



# Extension

UNIVERSITY OF WISCONSIN-MADISON  
CRAWFORD COUNTY



## MEET OUR EDUCATORS & STAFF

With many new faces & individuals serving Crawford County, we would like to introduce or re-introduce you to...



Amy Mitchell  
4-H & Youth  
Development Educator



Sara Tedeschi  
Community Development  
Educator



Christine Myhr  
FoodWise Nutrition  
Educator



Amanda Griswold  
Human Development &  
Relationships Educator



Sam Bibby  
Regional Crops & Soils  
Agriculture Educator



Beth McIlquham  
Regional Livestock  
Educator



Adam Hady  
Area-13  
Extension Director



Nicole Dettman  
Program Assistant/  
Administrative Assistant

Direct your specific questions to each educator directly via email (located on the last page of the newsletter), or call the office and we can direct you to the correct educator.

Extension's mission is to connect people with the University of Wisconsin. We teach, learn, lead and serve, transforming lives and communities.





**Christine Myhr**

christine.myhr@wisc.edu

**FoodWise Nutrition Educator**

## WHAT ARE WE UP TO?

This October, fifty two second graders at B.A. Kennedy are learning how the five food groups - Fruits, Vegetables, Grains, Protein and Dairy fuel their bodies! The lessons include discussion, fun activities and some food samples. They are learning to eat a rainbow of colors with their fruits and vegetables, to eat a variety of whole grains, how dairy foods build strong bones and proteins help them grow. They also receive a weekly newsletter of what they are learning in class with recipes to share at home.



# Food For Fathers

**Feeding Kids and Ourselves Made Easy With  
FoodWise Nutrition Educator Jace Purdy**

Meet with Jace and other dads over Zoom for 4 sessions learning how to encourage healthy eating in children! Even if you can't make the first class, sign up for the rest!

**6-7pm Thursdays this Fall  
10/31, 11/7, 11/14, 11/21**

**Register here!**

[bit.ly/3TvtQxV](https://bit.ly/3TvtQxV)

Call this number

920- 683-4167

Or scan the QR code



# COMMUNITY DEVELOPMENT



**Sara Tedeschi** sara.tedeschi@wisc.edu  
Community Development Educator 608.326.1134



Whether you are sourcing local food, growing food or looking for support to process or bring your products to market, Extension's Community Food Systems is here to help you get things off the ground or grow your business.

Check out Crawford County's Community Development website [crawford.extension.wisc.edu/cd/](http://crawford.extension.wisc.edu/cd/) for resources and educational opportunities in our area and in the state.



## CALLING ALL SMALL-SCALE GROWERS AND FOOD ENTREPRENEURS!

Crawford County Farmer's Markets are actively seeking fresh produce and other food vendors for the 2025 Farmer's Markets Season! Farmer's Markets are an excellent way to get your food business started, reach consumers, test out your products and build awareness of your farm or brand. Youth vendors encouraged, as well.

Market locations include: Gays Mills, Ferryville, Soldiers Grove, Seneca and Prairie Du Chien. If you are interested, please contact Sara Tedeschi at Sara.tedeschi@wisc.edu or 608-326-1134.

WI Farmer's Market Vendor Toolkit:  
[wifarmersmarkets.org/for-vendors](http://wifarmersmarkets.org/for-vendors)



## ARE YOU LOOKING TO START OR GROW YOUR BUSINESS LOCALLY?

Find support and networking opportunities at the Inventors and Entrepreneurs Club, hosted by Vernon County Economic Development Association. Meetings are held every 2nd Wednesday of each month at the Food Enterprise Center in Viroqua, WI 1201 North Main Street in Viroqua. Networking starts at 5:30 p.m., the program begins at 6:00 p.m. The meetings are free and no reservations are required. Everyone is welcome!

# upcoming WORKSHOPS

# COMMUNITY DEVELOPMENT



**Sara Tedeschi** sara.tedeschi@wisc.edu  
Community Development Educator 608.326.1134

## CULTIVATING YOUR FARM'S FUTURE: FARM SUCCESSION WORKSHOPS

Start Feb. 6, 2025

Join our UW-Madison Division of Extension Farm Management Specialists as they lead discussions and provide tools and resources for farmers who want to start their farm succession plans. This workshop series will prepare you to shape and communicate your ideas about the future of the farm and business and help you save time by having these crucial conversations before visiting with professionals.



