of 60 high school students. The jury was selected from the student body and they listened, deliberated and provided a verdict as if it was an actual trial. "This was a great experience, I was surprised how nervous I got, looking at my notes helped me settle down because I was prepared," commended a youth attorney at the conclusion of the case.

My **health** to better living

4-H projects and activities develop **self-confidence** in youth through the success of solving problems and meeting challenges. Besides being active in a local 4-H club, 4-H members also select between 3-10 projects to work on throughout the year. Adult 4-H project leaders guide the learning experience, teach a natural progression of skills to 4-H members and support the natural curiosity 4-H members have when they select a project that they are interested in learning more about. The top 6 4-H projects in 2010 were Photography (95), Arts and Crafts (92), Woodworking (83), Foods and Nutrition (80), Horse (73) and Archery (60).

4-H & Youth Development

4-H Community Clubs Contribute to Community Strength

Bayfield County is home to twelve community – based 4-H clubs, serving youth in all parts of the county. Total youth membership in 2010 was 330 (about 1/10 of the youth in Bayfield County). There are clubs in Port Wing, Oulu, Cornucopia, Bayfield, Washburn, Barksdale, Ino, Mason, Benoit, Drummond, and Cable. The Bayfield County 4-H office staff provides both direct and indirect educational support for all the 4-H clubs in Bayfield County.

In 2010, Ian Meeker co-wrote a grant for two 4-H clubs to participate in a water conservation program called 4H2O. Through this series, 4-H members increased their understanding of how rain barrels reduce storm water run off. Each participating family placed a rain barrel at their homes so they could observe, record, and utilize rain water. The culmination of this experience was displayed in an educational booth at the county fair.



▲ To celebrate the 4H2O water conservation project, Ian Meeker led a sea kayaking trip along the Lake Superior shores. Earlier in the year, along the same shores, the 4-H members learned how to identify where storm water run off discharges back into Lake Superior.

4-H Science, Technology, Engineering and Technology (4-H STEM)

Since 2007 Ian has co-chaired the Wisconsin 4-H STEM team. 4-H STEM is a new mission mandate from the National 4-H office in response to the identified need for more youth to develop STEM related competencies. In January 2010, Ian taught a three part Power of Wind series at 4-H Winter Camp to 50 high school youth. Ian also worked with local science teachers and CESA 12 to organize and promote the 2nd annual Chequamegon Bay Science and Engineering Fair. In November 2010, Northland College joined this partnership. STEM competencies, like measuring, recording, observing, predicting, testing and using tools, naturally occur in a wide variety of 4-H projects. Through 4-H projects, youth experience solving problems in an engaging learner centered environment.



▲ Bayfield County 4-H is known statewide for producing exceptional 4-H photographers. Sarah May is all smiles after two of her photos were selected to be sent to the Wisconsin 4-H Photo Contest.

4-H Leaders: the Heart of the 4-H Program

Ian Meeker and Donna Ganson certified and provided educational support to the 152 4-H Bayfield County Leaders who volunteered their time to create positive experiences for youth in 2010. While each 4-H club has an Organizational Leader that oversees the club, the club is also supported by the dedicated 4-H project leaders who lead educational project meetings with the kids in specific project areas.

Rodney Johnson, a 4-H Woodworking Leader in Oulu, volunteered over 150 hours in 2010 to help develop the woodworking skills necessary for 4-H members to complete their woodworking projects. "Rodney takes the time to work individually with each person and their project. This year, I made a desk for my computer and he was willing to work with me and my somewhat complicated design and help me make it happen. It's great to have Rodney's guidance and his many years of experience helping students with so many different projects," said **Jacob Stai**, high school 4-H member who has worked with Rodney for several years. Rodney is one of many dedicated 4-H Leaders who understand the impact that positive experiences combined with developing a caring relationship with adults have on youth.



▲ Rodney Johnson helps teach Brendon Golly how to safely use a band saw to cut out his design.

