

Extension Highlights 2013 ANNUAL REPORT

Bayfield County



University of Wisconsin-Extension



Photo courtesy of Bayfield County Dept. of Tourism & Recreation

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

Community Development
Family Living Education
Agriculture
Horticulture
4-H & Youth Development
Nutrition Education

Community Development Education

Organizational Development

Tim developed an online **Bayfield County 2014 Budget Survey** that was used to gather both general public and County Supervisor opinions on services/programs provided/supported by the County and budget priorities. He served as a facilitator at: a **Bayfield County Tourism & Recreation Department Stakeholders Input Meeting**, two **Benoit Community Center Board Planning Meetings**, a **Red Cliff Special Tribal Council Meeting**, and a **Foundation for Rural Housing, Inc. Board Strategic Planning Session**. He collaborated with an Ashland County Extension community development educator colleague to plan and market a **2013 Ashland & Bayfield Counties Leadership Program**. Tim co-taught and co-facilitated at **2013 Ashland & Bayfield Counties Leadership Program** meetings, where 17 class participants (9 from Bayfield County) learned about different tools and techniques to improve their leadership skills.

Community Economic Development Education

This educator helped plan and market a **2013 Lake Superior Business & Technology Conference: Growing Superior Ideas in the North**. Tim served as a session moderator for a **"How to Make Your Business Thrive Using the Internet"** panel of representatives from three area businesses, who he helped to recruit. The conference's keynote speaker Rob West presented on the topic, **"How to Grow and Nurture Entrepreneurs."** Other conference sessions included another panel on the **"Using Technology to Grow Your Agriculture Business in Northwest Wisconsin"** and a **"Business Idea Contest Finalists – Presentations and Critiques"** session. The conference was attended by 65 persons.

Business Development Education

Tim was directly involved in planning and promoting four **Business On Stage** programs in 2013, which were held at StageNorth in Washburn. The four programs were on: **Financing Your Business** on January 22, **Growing Your Brand** on April 23, **Turning Your Inventions into Cash** on July 23 and **Growing Your Business Online** on October 22, and attended by 240 persons. This educator helped plan and promote the second annual area **Business Idea Contest**. Eight contest finalists gave presentations on their business idea at the **2013 Lake Superior Business & Technology Conference: Growing Superior Ideas in the North**. A total of \$5,500 in prize money was awarded to contest winners. He provided business information and/or counseling to 10 pre-venture and/or existing business clients during 2013. Tim also helped plan and promote a **Growing Your Business with Federal Contracts Workshop** that was attended by 32 persons.



▲ The 2013 Ashland & Bayfield Counties Leadership Program class shows off their graduation certificates.



▲ The VP of Sales & Marketing for Jacquart Fabric Products, Gina Jacquart Thorsen, talks about growing the Stormy Kromer brand at a Business On Stage program.



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

Community Development Education

Superior Days

Tim participated in **Superior Days 2013** activities in Madison, including: served as a team leader and visited, along with five team members, four assigned legislators or their aides to discuss legislative issues of importance to northwest Wisconsin. He also attended several agency meetings. Tim presented on a **"Lake Superior Technology Park Development"** issue at the Wisconsin Economic Development Corporation and Department of Administration meetings.

Hazardous Waste Education

Tim conducted an information and education campaign on the proper disposal of unwanted hazardous chemicals and electronic devices. He also assisted at the Clean Sweep collection sites. A total of 322 participants brought unwanted hazardous chemicals, old electronic equipment, medications and/or discarded appliances to collection events held in **Washburn** (183 persons) and **Iron River** (139). An additional 90 participants brought materials to Clean Sweep collection events held in **Cornucopia** (40) and **Cable** (50). A total 22,762 pounds of unwanted hazardous chemicals, 1,374 old fluorescent bulbs, 98 used oil filters, 406 pounds of ballasts, 117 pounds of unwanted medications, 25,244 pounds of discarded electronic equipment and 5,348 pounds of old appliances were collected.



▲ Tim's exhibit on shoreland buffers is on display at the 2013 Northwest Wisconsin Lakes Conference.

Lake Management Education

This educator helped to plan and promote and set up a shoreland buffers educational exhibit at a **2013 Northwest Wisconsin Lakes Conference** held at the Spooner High School in Spooner that was attended by 228 persons. Tim collaborated with a Bayfield County Citizens for the Protection of Inland Waters Committee to carry out an educational program for new lakeshore property owners in the County that utilized a Wisconsin DNR Lake Planning Program grant to help fund the development and distribution of approximately 200 lake education packets to these owners.



