

Extension Highlights 2012 ANNUAL REPORT



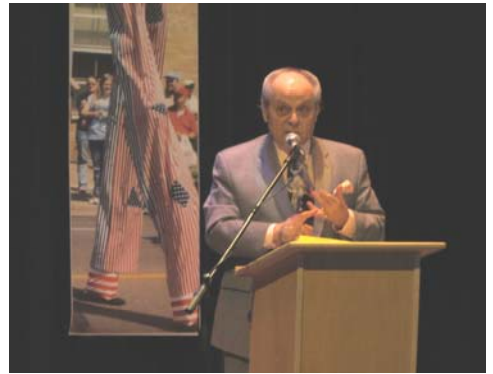
Bayfield County
UW
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Bringing the resources of the University of Wisconsin to Bayfield County

Community Development Education

Business Development Education

Tim was directly involved in planning and promoting four quarterly **Business On Stage** programs in 2012, which were held at StageNorth in Washburn and attended by 289 persons. He recruited and introduced the presenters for the July program. Featured speakers included: the owner of Printing Plus and Evergreen Country Shopper, the vice president of entrepreneurship & innovation for the Wisconsin Economic Development Corporation, owners of Living Adventure, Inc., and director of engineering for C.G. Bretting Manufacturing Company, Inc. Tim also helped plan and promote an inaugural area **Business Idea Contest**. Eleven contest finalists gave presentations on their business idea and were critiqued and rated by a distinguished panel of judges at the **2012 Lake Superior Business & Technology Conference: Growing Entrepreneurs in the Lake Superior Region**. The top three contest winners split \$5,000 in prize money. In addition, he provided business information and/or counseling to 14 preventure and/or existing business clients during the period January 1, 2012 – December 31, 2012



▲ Ashland entrepreneur Gary LaPean presents at a Business On Stage program.

Organizational Development

This educator was involved in two organizational development educational efforts. Tim served as a facilitator at a **Red Cliff Special Tribal Council Retreat**, where 2012 tribal priorities were reviewed and 2013 tribal priorities were identified and agreed upon. He helped plan and served as a facilitator at a **Bayfield County Board of Supervisors Budget Planning Meeting**, where County Board members identified the most important issues facing County government and their budget priorities for 2013.



▲ The Business Idea Contest finalists pose for a group picture.

Community Economic Development Education

This educator helped plan and market a **2012 Lake Superior Business & Technology Conference: Growing Entrepreneurs in the Lake Superior Region**, and recruited and introduced the conference's keynote speaker Terry Whipple. Terry spoke on the topic, "Fostering Inventors and Entrepreneurs to Develop Successful Businesses." Other conference sessions included two panels on the "Using Technology to Create a Business or Work Remotely in Northwest Wisconsin" and "How to Obtain Financing for Your Business Idea," and a "Business Idea Contest Finalists – Presentations and Critiques" session. The conference was attended by 91 persons.



▲ 2012 Lake Superior Business & Technology Conference keynote speaker Terry Whipple addresses the audience.



▲ Tim Kane and his Superior Days team members have their picture taken at the State Capitol.

Superior Days

Tim participated in **Superior Days 2012** activities in Madison, including: served as a team leader and visited and presented legislative issues on Highway 2 expansion and E-911 surcharge funding to four assigned legislators or their aides; and attended eight agency meetings. He co-presented on a "Lake Superior Technology Park Development" issue at the Wisconsin Economic Development Corporation meeting.