Family Living Education

Family Economics

Financially stable families help build strong communities. The Family Living Program initiated a number of efforts in 2010 to increase money management skills among area residents.

Money Management Coaching

In collaboration with Ashland County Extension, Liz launched the Money Management Coaching Program. In addition to offering one-on-one coaching, the program trains volunteers and agency employees to serve as financial education resources within the community. So far, thirty-nine Money Management Coaches from a number of government, tribal, and non-profit agencies have participated in training. The program offers continuing support to trained coaches through follow-up workshops and monthly email up-

dates. These cover important household finance issues impacting area residents.

Financial Education Classes

The Family Living Program offers group classes for families needing help managing money and staying up to date with bills. Monthly budgeting workshops guide participants in creating a spending plan, setting spending limits, implementing savings strategies and more. Workshops are held in collaboration with Ashland County Extension at rotating sites in the two counties. The Family Living Program also presents financial education programs in-house for area employers and organizations. New Horizons North, the Red Cliff Early Childhood Center, Red Cliff Mishomis House and the Bayfield County Housing Authority held programs this year.



Financial Education Coalition

To enhance communication and coordination related to financial education efforts in the community, the UW Extension Family Living Program recently established the Ashland/Bayfield County Financial Education Coalition. This group of educational institutions, financial institutions, and county, tribal and community agencies has been meeting to assess area financial education needs, promote educational offerings and target efforts where they will have the most impact.

Inmate Education

A strong family network is one important key to the successful reentry of inmates into their communities. In 2010, Bayfield County received a grant from the Wisconsin Department of Corrections to work toward the successful reentry and subsequent reduction in recidivism of inmates. To help support this initiative, the Family Living Program substantially increased jail education efforts by offering existing classes more frequently and adding a variety of new workshops.

Building Strong Families

Since 2009, the *Building Strong Families* program has helped inmates focus on strengthening family resiliency to better cope with life's many challenges. In 4 sessions, participants learn the traits of strong families and identify activities that will enhance these strengths in their children and families. In 2010, Heidi began teaching the program on an more frequent basis and had a total of 45 class participants.

Family Newsletter

As part of the *Building Strong Families* program, Heidi developed the *BSF Family Newsletter*. Participating in-

mates can opt to send this series to one or two key support people in their lives. The four newsletters serve to keep the family informed of the inmates' learning and generate discussion and sharing of information on class topics. Twenty-nine families received the newsletter in 2010.

Family Life Workshops

Building Strong Families participants frequently comment on the need for more information on certain topics. To address these needs, Liz developed and teaches a variety of new workshops. Topics include stress management, conflict management, co-parenting and positive discipline.

HCE

The Association for Home and Community Education (HCE) is a non-profit organization that partners with UW Extension Family Living Programs at the state and county level to provide quality educational programming to its members and communities. As the advisor to Bayfield County HCE, Heidi provides educational resources and support for the group's 45 members.

These duties include: providing guidance at the monthly Executive Board meetings, coordinating logistics for county-wide meetings, teaching or procuring speakers for lesson days, and publishing the HCE quarterly newsletter, *Newsbrief*.



▲ A member of Bayfield County HCE presents a basket of gifts to the family of the first baby born in November in Bayfield County. The baby basket presentation is an annual event to celebrate Wisconsin Association for Home and Community Education Week.

Family Living Education

UW Extension Bayfield County

PARENTING WISELY



Parenting Skills
for Today's Families

▲ *Parenting Wisely, a new Family Living Program offering, helps parents learn about effective communication, relationship building and discipline.*

Parenting Education

Most parents struggle at times with discipline and setting limits while maintaining a strong relationship with their children. To address the different needs and learning preferences of parents, UW Extension offered a number of parenting programs and resources including a book group, a computer-based class, newsletters and classes for jail inmates.

Parenting Wisely

Bayfield County parents now have the option of taking *Parenting Wisely*, an evidence-based program delivered via computer. Parents can schedule the course at a convenient time and complete it at their own pace. The Family Living Program collaborates with the ABC Family Resource Center and the Bayfield County Human Services Department to offer this new resource.