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



▲ Vehicles line up to drop off unwanted hazardous chemical products and old electronics at a Clean Sweep collection in Cable.

Local Government Education

This educator served as an educational resource to local government officials. He promoted and attended a **Town Officials Workshop** held at Lakewoods Resort in Cable along with many town officials from Bayfield County. Tim gave a **"Visioning: Looking Ahead to the Future"** presentation at a County Department Head Meeting. He distributed fact sheets on parliamentary procedure and Wisconsin Open Meetings Law to County department heads. Tim marketed statewide local government education programs to local elected officials and staff. He responded to numerous information requests from local governments. Tim co-presented at a **2013 Wisconsin Counties Association (WCA) Annual Conference** as part of a **"Getting the Biggest Bang for the Buck from Co-operative Extension in Your County"** workshop panel along with the Bayfield County Administrator and representatives from Fond du Lac and Sauk Counties.

Family Living Education

Family Living Programs

Enriching families.
Strengthening communities.



▲ In a recent UW-Extension Money Management Coach training, Liz lead students as they discussed strategies for helping families work on personal finance goals.

Home & Community Education



▲ The Bayfield County Association for Home and Community Education (HCE) White River club recently launched a new Bookworms volunteer reading group. Eileen Freiburger and Mary Stodola Rapacz volunteer at Smiling Faces preschool in Iron River. They join their fellow HCE members from the Cable club who have been serving the Drummond Elementary School through the Bookworms program for sixteen years. With support from UW-Extension and Wisconsin Public Television, volunteers read books once a month and send children home with the book to begin building their own family library. HCE is committed to community service and education for area families. The Family Living Educator serves as an advisor for HCE.

Family Economics

Family economics continues to be a focus of the Bayfield County UW-Extension Family Living Program. Through direct teaching to consumers, train-the-trainer programs, and Money Smart in Head Start, the program offers education to help build families personal finance skills and improve financial stability.

The Red Cliff Early Childhood Center joined UW-Extension's Money Smart in Head Start program this year. Between the Red Cliff ECC and Bayfield Family Forum Head Start, over 100 Bayfield County Families receive the Money Smart in Head Start monthly newsletter. Liz also offers classes, financial coaching and instructional materials through this program.

In 2013, Liz taught classes on Basic Budgeting and Credit/Debt management in Bayfield, Iron River, Red Cliff and Washburn. She also provided one-on-one financial coaching in person and via web conferencing. Liz also provides training and support to staff and volunteers of area agencies who work with families on money management skills through the Money Management Coach Training Program.

Food Preservation & Safety

The Family Living Program offers resources and education related to safely preparing and storing food. Liz taught three hands-on food preservation workshops with the help of staff member Karen Bade, a trained master food preserver. Classes included Preserving Jams & Jellies, Canning Vegetables & Making Salsa, and Canning Meat & Making Jerky. Participants reported an increase in knowledge and confidence in safe food preservation methods. The Family Living and WNEP's equipment lending library of canners, dehydrators, and other food preservation tools allows local growers and farmer's market shoppers to preserve their foods without a large investment in equipment.



▲ Students in July's Preserving Jams & Jellies class show off their finished products.

Family Living Education

Building Healthy Family Relationships

Raising A Thinking Child

Positive social interactions and strong family relationships have been shown to help protect children from serious problems such as delinquency and substance abuse. To help parents teach young children critical social skills, the Family Living Program launched the evidence-based Raising a Thinking Child class in the fall of 2013 in partnership with Washburn Elementary School. Participants reported that after taking and using the program at home, their children were more helpful to others, better able to wait and be patient, and not as easily upset when things don't go their way. Parents also reported more peace and less yelling in the home and an increase in their own ability to control anger and frustration.

Co-Parenting Education

When parents are divorced or separated, the success of their co-parenting relationship has an important influence on outcomes for their children. On-going conflict between parents after divorce or separation is associated with behavioral and emotional problems, poor school performance, withdrawal from friends and other problems for children. The UW-Extension Family Living program teaches Successful Co-Parenting on a monthly basis in Ashland and Bayfield Counties. The class covers strategies that help co-parents improve communication and cooperation, reduce conflict, and keep kids out of the middle of parental disputes. Over 125 parent/child relationships were impacted by classes in the two counties in 2013.

Parenting Wisely

The Family Living Program teaches positive, effective parenting skills through classes like Parenting Wisely, an evidence-based program that participants can take individually or in a group. Through video examples of typical family challenges, participants learn to provide the monitoring, supervision and structure shown to be protective for children while gaining skills that help build strong parent/child relationships.