Community Development Education

Land Use Planning Education

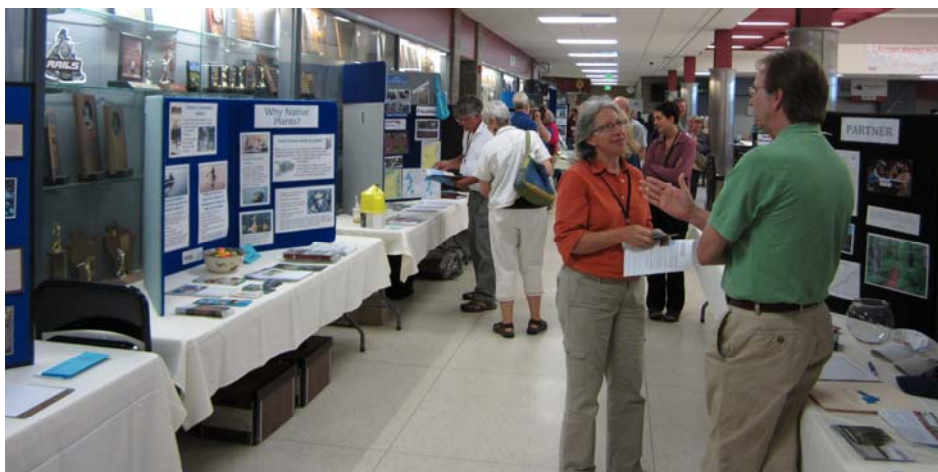
This educator helped plan, taught, distributed materials, advised and facilitated at meetings of supporters of a 70 mile stretch of State Highway 13 through Bayfield County as an official Wisconsin Department of Transportation designated scenic byway. It was approved by the WDOT in September 2012. He advised at City of Washburn Sign Ordinance Ad-Hoc Committee meetings providing recommendations for revising the City's sign ordinance. He also furnished information to the Town of Bayfield Clerk, a Town of Clover Plan Commission member, Town of Russell Clerk and County Planning & Zoning Department Director on comprehensive planning-related matters.

Local Government Education

Tim served as an educational resource to local government officials. He gave a county socio-economic overview PowerPoint kickoff presentation at a **Community Health Needs Assessment Stakeholder Prioritizing Session** for Bayfield and Ashland Counties, which was attended by 41 persons. Four Bayfield County Supervisors attended a **County Officials Workshop** at Lakewoods Resort in Cable that this educator promoted and attended. Tim gave a PowerPoint presentation on "**Tips on Leading Effective Meetings**" and distributed fact sheets on parliamentary procedure-related topics at a County Board Orientation meeting. He recruited and introduced a UW-Stout Center for Operational Excellence senior management engineer, who gave a "**Lean Government**" presentation at a County Department Head Meeting. Tim marketed through the distribution of materials to local government officials a variety of workshops and teleconference educational programs. Examples include the **2012 Town & Village (Officials) Workshop** and **2012 County Officials Workshop**, both of which were held in Cable.

Lake Management Education

Tim helped to plan and promote and set up a shoreland buffers educational exhibit at a **2012 Northwest Wisconsin Lakes Conference** held at the Spooner High School in Spooner that was attended by 205 persons. He recruited and introduced the conference's afternoon keynote speaker who gave a presentation on "Fascinating Loons." He also collaborated with a Citizens for the Protection of Inland Waters Committee to carry out an educational program for new lakeshore property owners in Bayfield County.



▲ 2012 Northwest Wisconsin Lakes Conference attendees check out the exhibits.

Hazardous Waste Education

This educator conducted an information and education campaign to promote the proper disposal of unwanted hazardous chemicals and electronic devices. A RECORD number 367 participants brought unwanted hazardous chemicals, old electronic equipment, medications and/or discarded appliances to collection events held in **Washburn** (222 persons) and **Iron River** (145). An additional 103 participants brought materials to Clean Sweep collection events held in **Red Cliff** (64) and the **Town of Mason** (39). A total of 25,122 pounds of unwanted hazardous chemicals, 2,396 old fluorescent or HID bulbs, 112 used oil filters, 327 household batteries and 359 PCBs were collected at the four events. In addition, a large quantity of electronic equipment and old appliances were collected along with an estimated 60 pounds of unwanted medications.



▲ Pharmacist Jan Wilber and Bayfield County Chief Deputy Dan Clark collect medications at a Clean Sweep collection in Washburn.



▲ Vehicles line up to drop off hazardous chemicals and old electronics at a Clean Sweep collection in Washburn.

