



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Fall 2023

Extension Welcomes Two New Employees

Extension Waukesha County welcomed two new employees on October 2.

Jillian Smith joined Extension as the Health & Well-Being Educator and McKenzie Knudson joined as the Departmental Executive Assistant. McKenzie also provides support for the 4-H program.



Jillian Smith



McKenzie Knudson

Extension Assists Expanding Virtual Neighborhood Network

Extension is partnering with Waukesha's Tower Hill Neighborhood for a grant funded program addressing crime and safety concerns. The overarching goal is to develop and sustain a virtual neighborhood watch program sharing content and information from doorbell cameras. This project began in one neighborhood and is expanding to three. Residents opt in to share information, help prevent crime, and address shared concerns.

For more information, contact Steve Chmielewski at steven.chmielewski@wisc.edu.

Webinar by Extension Educator Covers the Why, When, and How of Soil Testing

This fall, commercial horticulture educator Kristin Krokowski taught a webinar for Wisconsin residents about soil testing. To learn about the why, when, and where of testing your soil, watch the recording of Kristin's presentation at <https://www.youtube.com/watch?v=Rx0irSYX4qU>.

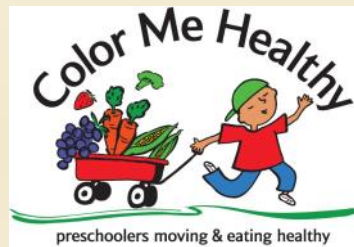


What a soil test tells you.

- Your soil's nutrient level including organic matter (an indicator of nitrogen levels), phosphorous, potassium and pH.
- Recommendation on the type and amount of fertilizer needed based on the plant(s) that you select.

To learn about the why, when, and where of testing your soil, watch the recording of Kristin's presentation at <https://www.youtube.com/watch?v=Rx0irSYX4qU>.

Preschoolers to Learn "Rainbow" of Fruits and Vegetables with *Color Me Healthy* Curriculum



FoodWise educators will be teaching *Color Me Healthy* lessons with classrooms of Head Start preschoolers, emphasizing eating a variety of foods.

Kids learn about a "rainbow" of fruits and

vegetables through books, activities, and taste test opportunities featuring all colors of the rainbow. Parents receive a newsletter showing what their child tried in class, along with healthy recipes and tips.

For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.

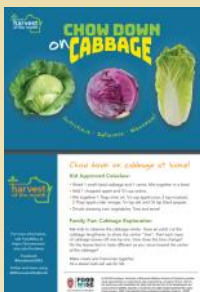


Second Grade Students Try New Foods With FoodWise Educators

FoodWise reached out to 2nd graders at Heyer and Banting Elementary Schools with *Show Me Nutrition* lessons, Harvest of the Month recipe cards for parents, and simple healthy food samples in classrooms. A total of 134 kids in seven classrooms participated in a series of five lessons featuring recipes of whole grain trail mix, taco dip “lunchables,” chicken salad with chopped veggies, cucumber-orange-lime salad, and fresh-dried-canned fruit sampling.

Parents commented that their child was excited to try a new vegetable or fruit, or a new recipe. “The healthy snack recipes that were sent home were great. Because the kids tried them at school, I knew the ones they would like. We have made a couple already.” Parents noticed changes in their child’s receptiveness to new foods. One remarked, “My child has trouble trying new foods. They came home after the [FoodWise] visits excited about new foods, grains, and having the family try their recipes!”

For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.



Waukesha County Community Youth Garden Completes Seventh Season

The Waukesha County Community Youth Garden, held in partnership with Waukesha County Health and Human Services Division's Positive Youth Initiatives Program, completed its seventh season in August. This program provided an opportunity for youth to develop higher levels of achievement and self-confidence, and encourages physical activity. Fifteen youth received hands-on education by Extension horticulture and nutrition educators during weekly sessions which included planting and maintaining the garden and harvesting vegetables. Over 800 pounds of produce was harvested and donated to the Food Pantry of Waukesha County.



Support Extension Programming

Extension Waukesha County can accept tax deductible donations to support programming. Go to <https://supportuw.org/giveto/Waukesha>.

Join 4-H Today

Youth from 5-year-old kindergarten to one year past high school learn important life skills like leadership, teamwork, critical thinking, and communication to help prepare them for successful futures. They do this while engaging in fun, hands-on 4-H activities and participating in one of the Extension 4-H community clubs in Waukesha County! For more information or to join, visit www.waukeshacounty.gov/UWEX/4H/.



Check Out the Mini-webinar Series on Houseplants This Fall

Extension Waukesha County’s Ann Wied, Horticulture Outreach Specialist, is part of the team bringing the free “Houseplant Myth Busters, Tool Ideas, and Succulent Spotlight” mini-webinar series to the state.

Webinars will be held October 31, November 9, and November 14 at noon.

To register (or to view a previous webinar), visit

<https://hort.extension.wisc.edu/mini-webinars-for-gardeners/>.



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