## WISCONSIN WOMEN'S BUSINESS INITIATIVE CORPORATION (WWBIC)

(WWBIC) offers training sessions statewide for new entrepreneurs, seasoned business owners and anyone looking to improve their financial health. Most training sessions are free and often available as online webinars. Follow offerings here:

<https://www.wwbic.com/trainings/southwest-wi-area-classes/>



## FARM BUSINESS DISCUSSION SERIES

Join your farmer peers, the Midwest Vegetable Growers Network (MVEG), and the University of Wisconsin-Extension for a free, winter webinar series covering farm business risk management topics. Check out the series here:

<https://www.eventbrite.com/e/farmer-discussion-series-on-risk-management-tickets-1048971801897?aff=oddtcreator>



# Livestock Educator Update

## Upcoming Events

### Electronic ID Webinar:

Cattle producers will be able to ask questions about EID tags and the requirements for using them that go into effect on November 5, 2024. The rule change does not add any new classes of cattle that require official identification; it only changes the eartags that are considered official.

<https://go.wisc.edu/Oosf14>



<https://go.wisc.edu/27zzx0>



### Swine Farrow to Finish Workshop:

Swine producers will have the opportunity to discuss preweaning survivability, colostrum basics, strategies to improve feed intake, biosecurity plans, and traceability.

### Beef Quality Assurance (BQA) Trainings:

Beef Quality Assurance is a program that provides systematic information to U.S. beef producers of how good husbandry techniques can be coupled with accepted scientific knowledge to raise cattle under optimum management conditions. More information on in-person trainings can be found through the link or QR code.

<https://go.wisc.edu/jmhp50>



## Save the Date!

December 3: Producing Quality Beef

January 23-24: Driftless Region Beef Conference

*Watch for more information!*

## Contact Me



**Beth McIlquham**

[beth.mcilquham@wisc.edu](mailto:beth.mcilquham@wisc.edu)

608.632.0599

[livestock.extension.wisc.edu](http://livestock.extension.wisc.edu)

**JOIN THE CLUB!**

# Crawford County 4-H



Check out one of the **7** local clubs!



**COUNTRY CUZZ**  
Mt Zion Church

**EASTMAN CLOVERLEAF**  
Eastman Community Bldg

**HAPPY HI-LITERS**  
Seneca Town Hall

**NIFTY NEIGHBORS**  
North Crawford Area

**NORTH CLAYTON CARDINALS**  
North Clayton Church

**STEBEN RIVER RUNNERS**  
Steuben Village Hall

**WONDER WORKERS**  
Crawford County Admin Bldg

Scan the QR Code below for more Club info!

4-H is open to youth in grades Kindergarten - one year after High School!

**SCAN ME!**



Members learn important life skills to help prepare them for successful futures, including:

- Leadership
- Teamwork

- Critical Thinking
- Communication



To learn more about joining 4-H or how to start a club of your own, contact:  
**Amy Mitchell**  
4-H Youth Development Educator  
amy.mitchell@wisc.edu  
608.326.0224

Youth engage in FUN, hands-on 4-H activities! 6

**JOIN THE CLUB!**

# Crawford County 4-H



## Who can join 4-H?

Any youth in Kindergarten through one year post high school graduation (grade 13) is eligible to join a 4-H club. 4-H is open to everyone! Adults can become involved as volunteer leaders.

## When can you join?

You can join 4-H at anytime during the year, but the best time to join is in fall when the 4-H year begins. The 4-H year runs from October 1 - September 30.

## When & where are club meetings?

Each club has its own meeting date and location. Crawford County has 7 different clubs that meet at different times and locations throughout the county.

## What do 4-H clubs do at meetings?

Club meetings should include group-building activities, business, and educational programs. There are usually five general things that might happen at a 4-H club meeting: conduct business meeting, recreation or social activities, project work, community service work, and special interest programs. Depending on the season, depends on what the meeting could be devoted to. Example: during the summer months, meetings could be devoted to projects members are exhibiting at the Crawford County Fair. Winter months could be more community service activities with nursing homes, etc.

## Who can join 4-H?

Any youth in Kindergarten through one year post high school graduation (grade 13) is eligible to join a 4-H club. 4-H is open to everyone! Adults can become involved as volunteer leaders.

## Is 4-H just for farm kids?

NO! 4-H is open to **ALL YOUTH** in both rural and urban areas. Although popular 4-H projects involve dairy and livestock, there are a variety of other options. Some of the popular non-animal projects in the county include: Art, Clothing, Gardening, Foods & Nutrition, Legos, Photography, and Woodworking.

## How to get started?

The first step in joining 4-H is to join a club! There are 7 clubs to choose from in all areas of the county. Your club is your home base and involves members of a variety of ages and interests. The average club has 15-25 members, but could have as many as 50. All members attend the "general" club meetings, which are held monthly throughout the 4-H year. Each member can participate in different project groups. These meetings are variable and are under the guidance of volunteer project leaders.

## How long are 4-H club meetings?

Many clubs meet for about an hour each month. This varies from month to month. About half of the meeting is the business meeting, then the second half is recreation, community service, or demonstrations.

## How do I choose a Club?

Most families choose a club based on its meeting location and/or meeting day of the week. Most clubs in Crawford County meet on Sunday afternoons. Others choose a club because they have friends in that club. There are no residency restrictions (including county) when joining a 4-H club.