Parenting Newsletters

UW Extension continues to offer its successful parenting newsletters. *Parenting the First Year* and *Parenting the Second and Third Years* provide busy parents with practical guidance on child development, nutrition, health, safety, child care and family life. Our newest offering, *Preparing to Parent* covers pre-natal care, childbirth and beyond. The newsletters consistently receive strong reader reviews for their concise, timely information. UW Extension dis-

tributes the newsletters in collaboration with the Bayfield County Health Department, the Chequamegon Clinic, Memorial Medical Center and the Red Cliff Community Health Center. Both online and mailed subscriptions are available.

In recent surveys, parents who received *Parenting the First Year*, describe the influence of the newsletters on...

How they care for and interact with their child:

"It brought my attention to new abilities my child might be ready for and good ideas on how to encourage/teach."

"The different games make her happy, which makes me happy."

How they handle themselves when baby is difficult:

"When she is fussy at night we work as a team to calm her."

"Count to five and breathe and try again and smile."

Their self-confidence as a parent:

"I enjoyed reading them for assurance that my son was on the normal developmental path."

"It helps me remember what I've done with my older children and reinforces those actions."

Food Preservation

Pickle Bill Workshop

In May 2010, Wisconsin passed the "Pickle Bill", a legislation which allows small scale producers to sell their home canned acidified products. To ensure the safety of these products, UW Extension teamed up with the DATCP Division of Food Safety to offer a workshop on the ins and outs of this new legislation. Small scale producers in Bayfield County learned the basics in canning safety, as well as safe agricultural practices and product labeling, marketing and selling.

Food Preservation Series

Each year, UW Extension organizes a food preservation series. Preserving the Harvest was offered in August 2010 with a focus on beginner canning. Through hands-on experience, participants learned how to safely use a hot water bath to can salsa and pressure canner for green beans. Participants indicated that they planned to use the information from class in their home kitchens.

Food Safety Workshop

At the annual HCE North District meeting, 40 HCE members participated in a program on food safety developed and presented by Heidi



▲ *At the Preserving the Harvest food preservation series, participants practiced hands-on techniques to ensure safety during home-canning.*

Ungrodt. Topics covered included safe cooking

Nutrition Education



▲ Grandparents join in a game to identify fruits and vegetables at Grandparents day.



▲ Students at Bayfield School making edible "Plant Part Art."



▲ Kids sample whole grain bread at Washburn Elementary School.

Wisconsin Nutrition Education Program (WNEP)

The 2010 WNEP staff serving Bayfield County consists of Nutrition Education Coordinator, Kathy Beeksma and a talented team of Nutrition Educators made up of Ann Christensen, Donna Ganson, and Joy Schelble. Although all staff are part time, they provided direct nutrition education to 509 individuals in Bayfield county and had over 2,500 contacts with those individuals. The families we serve in Ashland and Bayfield Counties are food stamp eligible and our lessons help them learn more about making good food choices. This is done by learning moderation, balance and variety in our diets and activity. Families are also taught how to stretch their food dollars while eating healthy, fresh and local foods when they are available.

WNEP educators work collaboratively at Bayfield, Drummond, South Shore, and Washburn schools; at WIC Clinics in Cable, Iron River and Washburn; at Head Start Centers in Bayfield and Brule; at senior meal sites; at local farmers markets and the Mobile Farmers Market. Thankfully, despite the budgetary challenges facing our local, state and national budgets, WNEP's federal funding has been allocated for 2012 without any major reduction. This will mean that WNEP nutrition educators can continue to reach families in need.