Relationships Matter

Our relationships have far-reaching impacts — not only on ourselves but on our families and communities as well. They influence our parenting, our friendships, our work life, even our financial stability. In the summer of 2013, the Family Living Program launched the new relationship awareness program **Relationships Matter: Within My Reach**. The six-week evidence-based program held at Washburn Public Library focuses on skills that help people identify and maintain strong healthy relationships. Participants reported increased ability to recognize healthy relationships and improved communication, conflict-management, and decision-making skills.



Raising a Thinking Child

A program for parents and caregivers of 4-7 year-olds

▲ The Raising A Thinking Child program was offered in partnership with Washburn Elementary school with support from the Washburn Community Education Foundation.

Working with Families In Stress

The Bayfield County Family Living Program has a long history of working with and supporting families during times of stress and transition.

Through classes at the Bayfield County Jail and Red Cliff AODA Mishomis House, Liz teaches positive parenting, communication, conflict/stress management and household finance skills to help families build resilience

The *Building Strong Families* class at the County Jail also includes a family newsletter that offers resources, education and support for families and loved ones of incarcerated individuals.

WITHIN My Reach[®]
PREP, Inc.

Relationships Matter!

Communication ■ Respect ■ Awareness
Decisions ■ Smart Love

A horizontal row of seven small, square portrait photographs of diverse individuals of various ages and ethnicities, all smiling.

▲ In the summer of 2013, the UW-Extension Family Living Program offered **Relationships Matter: Within My Reach** at the Washburn Public Library. In this evidence-based relationship awareness class, participants learn skills to help them identify and strengthen healthy relationships. Liz is teaching the class again in the Spring of 2014 at the Red Cliff Reservation.

Agricultural Community & Economic Development



▲ Although American hazelnuts are smaller than the industry standard, Tonda di Giffoni (upper left), the incredible diversity of flavors makes it likely that there are accessions of American hazelnut with superior flavor, aroma, and consumer appeal. Our task is to find them and get them in to the hands of processors and growers.

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 was expanded in 2013 to included more than 100 genetically unique accessions of hybrid and American hazelnuts. By 2016, the goal is to identify the top-performing plants for eventual release to growers in Ashland and Bayfield County. In addition to breeding work, Jason is working to develop appropriately-scaled processing equipment to enable small and start-up growers to enter the marketplace.

Commercial Fruit Growers School

Gardening and self-sufficiency remain a way of life in Bayfield County with citizens young and old involved in growing their own food. Fruit production, in particular, is very popular and with the growing demand for locally-grown produce, there is a growing interest in scaling-up production of fruits and vegetables to sell excess produce. Last year, Jason held the Fresh Market Vegetable School and this year Jason held the Commercial Fruit Growers School. The School offered six intensive training sessions on apples, blueberries, stone fruits, raspberries, strawberries, and grapes. The School was attended by seven households and all intend to expand production this coming year.

Lake Superior Woody Biomass Trials

In 2010, Jason established the Lake Superior Woody Biomass Trials on 25 acres split across the Agriculture and Energy Resource Center near Ashland, Morningview Farm near Port Wing, and the Spooner Agricultural Research Station near Spooner. The Trials will investigate short-rotation woody crops such as willow and poplar that are harvested every 3-5 years. Phase 1 of the trials is complete (establishment) and over the next 5 years, we will be collecting a range of performance data with the ultimate goal of publishing production guides and enterprises budgets for the crops, specific to our region.



▲ Jason in 3 year old willow. Hybrid willow, harvested every 3-4 years could be a sustainable feedstock for wood-to-energy or advanced biofuel industries.