Families are welcome to "drop in" on a 4-H club to check out or contact the 4-H leader in charge of a club before joining a club. Once you find a club you like, enroll in the Crawford County 4-H Program, using 4-H online: <https://wi.4honline.com>



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Youth engage in FUN, hands-on 4-H activities! 7

# Crops Educator Update

**Sam Bibby**

Regional Crops & Soils Agriculture Educator  
sbibby@wisc.edu | 608.219.2055



**SAVE THE DATE!**

**PESTICIDE APPLICATOR TRAINING TESTING**

**Tuesday, February 25, 2025** | Gays Mills Community Center

**Friday, April 11, 2025** | Western TC – Viroqua

**\*watch for information on registration when it becomes available**

## Driftless Ag Update

Ag news for La Crosse, Vernon, and Crawford Counties from UW-Madison Extension



Sign up for the  
**Driftless Ag Update**  
Newsletter today!

Register via the QR code or link  
or send a paper mail request  
to our address on the  
back Contact Us page.



[https://signup.e2ma.net/signup/  
2003859/1927697/graph\\_text](https://signup.e2ma.net/signup/2003859/1927697/graph_text)

## Badger Crops and Soils Update Meetings

*Access the latest agronomic, pest, and nutrient  
management research from the University of Wisconsin  
and learn how it can be applied to Wisconsin's farmland.*

**EAU CLAIRE**  
December 3

**ARLINGTON**  
December 4

**APPLETON**  
December 5

**VIRTUAL**  
December 6

*Early bird registration open until October 14.  
Registration, student pricing, agenda, and more information available online.*

[go.wisc.edu/BadgerCropUpdate](https://go.wisc.edu/BadgerCropUpdate)



Agriculture Institute  
DIVISION OF EXTENSION  
UNIVERSITY OF WISCONSIN-MADISON

**Register Today!**





# PARENTING AND FAMILY RELATIONSHIP CLASSES

November 2024 – January 2025

All classes are virtual unless noted.



## EVERY DAY PARENTING

### Raising Wisconsin's Children

Join free parenting classes each month! These classes offer practical, research-based ideas to support your parenting and help children grow. Topics include screens and media plans, family traditions, and more.

**Thursdays Nov 14, Dec 19, Feb 20 | 1pm**

### Focus on Fathers

Hey dads! Your role matters! Join us for discussions on parenting, family life, and how to handle modern challenges. A space for dads to support each other.

**Tuesdays Nov 12, Dec 10, & Jan 14 | 6pm**

### Raising a Thinking Child

Caregivers of 4 to 7 year-olds, this one's for you! A six-week session to improve your child's problem solving and communication.

**Tuesdays Mar 11 – Apr 15 | 9am or 6pm**



SCAN HERE

**VISIT OUR WEBSITE TO SIGN UP!**

To make sure everyone has a great experience, we limit the number of spots in our classes.

Registration is required.

Use the QR code or the link to access our website to sign up!

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

[hdr2/hdrparenting/](https://crawford.extension.wisc.edu/hdr2/hdrparenting/)



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## FAMILY TRANSITIONS

### Triple P Family Transitions

A six-week series to support the transition to single parenthood. Get support for handling conflicts and managing stress while connecting with other parents.

**Thursdays Jan 23 – Feb 20 | 5:30pm**

### Parents Forever

Learn how to lessen the impact of divorce on children, co-parent without conflict, and improve self-care to foster resilience.

**Monthly | Times Vary**

### Resilient Co-Parenting

Join us for ongoing support for your co-parenting journey. Topics include relationships readiness, finding your family rhythm, forgiveness, and more.

**First Thursday of the Month | 7pm**

### Triple P Positive Parenting Program - 0-12

Want simple, proven strategies to create loving bonds with your kids while handling challenging behavior effectively? These classes are for you!

**Tuesdays Jan 14- Feb 4 | 9am or 6pm**

### Strong Couples

Six self-paced online modules and five coaching calls that teach you skills to improve your romantic relationship. Free and backed by research!

[parenting.extension.wisc.edu/strong-couples](https://parenting.extension.wisc.edu/strong-couples)

### Amanda Griswold

Human Development & Relationships Educator

[amanda.griswold@wisc.edu](mailto:amanda.griswold@wisc.edu)

608.326.0223



# RENT Smart



## Taught by Extension Educators

Helping to make renting a great experience for you!