Family Living Education

Inmate Education: New Skills for Incarcerated Individuals and Their Families

The Family Living Program helps county jail inmates and their families learn new skills to support a successful return to the community after incarceration.

Through classes like *Building Strong Families*, *Stress Management*, *Positive Discipline* and *Successful Co-Parenting*, inmates learn practical methods for managing conflict, building family resilience, and dealing with common family challenges. In 2012, sixty inmates participated in one or more multiple session classes.

The Building Strong Families newsletter series for families of inmates allows those at home to explore things their incarcerated loved ones are learning in classes. Family members reported that the newsletters encouraged positive changes at home and sparked important conversations between inmates and their families.



"I appreciate that I was able to learn new ways to be a better father."

"This class taught me a lot and I can't wait to get out and work on all these things with my kids."

—Inmates who participated in family strengthening classes through the UW-Extension Family Living Program.

"I'm working on communicating better, spending time away from cell phones, TV, and movies and spending more quality time with my child."

— Inmate's spouse on what family is doing differently after reading UW-Extension newsletter for families of inmates.

Parenting Education: Building Strong Family Relationships

Research shows that strong family relationships and reduced household stress help protect children from problems later in life. The Family Living program offers a number of education options for Bayfield County parents.

In 2012, UW-Extension Ashland and Bayfield Counties began teaching *Children in the Middle (CITM)*, a program to help divorcing or non-married parents keep children out of parental conflicts. More than 100 area parents participated in CITM and other co-parenting classes. This impacted more than 180 parent/child relationships.




HEALTHY PARENTS - HEALTHY FAMILIES

Sponsored by the Red Cliff ECC, Red Cliff TANF & UW-Extension



The Family Living Program recently partnered with the Red Cliff Early Childhood Center and Red Cliff Human Services to offer *Healthy Parents-Healthy Families*, a family strengthening program for parents of young children. UW-Extension is partnering with Washburn Elementary School to offer *Raising a Thinking Child*, an evidence-based program that helps parents teach young children skills to resolve daily conflicts. Extension also offers training to parents on an individual basis through *Parenting Wisely*, an evidence-based program that demonstrates positive discipline and relationship-building strategies for parents of children ages 3-18.



Family Economics: Helping Consumers Manage Household Resources

Financial Coaching

The UW-Extension Money Management Coach program reaches consumers in two ways. Family Living Educator, Liz Lexau offers one-on-one financial coaching to help individuals work toward personal finance goals. The program uses a client-centered approach that builds on the participant's current financial strengths. Individual coaching is offered in person and via phone/Internet.

The Money Management Coach program also trains agency staff and volunteers who work with families on money management issues. The program includes a one-day training that covers financial topics and strategies for talking with people about money using client-directed coaching techniques. The program also includes ongoing educational support on financial topics that impact area families such as credit and debt management, pay-day lending, tax credits and area resources. Red Cliff Family Services, Bayfield County Human Services, LCO Community College and North Lakes Community Health Center are among many area agencies whose staff has received training through the program.

Money Smart in Head Start

Money Smart in Head Start is a UW-Extension Financial Education program specifically designed for Head Start Families. The Bayfield Family Forum Head Start Center participates. Parents receive a monthly newsletter covering basic family finance topics such as goal setting, spending and saving plans, taxes, banking, credit and debt. Financial workshops and individual financial coaching are also available for Head Start families.

Group Classes

Basic Budgeting and Control Credit/Manage Debt financial education workshops were presented at various locations in Red Cliff, Bayfield, Washburn, and Iron River in 2012. Approximately 80 people participated. Surveys showed that participants intend to use specific financial tools covered in the class, such as tracking spending, creating a monthly spending plan, and saving for unexpected expenses.

Food Preservation: Storing Local and Home-Grown Foods for Wisconsin's Long Winter

The Family Living program offers workshops to help area gardeners (and farmer's market shoppers) preserve their harvest. Participants gain hands-on skills in safe canning, dehydrating and other food preservation methods.

The Family Living Office also houses an extensive "lending library" of food preservation equipment available through UW-Extension and the Wisconsin Nutrition Education Program. A number of pressure and water bath canners, dehydrators and other items are loaned to area residents for personal use along with a variety of UW-Extension food preservation publications.