Agricultural Community & Economic Development

Fields, Waters, and Woods Agricultural Enterprise Area

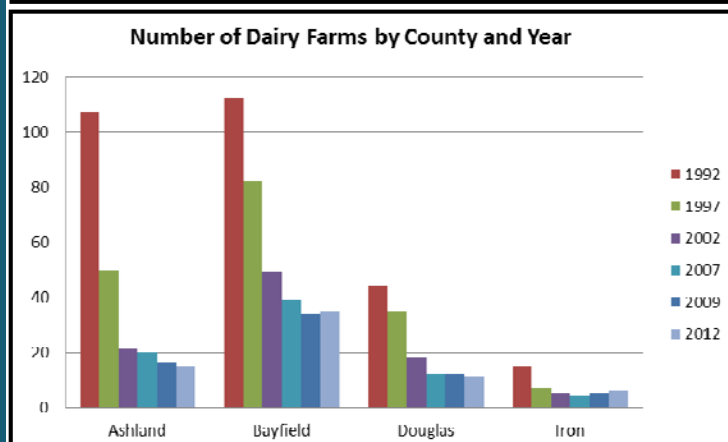
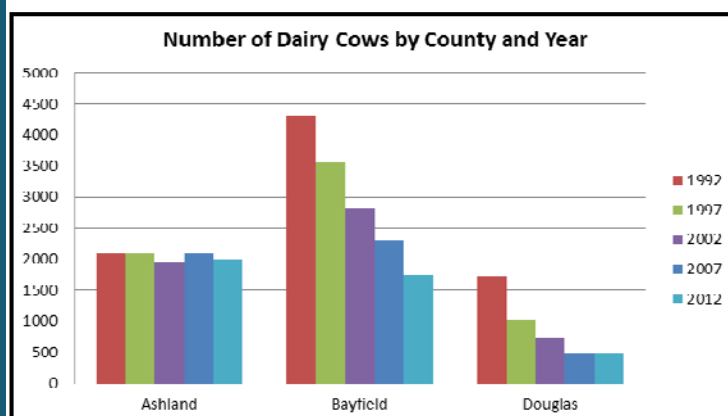
Both Ashland and Bayfield County developed Farmland Preservation plans back in the 1980s and many area farmers participated in Farmland Preservation. In 2006, the State revised the Farmland Preservation program such that farmers in Ashland and Bayfield County were only able to participate if their land was within a State designated Agricultural Enterprise Area (AEA). In cooperation with local farmers and the Land Conservation Departments of Ashland and Bayfield County, Jason developed a petition to the State and in 2013, the Fields, Waters, and Woods Agricultural Enterprise Area was officially designated. The AEA includes primarily lands within the Marengo River Watershed, including most of the Town of Kelly. Eligible landowners within the AEA can now voluntarily enroll their land in Farmland Preservation. In addition, the designation of the AEA recognizes the importance of the region to our agricultural economy and will enable additional efforts to support it.

2012 Census of Agriculture

The USDA conducts a census of agriculture every five years. The results of the 2012 census have been made public and some highlighted data are shown in the accompanying charts. Dairy continues to be the dominant agricultural sector in Bayfield County, however compared to 2007 there was an increase in sale of hay. This is due in part to demand from drought-stressed regions of the US and conversion of hayland in other parts of the Upper Midwest to corn and bean production. Although the number of dairy farms held steady compared to 2007, the number of dairy cows has declined. This decline is likely to continue as farmers in the County age.

Changes to UW-Extension-Agriculture

Recognizing the potential of hazelnuts and other emerging woody crops to the State's economy, UW-Extension has bought-out 50% of Jason's time to focus on the hazelnuts and woody crops on a statewide basis. As such, for the next three years, Jason will serve as Agriculture Agent for Ashland and Bayfield County half-time and Food and Energy Wood Crops Specialist the other half. He will continue to be housed in Bayfield County in Washburn. Matt Cogger was hired in February to serve as half-time Horticulture Educator to fill-in for Jason's statewide work. As Horticulture Educator, Matt will focus on home horticulture and will answer questions, teach the Master Gardener Training Course, and assist with Farm-to-School and community gardening. In addition, Matt will be assisting with the many agricultural research projects in the region.



Bayfield County's Top Agricultural Products (sales by dollar value)			
	2002	2007	2012
1. Milk	\$5.7 million	\$8.1 million	\$5.3 million
2. Seed production & hay	\$1.8 million	\$1.7 million	\$2.1 million
3. Cattle & calves	\$1.6 million	\$2.2 million	\$2.0 million
4. Apples & berries	\$0.81 million	\$1.5 million	\$1.1 million
5. Grain	\$0.67 million	\$0.54 million	\$1.2 million

4-H & Youth Development

Wisconsin 4-H Centennial *100 years of growing Wisconsin Leaders*

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.

Bayfield County 4-H Leaders Association

Throughout the year, the UW Extension office works to provide both organizational and educational support for the Bayfield County 4-H Leaders Association. This is the organizational body that supports the Bayfield County 4-H program. The 2013 Bayfield County 4-H Leader Association's \$24,000 budget supported educational programming for its membership of 278 youth and over 100 volunteers. This financial support ensures the educational mission of the 4-H program is both accessible and affordable to youth in Bayfield County. Two established 4-H programs that would not exist without the financial support of the 4-H Leader's Association are the 4-H Older Member Awards and 4-H Summer Camp.