WNEP Educates Head Start Families

Lessons at Bayfield County Head Starts are fun. Preschoolers love to learn where their foods come from and how even healthy foods taste great! When a WNEP educator comes into a preschool classroom, children are given valuable information about food safety and healthy foods in a format that kids love. Sometimes, it may be Chef Rainbow the puppet that comes in to teach students about the importance of eating a rainbow of food. Other times children may experience their first pomegranate or sweet pepper. All lessons include important, simple lessons for children and helpful, practical tools for parents to serve healthy foods to their children. Educators encourage trying new things and provide samples of fruits and vegetables for many lessons. Informational hand-outs are sent home with the children to reinforce the lessons, and each year parents meet with educators at the center to explore nutrition topics specific to parents of young children.

Try It, You'll Like It

An important part of teaching healthy eating to children is providing opportunities for them to taste new foods. WNEP educators regularly make this a part of their lessons for elementary students. The fresh fruit and vegetable snacks provided through grant programs at South Shore, Bayfield, and Washburn are complimented by the education and reinforcement to try new foods provided by the WNEP educators. When children experience tasting in a supportive and fun environment, they are more likely to choose that food again in the future.

I Can Do That

Two of the barriers people sometimes face in eating healthy is lacking access to healthy, affordable foods and knowing what to do with that food. To meet these needs, educators provide Fun Family Cooking events at Head Start centers. At the Bayfield center, parents and children worked together to prepare healthy, appealing main dishes and snacks like Alphabet Vegetable Soup and Oven Roasted Vegetables. "Healthy and Homemade" calendars with nutritious, easy recipes were provided to all Head Start parents. At WIC clinics in Iron River, Washburn, and Cable, parents were also provided with recipes and ideas for using their Farmer's Market vouchers and seasonal fresh foods. Middle school students at South Shore and Bayfield learned how to shop for and safely prepare healthy dishes on their own, such as Vary Veggie Salsa that is always a hit and can be adapted to their individual taste and what's available in their grocery stores or gardens.

The Good Food Connection

Whole foods, local foods, and foods that can be harvested from the wild are important to our Bayfield County families. WNEP educators honor the cultural and nutritional significance of foods such as wild rice, venison, and wild berries by educating students and their families about these local treasures and including them as a part of a healthy diet. Educators also encourage youth to learn about plants and the nutritional value of whole foods that can be raised in family, school, and community gardens.

Through hands-on experiences like sampling and comparing wild rice with other rices or examining cereal grains, students learn important lessons about where our food comes from and what makes a food a whole food.



▲ Trying healthy foods in a fun and supportive environment helps kids develop positive attitudes toward food. Here kids are sampling (and loving) frozen peas after hearing a story about a monster who eats peas.



▲ Elementary age students get a chance to make flour by grinding locally raised wheat. They sift the flour to see the difference between whole wheat and white flour and sample fresh bread made from locally grown wheat.



UW-Extension Educators & Support Staff



Jason Fischbach
Agriculture
jason.fischbach@ces.uwex.edu
(715) 373-6104, Ext. 253



Tim Kane
Community Development
timothy.kane@ces.uwex.edu
(715) 373-6104, Ext. 254



Heidi Ungrodt
Interim Family Living
heidi.ungrodt@ces.uwex.edu
(715) 373-6104, Ext. 251



Liz Lexau
Interim Family Living
liz.lexau@ces.uwex.edu
(715) 373-6104, Ext. 252



Donna Ganson
4-H & Nutrition Education
Donna.ganson@ces.uwex.edu
(715) 373-6104, Ext. 250



Ian Meeker
4-H & Youth Development
ian.meeker@ces.uwex.edu
(715) 373-6104, Ext. 249



Karen Bade
Office Manager
karen.bade@ces.uwex.edu
(715) 373-6104, Ext. 245



Theresa Kummerow
Secretary
theresa.kummerow@ces.uwex.edu
(715) 373-6104, Ext. 247

UWEX Bayfield County, Courthouse, PO Box 218, Washburn, WI 54891 711 (Wisconsin Relay)



Visit our Bayfield County UW-Extension website at: bayfield.uwex.edu

"Bringing the resources of the University of Wisconsin to Bayfield County."

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.