▲ Participants learn techniques for safe pressure canning during a 2012 Food Preservation workshop held in Washburn.



▲ The Family Living Educator serves as an advisor for the Bayfield County Home and Community Educators Association I(HCE). In November, several members attended a lesson day on backyard birding presented by the Cable Natural History Museum.

Agricultural Community & Economic Development



▲ The 2013 Veggie School included a field tour of River Road Farm to learn about use of high tunnels to extend the growing season.



▲ Jason Fischbach and his assistant Matt Cogger (shown here) are working to identify short rotation woody biomass crops that can support wood-to-energy projects in the region while providing new income opportunities for landowners.



Fresh Market Vegetable School

Increasing demand for locally-grown vegetables from buyers such as Northland College, local School Districts, the Chequamegon Food Cooperative, and the growing CSAs in the region has resulted in more demand for vegetables than supply. The Fresh Market Vegetable School was hosted by Jason to help aspiring and beginning growers establish or expand their vegetable enterprises. The six session school provided training in marketing, soils, production and equipment strategies, pest management, and season extension. The school was attended by twelve people representing seven farm units.

Lake Superior Woody Biomass Trials

In 2010, Jason established the Lake Superior Woody Biomass Trials on 22 acres split across the Agriculture and Energy Resource Center near Ashland, Morningview Farm near Port Wing, and the Spooner Agricultural Research Station near Spooner. Funding for the trials has been provided by Xcel Energy and the Wisconsin Office of Energy Independence. The goal of the 10 year project is to provide opportunities for outreach education and to generate data on the performance of various woody biomass crops such as larch, poplar, and willow. The Trials have also generated partnerships with other researchers in the region on bird habitat, biofuel crops, and alternative poplar management strategies. The information will allow for expansion of wood-to-energy projects in the region to provide additional income opportunities for landowners while reducing impacts on native forests.

Master Gardener General Training Course

The purpose of the Wisconsin Master Gardener Program is to train horticultural volunteers across Wisconsin. During the early winter of 2013, Jason provided horticulture training to 19 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 a field session in May, where the participants learned about season extension and rain gardens. After receiving the training, the participants are expected to complete 24 hours of volunteer work each year to maintain their Master Gardener certification. In 2012, Master Gardeners in Ashland and Bayfield County contributed more than 1600 hours of volunteer time to our community.

Agricultural Community & Economic Development

Bayfield Fruit Trials

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 2012, we had our second harvest of red and white currants and the first harvest of the Bayfield Wine Grape Trial. A Sweet Cherry Variety Trial was established in Bayfield with 9 varieties each on two different rootstocks with the goal to identify suitable varieties for the Bayfield microclimate. The work is being supported by a \$29,000 grant from the USDA Specialty Crop Block Grant Program.

Hazelnuts

American hazelnut is a nut-bearing shrub native to Ashland and Bayfield County. It is a multi-use shrub with potential in specialty salad oil, nut butters, whole kernel, and biodiesel markets. As coordinator of the Upper Midwest Hazelnut Development Initiative (www.midwesthazelnuts.org), Jason is working to develop cultivars of hazelnut suitable for our region. The Hazelnut Performance Trial in Bayfield currently has more than 90 accessions of the top producing hybrid and American hazelnut plants identified from on-going screening work.

Economic Development

2012 was an exciting year for local food in our region. In cooperation with the Chequamegon Food Cooperative, AmeriCorp Farm-to-School Members, Northland College, local School Districts, and the many producers in the region we were able to create a local food distribution program. Standing orders were developed with Northland and the Ashland School District and buyers delivered product to them via the Chequamegon Food Cooperative. Work is currently underway to expand the program for 2013. Jason also assisted the Bayfield Regional Food Producers Cooperative in developing marketing and sales programs to access markets outside the region to help them grow their revenues. Combined, the efforts have created more demand for local foods, allowing growers to expand production.