**November 2, 9, 16** | Saturdays 9-11am

**December 3, 5, 10, 12, 17, 19** | Tuesday & Thursdays 7-8pm

Online, live instruction via Zoom; links will be sent after registration

To register for FREE, use this link or scan the QR code: <https://go.wisc.edu/Rentsmartregister>



- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- Participants must complete all 6 modules to earn the Rent Smart certificate
- For more information, please contact [todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu) (920.232.1982)

## Consumer Protection Workshop:

### Safeguard Your Business and Community



The Crawford County UW Extension Office, in partnership with the Wisconsin Bureau of Consumer Protection, is hosting a Consumer Protection Workshop designed to help local businesses and community members stay informed about common scams, fraud, and best practices to protect themselves.

**Tuesday, November 5 | 10:15am**

Gays Mills Community Center

16391 State Hwy 131, Gays Mills

Are you 60 or better in age? Join us for lunch after the presentation! Reservations are required by 2pm on November 4th.

Call our office at 608-326-0235 to reserve your spot!

**Tuesday, November 5 | 2pm**

Crawford County Administration Building

225 N Beaumont Rd, Suite 236, Prairie du Chien

## RAISING WISCONSIN'S CHILDREN

Conference 2025

**Unlocking the Power of Social and Emotional Skills in Children and Teens**

Join a free, online conference designed for parents, caregivers, and all those that raise Wisconsin's children. Participants will get practical, research-backed parenting tips from today's leading experts.

**JANUARY 28, 2025**

**8:15am - 4:30pm**



Click or scan to register for this free online conference.

SPONSOR



Human Development & Relationship Institute  
Division of Extension  
Office of Child Care and Family Resources  
School of Education



**Amanda Griswold**

Human Development & Relationships Educator

[amanda.griswold@wisc.edu](mailto:amanda.griswold@wisc.edu)

608.326.0223

# Online Professional Development Workshops

## for Early Childhood Professionals and Caregivers

Complimentary continuing education hours? Don't want to travel?

Pull up a comfortable chair and join us on the web! Attend the live session or watch a recording up to one week later.

**Oct 7**  
2024

7:00 - 8:00 PM CST



### Early Childhood Screenings for Health

Early childhood screenings for vision, hearing, and developmental milestones are essential for ensuring optimal growth, development, and long-term health.

*Instructors: Greeta Mills, Oral Health Professional and Jennie Treadway, Program Coordinator-Developmental/Sensory Screening, Univ. of Arizona Cooperative Extension*

### Naturally Learning: Finding Curriculum in Outdoor and Nature Play

Increased outdoor and nature play in early childhood education programs have benefits for children, teachers, and the environment. Join us as we explore learning opportunities hiding in plain sight!

*Instructor: Jodi L. Nerren, Asst. Professor & Extension Specialist, Texas A&M AgriLife Extension Service - Family & Community Health*



**Nov 4**  
2024

7:00 - 8:00 PM CST

**Dec 2**  
2024

7:00 - 8:00 PM CST



### Laying the Foundation:

#### Tools for Building Infant and Early Childhood Mental Health in the Classroom

Explore the foundation of infant and early childhood mental health. We will share practical strategies teachers can use in their classrooms and family engagement practices that support mental health in the family system.

*Instructors: Lindsay Weymouth Olson, Outreach Program Manager, Patricia Carroll, Associate Professor, Human Development & Relationships Extension Educator and Anne Clarkson, Parenting and Child Development Specialist, University of Wisconsin - Madison - Extension*

### The Importance of Sensory Play

Explore how to add play activities that encourage a child to explore materials which stimulate these senses. Sensory exploration enhances cognitive, social, emotional, and behavioral development.

*Instructors: LaDonna Werth and Lisa Poppe, University of Nebraska Extension Educators - Early Childhood*



**Jan 13**  
2025

7:00 - 8:00 PM CST

**Feb 3**  
2025

7:00 - 8:00 PM CST



### Growing Up Healthy with Fruits and Vegetables

Exploring all things related to fruits and vegetables – from boosting consumption with child-friendly tips and tricks to ensuring their safety.

*Instructors: Audrey Rider, South Dakota State Univ. Early Childhood Field Specialist and Cami Wells, Univ. of Nebraska Extension Educator - Food Nutrition and Health*

### RELAX - Alternatives to Anger for Parents and Caregivers

RELAX for parents and caregivers explores the anger and strong emotions experienced by infants, toddlers and preschoolers. This workshop will help participants learn about the developmental stages in children's self-control and how parents and caregivers can assist children at each stage.

*Instructor: Courtney Aldrich, Program Instructor - Child and Family Development, Univ. of Michigan Extension*



**March 3**  
2025

7:00 - 8:00 PM CST

**To register go to: <https://go.unl.edu/fhkonehour>**

There is an option to watch the "live" or "recorded" version of each session. You will have one week after the recorded session is available to watch the webinar and receive continuing education credits.

Questions? Email [fhk@unl.edu](mailto:fhk@unl.edu) or call 402-336-2760



Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

# CONTACT US

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[https://signup.e2ma.net/signup/  
1971791/1914829/](https://signup.e2ma.net/signup/1971791/1914829/)



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