To participate in the 4-H Older Members Awards program, 4-H members in grades 8-12 complete an award application which requires them to reflect on their leadership experiences and accomplishments within the 4-H program and their community. Applicants then participate in a face-to-face interview with three adult 4-H Leaders. This interview serves to clarify information from their written application and develops the 4-H member's ability to articulate their thoughts and ideas in a safe and supportive environment. Members that participate in this program receive scholarships which offset the cost to attend further leadership opportunities like 4-H Winter Camp, 4-H Youth Conference, Rock Climbing on the North Shore, Superior Days and the Citizenship Washington Focus trip to the nation's capitol. 4-H members who do an outstanding job articulating what they have accomplished also receive specific Leadership and Community Service Awards on behalf of the 4-H county program that can be listed on college and scholarship applications. One of the highest honors an older 4-H member can receive is a Legislative Citation from the State of Wisconsin. The Legislative Citation is awarded to a 4-H member who has had a long and distinguished 4-H career, shown steady growth in their leadership skills at a local club, county and state level and consistently demonstrated a high regard for active community service. The Older Member Awards process is also used to select the 4-H Ambassadors who visit local schools, are active role models for Bayfield County 4-H, and help Emcee county-wide events and hand out awards at the fair.



▲ 4-H members from two clubs smile after they complete their annual Paddle/Run/Bike 4-H Triathlon at Long Lake.



▲ 4-H high school counselors do an outstanding job assuming the leadership necessary to design and carry out a 2-1/2 day camp schedule for 50 youth campers.



▲ Jordan Pearce is awarded a Legislative Citation from State Assembly Representative Janet Bewley for outstanding accomplishments throughout his 4-H career.

4-H & Youth Development



▲ Learning to take safe risks is an important life skill that these two middle school boys can experience while at the UW Superior Rope Course. This experience also builds communication and teamwork.



▲ Each year older 4-H members meet face to face with 4-H Cloverbuds to ask questions about their fair entries and celebrate what they have learned about the projects they exhibited.



▲ From Left to Right: Coach Doug Liphart, Kevin Geisen, Jordan Pearce, Ian Liphart, Matt Kubik and Reed Edmunds.

Educational delivery of youth programs through 4-H Volunteers and Collaborations

The two Bayfield County UW Extension 4-H Youth Educators provide educational support and training to certified 4-H Adult Volunteers. We also collaborate with several youth serving organizations in the community. In 2013, UW Extension received funding for an Ameri-Corps Volunteer in Service to America (VISTA) position that worked full time under the supervision of the 4-H program. Tessa Wickus, a Northland graduate, accepted this position and helped teach a Gear Tech 21 Camp that introduced Science, Technology, Engineering and Math competencies through Lego Robotics and smart mapping with GPS units. Tessa also played a lead role in establishing Seed Banks at the Washburn and Cable libraries, where community members can share seeds for their gardening needs.

Bayfield County 4-H also played a lead role in organizing and teaching the 4th annual 4-H Gateway Academy which taught hands-on Science and Engineering to 20 middle school students at a week-long all-day intensive summer camp. Other organizations that provide collaboration with the 4-H program include the Ashland, Bayfield, Drummond, South Shore, and Washburn School Districts, Northland College, CESA #12, WITC, Mount Ashwabay, Friends of Lake Superior Nordic Trails, the Bayfield, Washburn and Drummond Libraries, The Workshop in Oulu, the Agriculture and Energy Resource Center, the US Forest Service and Apostle Island National Lakeshore.

4-H Chequamegon Bay Nordic Ski Club

4-H CANSKI was established back in 2004 with the belief that blending the 4-H club program with the lifelong inter-generational sport of cross country skiing naturally fit into the region that has excellent cross country ski trails and hosts the Book Across the Bay. Since these humble beginnings it has grown to support 150 youth members. The most active 50 members train and race as high school and middle school teams. These skiers provide leadership and are active role models for the other 90 elementary, middle and high school recreational skiers.

The boys High School team concluded the 2013-14 season by capturing the **Wisconsin State High School Title**. While a proud moment for the team, this was also a championship for the entire club and all the volunteer support that takes place behind the scenes to make a program like this available and affordable to youth in Ashland and Bayfield County. Each year CANSKI distributes over 200 pairs of skis for club members and their parents to use. CANSKI provides structured opportunities for youth to be physically active during the winter while they learn to set and attain their personal goals. These accomplishments are supported by a positive atmosphere that makes working hard to accomplishing goals a rewarding and fun experience.