Corn Trials

The dairy industry is a central part of the agricultural economy of the region. To help them more efficiently grow corn silage while protecting surface and groundwater, Jason has been conducting corn silage fertilization trials since 2009. In 2012, Jason conducted trials with protected forms of nitrogen and the results are available as a Research Bulletin (along with the other 20 Research Bulletins published since 2009) on the Bayfield County Extension website.



▲ Interested growers hard at work harvesting Marquette grapes, a potential new wine-grape for the Bayfield region.



▲ With funding from the USDA, Jason Fischbach and Matt Cogger have been screening wild populations of American hazelnut for high-performing plants that could one day be commercial cultivars for growers in our region.



▲ Jason has been helping growers with nutrient management since 2008 including conducting fertilization trials with the important crop corn silage.

4-H & Youth Development



▲ Members of the Gitche Gumee 4-H Club at the 2012 4-H Cultural Arts Festival.



▲ Gitche Gumee members proudly display the snowshoes they learned how to build with Woodworking leader Rodney Johnson.



▲ 4-H members show off the Animal Hats they made at Sewing Camp in February. The Iron River Community Center annually hosts this event coordinated by volunteer Sandy Rau with help from Donna Ganson. Sewing Camp gives kids the opportunity to learn basic sewing skills in a 4 hour workshop where they work one on one with experienced sewers eager to pass on their skills to the next generation.

4-H Cultural Arts Festival

The 4-H Cultural Arts Festival held at the Drummond School gives kids of all ages an opportunity to get up on stage and perform drama, music, and dance. In April 2012 40 youth aged 8-18 entertained the audience with 20 dramatic, instrumental, vocal, and dance performances. An art and photography show took place in the commons where 34 youth exhibited their photography, drawings, painting, sculpture, and assorted other creative pieces. 4HYD Educators Donna and Ian work with volunteers to plan and coordinate the Festival, and support the efforts of adult project leaders in the arts who work with the kids to develop their skills and talents.

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

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

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

My **health** to better living for my club, my community, my country and my world.

4-H Volunteer Project Leaders Make All the Difference

Next time you walk through the back side of the Harry Lowe Exhibit Hall, take a look at the wide variety of woodworking projects. The majority of these projects can be traced directly to Rodney Johnson's workshop, which is tucked into the Town of Oulu in the northwest corner of Bayfield County. Rodney has been a 4-H leader and teaching 4-H members in his woodworking shop since 1993. Last summer, with the encouragement of the 4-H Winter Travel project leader Janet Martens, he took on the challenge of creating traditional wooden snowshoes from scratch. "This is a project that teaches a natural progression of skills and leaves the kids with a pair of snowshoes that will last the rest of their lifetime," says Rodney. 4-H members experienced the process of steaming and shaping strips of ash to create a snowshoe frame and then drilled out the holes to weave thin strips of webbing into the design. The final steps to the project were sanding and coating them with varnish. This is a great example of how 4-H projects teach a natural progression of skills that lead to personal mastery. Whether the project is woodworking, photography, gardening, raising and caring for an animal, or cross country skiing, research shows that the essential element to positive youth development is creating opportunities for youth to work with adults in a caring and supportive environment to develop a mastery of skills. This mastery of skills creates natural opportunities for self determination. When combined with opportunities to provide service to others, the 4-H program encourages youth to see the natural connection they have to their community and develop, through personal experience, the belief that they can have a positive impact on their community. Rodney Johnson is one of many dedicated 4-H leaders who help instill in our youth the belief that they can accomplish whatever they set their mind to through hard work and attention to detail.

4-H & Youth Development

Collaboration Provides Positive Youth Development

Bayfield County's UW Extension Educators provide educational support to 118 certified 4-H Adult Volunteers. As trained educators, they also collaborate with several youth-serving organizations in the community. In 2012 UW Extension received a grant to host a Gear Tech 21 camp and collaborated with the Washburn School District to teach middle school students how to build and program Lego Robots. They taught a progression of basic mapping skills that utilized paper maps, Google Earth and GPS units. As a result of this introduction, the school district established a Lego Robotics club in the fall that went on to compete in regional competitions. Bayfield County 4-H also played a lead role in securing grant money to host the Third Annual 4-H Gateway Academy, which taught hands-on Science and Engineering experiences to 20 youth in grades 5-7. 4-H CANSKI works in collaboration with the Ashwabay Outdoor Education Foundation, Friends of Lake Superior Trails, and the Book Across the Bay. Together they support the 150 youth members and 25 adult volunteers from Bayfield and Ashland County who teach youth the lifelong sport of cross country skiing in a fun and supportive environment. Other organizations that provide educational collaboration with the 4-H program include the Ashland, Bayfield, Drummond, South Shore, and Washburn School Districts, Northland College, CESA #12, WITC, the Bayfield, Washburn and Drummond Libraries, The Workshop in Oulu, the Ashland Energy & Resource Center, the US Forest Service, and Apostle Islands National Lakeshore.

4-H Summer Camp

If you turn back the clock and look through 4-H Camp photos from six years ago, you will see the young faces of last year's counselors smiling and actively participating in the wide variety of activities that are packed into this annual event. One of the most valuable components to our annual 4-H Summer Camp is the dedication and determination our 4-H high school counselors have to provide the same fun and supportive experience they remember as campers. Fifteen of the 16 camp counselors attended 4-H Camp as campers for multiple years. When asked in her camp counselor application how she would make her campers' experience special, one counselor wrote:

"I remember my first year of camp was amazing because of the experience, but the cherry on top was because I had such an amazing, caring counselor. She made me want to go back, even when I got homesick the first time, she helped me through and I am so grateful she did because now I am a counselor and I want to make each of my campers want to keep coming back because of their amazing time and their nice counselor!"

As the picture to the right indicates, the end of camp not only celebrates a job well done, but it teaches the older members the importance of tradition, working as a team, communication, leadership, and the experience of giving back to the community that once nurtured them. These experiences, like the photos that accompany them, are priceless.



▲ 4-H CANSKI introduces the lifelong sport of cross country skiing. The mission of the club is to promote fun, fitness, excellence and safety in the lifelong sport of cross-country skiing. 4-H CANSKI provides on-going instruction, social ski opportunities and leadership development for skiers of all abilities. Each year the club provides coaching and organizational support to a middle school and high school racing team that competes against schools both in our region and at the annual state meet held in Rhineland-er. In 2012 it supported 120 youth members.



▲ In July of 2012 16 high school counselors worked together to design a fun camp program around their chosen "Western" theme. Through active training and support from UW Extension Youth Educators, they provided the leadership and positive role modeling to make 4-H Camp a summer highlight for the 60 4-H campers who attended. 4-H Camp takes place at the Pigeon Lake Field Station near Drummond and is a collaboration between Ashland and Bayfield County 4-H.

Nutrition Education



▲ Ashland-Bayfield County WNEP Staff includes: Coordinator: Kathy Beeksma; Nutrition Educators: Dan Corning, Ann Christensen, and Donna Ganson; Administrative Assistant: Amy Tromberg. Not pictured is Educator: Danielle Vanderscheuren.



▲ Donna Ganson reads a story to Washburn first graders to remind them of the importance of healthy eating.



▲ Dan helps middle school students learn how to understand what they eat by reading the food labels.

Wisconsin Nutrition Education Program (WNEP)

2012 was an exciting year for WNEP in Bayfield County as the program continues to grow and change. By the end of 2012, WNEP was at full strength with Danielle Vanderscheuren joining the staff. Danielle joins Ann Christensen, Dan Corning, Donna Ganson, Amy Tromberg, and Kathy Beeksma to support Bayfield County in nutrition education efforts. Although all staff members work part time, they provided direct nutrition education to 977 individuals in Bayfield County, an increase of 24% over last year. WNEP is a unique UW-Extension program because Nutrition Educators have multiple contacts with so many learners in the County, building relationships throughout the community. Many individuals were reached more than one time as seen by the number of contacts in Bayfield County. This year educators had 3,365 contacts with individuals.