Nutrition Education



▲ Middle school students learn about essential nutrients our bodies need. Here they are finding the iron in their cereal.



▲ The MyPlate method encourages us to fill half our plates with fruits and vegetables. These South Shore students chose colorful foods and designed these healthy and appealing meals that they would like to eat.



▲ Students learn about balancing their physical activity with healthy snacks by making Energy Balance Wheels.

Wisconsin Nutrition Education Program (WNEP)

The WNEP program has provided nutrition education for Bayfield County families for more than two decades. It is funded through federal dollars as part of the Supplemental Nutrition Program — the program that also provides Food-Shares (food stamps) to families. Therefore, any program we offer is required 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.

2013 was an exciting year for WNEP in Bayfield County. Ann Christensen, Dan Corning, Donna Ganson, Danielle Vanderscheren, Amy Tromberg, and Kathy Beeksma worked together to support Bayfield County in nutrition education efforts. Although all staff members work part time, they provided direct nutrition education to 855 individuals in Bayfield County. One of the reasons WNEP is so successful in Bayfield County is because Nutrition Educators have multiple contacts with learners, allowing them to build 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 3,315 contacts with individuals.

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

WNEP Serves Bayfield County Middle School Students

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.

Over the past year, students in grades 6-8 have taken part in lessons and activities to help them better understand safe food handling practices and the effects of improperly handled food. The students also discovered, through hands-on activities, the role various nutrients play in the health of our bodies. Other lessons have focused on portion awareness and how this relates to serving sizes listed on nutrition facts labels. Making healthier choices when eating at fast food restaurants was a topic of another lesson.

These lessons compliment the information the students receive in their health classes, science classes and family and consumer education classes. Middle school students in Bayfield, South Shore, and Drummond received WNEP education in 2013.

Nutrition Education

WNEP Works on Multi-level Efforts

In spite of best intentions, no agency can be everything to everyone. Collaboration is a great way to provide meaningful education while supporting policy and environmental efforts to address improved nutrition and obesity prevention efforts. In 2013, WNEP continued work with the Farm to School program and expanded partners as part of the Farm to School High Tunnel Grant.

WNEP's original work included networking with Farm to School Nutrition Educators providing them with curriculum and resources for their educational efforts. The High Tunnel project includes growers, school representatives, and other University of Wisconsin agents from 4H and Agriculture. As part of the grant, WNEP participated in the cookbook efforts with parents, growers and chefs. The group worked together to identify foods that are available seasonally in the Chequamegon Bay area, participants submitted recipes, and a cookbook is in process. After the cookbook is completed, WNEP will work to help qualified learners learn to prepare the affordable recipes. Work will also include efforts with schools and restaurants to find ways to incorporate variations of the recipes for students and customers. One other effort will entail working with grocery stores to market these foods in a way that makes it easy for families to purchase them.

Working with Young Parents

Providing education to parents of young children is one of WNEP's program priorities. Two of the agencies we partnered with in 2013 were Family Forum Head Start in Bayfield and the Early Childhood Center in Red Cliff. In Fun Family Cooking events, parents and kids worked together to prepare fun and healthy meals and snacks. Parents received tips on raising healthy eaters, dealing with fussy eaters, how to use labels to shop wisely, how to prepare simple and nutritious meals, and how to make meal times fun.

When teaching very young students in kindergarten and first grade, information for parents related to each lesson was sent home with students. These messages reinforce the experience children had with the nutrition educator and give parents and children an opportunity to discuss healthy eating.

Another way we provide education to parents is through monthly nutrition articles prepared by our staff and shared with schools to distribute with their school lunch menus or newsletters. These resources were provided to all parents and students in Washburn, Drummond, Bayfield, and South Shore school districts.



▲ Educators Dan Corning, Donna Ganson, and Danielle Vanderschueren combine efforts with the Farm to School program staff in Bayfield to encourage kids and their parents to enjoy locally grown fruits and vegetables. Tasting activities, learning how food grows, and working in school or community gardens give kids and their families real life experience to help build healthy eating habits.



▲ These Washburn first graders learned about where bread comes from by grinding wheat and sampling whole grain bread made with locally grown wheat.



▲ Head Start parents and kids enjoyed making a Garden on a Plate together.

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BAYFIELD COUNTY

UNIVERSITY OF WISCONSIN EXTENSION, COOPERATIVE EXTENSION



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