The WNEP program is funded through federal dollars as part of the Supplemental Nutrition Program- the program that also provides FoodShare (food stamps) to families. Therefore, any program we offer needs to try to reach families that are eligible to receive these benefits. The goal for working with families is to help them learn to make informed, healthy choices about diet and activity. Families are also taught how to stretch their food dollars while eating healthy, fresh, and local foods when they are available.

If you have questions on the WNEP program, call Kathy Beeksma, Coordinator at 715-682-7017.

WNEP: Working collaboratively with other agencies

The vast majority of WNEP efforts are provided through direct education to families. However, we also collaborate with other agencies in the Chequamegon Bay region to help improve the health of our community. This year WNEP has collaborated with the local Farm to School Programs as well as the Nutrition, Physical Activity and Obesity Prevention Coalition of Ashland and Bayfield Counties.

Farm to School supports educators in Bayfield, Washburn and Ashland Schools. Their workers are talented and passionate about improving nutritional choices of students. This year the WNEP coordinator and educators supported these workers by meeting with them to discuss strategies and messaging, providing them resources to use in their efforts, and by participating in their first annual Farm to School Winter Carnival. The efforts help to ensure that our messages are clear and consistent to children and families, expanding the reach of both programs.

WNEP Coordinator, Kathy Beeksma, has been working closely with the Bayfield County Health Department to study the needs within our community that impact nutrition and physical activity. The coalition consists of representatives from industry, schools, government, health services, and community. The group first completed and reviewed surveys to identify gaps in policy and environment that impact the health of community members. Based on those results, 2013 will include studying more in depth areas where action can be taken to positively impact the health of our families.

These indirect efforts of WNEP in our community contribute to community health by bringing expertise from the university to Bayfield County.

WNEP: Middle School Education

Good nutrition is important to people of all ages, from infants to the elderly. WNEP educators provide information to parents of young children, seniors as well as school aged children. The middle school years are an important time in the development of children, when many lifelong habits and attitudes are formed. WNEP lessons present information to help these students make good decisions about the foods they eat and drink. Topics covered in grades 6-8 include the importance of getting enough calcium for healthy bone development during the teen years and the role that fiber plays in the maintaining the health of our digestive systems. Students also learn about processed foods and how to interpret information listed on nutrition facts labels and ingredients lists. Balancing activity with food intake is another topic covered as well as the safe handling and cooking of foods. Through the lessons, activities and healthy food samples, students are better equipped to make informed decisions about what they eat and drink.

WNEP: Honoring Healthy Local Foods and Traditions

Wisconsin's Nutrition Education Program continues to combine healthy lifestyle messages with local culture in our education. In 2012, students in Bayfield and South Shore fifth grade classes learned about wild rice harvesting as well as the cultural significance of this food for the Ojibwa people, both historically and today. Students who have gone ricing were invited to share their stories. Materials from Great Lakes Indian Fish and Wildlife were integrated with USDA approved curriculum to present information in a culturally authentic and respectful way.

During our lessons students examined parched wild rice to discover the seeds inside the husks. They compared these seeds with brown rice and white rice kernels, and with paddy rice, that is a commercially grown type of wild rice. The students also got to experience a flavor and texture sampling of cooked naturally grown wild rice, brown rice, and white rice. The students sample the rice thoughtfully and made perceptive comments about subtle differences in flavor and texture.

After sampling students were asked "which of these did you like the best and why?" In the survey of the thirty participating students, six preferred white rice, ten preferred the brown, and fourteen said the wild rice was their favorite. They recognized that the whole grains are healthier than the white rice, but that all can be part of a healthy diet. This type of food sampling activity, used frequently in WNEP education, respects the learners' individual tastes while giving them opportunities to try new foods in a positive environment.



▲ Washburn first graders learn about how bread is made and try their hand at grinding locally grown wheat berries into flour. #



▲ With the help of a 'bike blender' children at the Red Cliff Early Childhood Center get a little bit of physical activity while learning about how to make a healthy berry slush to quench their thirst on a hot day.

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