



Extension

UNIVERSITY OF WISCONSIN-MADISON
CRAWFORD COUNTY

JANUARY -
FEBRUARY
2025



*Happy
New Year*

&

Welcome
2025

START YOUR NEW YEAR OFF RIGHT

utilizing these resources from Extension Crawford County

- Volunteer with 4-H! • page 2
- Complete PAT Testing and attend the Small Grains Workshop. • page 3
- Register & attend one of the many beef happenings in person or online. • page 4
- Plan and prepare meals to include all 5 food groups. • page 5
- Diversify your farm income through an Agritourism venture that is right for your farm! • page 6
- Check out the FREE 4-week Farmers Market Vendor 101 Webinar Series. • page 7
- Register for the FREE Raising Wisconsin's Children online conference. • page 8
- Setting New Year's Resolutions as a Parent. • page 9
- Sign-up for one of MANY Parenting Classes. • page 10
- Learn how to RENT SMART. • page 11
- Get your body moving with StrongBodies! • page 11
- Contact us with any questions! • page 12





WAYS TO VOLUNTEER WITH 4-H!

1

Help with a specific 4-H project - teach a skill

- Advise 4-H members in their project work by sharing your skills.
- Teach a project workshop devoted to your area of specialty.

2

Share your experiences

- Share your hobby/passion - inspire a young person as a guest speaker.
- Share your career path - invite a 4-H'er to shadow you for the day.
- Share your educational path/give a testimonial - how did you get to where you are? (If you are a college student - how did you choose your school, what are you pursuing, what are you aspiring to do?)

3

Judge events

- Serve as a judge for 4-H competitions or performances, providing encouragement and suggestions for improvement. I.e: Drama Festival, Speaking Contest, Music Festival

4

Plan or help at an event

- Volunteer at a county special event; from set-up or clean-up to serving food or taking registrations, there are a lot of ways to get involved.

5

Serve on an advisory board/committee

- Sit on a local advisory or county governing board to help determine program priorities.

6

Assist with program delivery

- Volunteer at an after school program, a summer program, camp program event, or club meeting.

7

Assist with program delivery

- Share your technical skills and knowledge to develop subject matter for curriculum/project sheets.
- Utilize your professional skills to assist with creating marketing tools, graphic art, word documents, webpages, videos, online training modules, etc.
- Intern at your local Extension office with the 4-H program, a great resume builder.



To learn more about volunteer opportunities with 4-H, contact:

Amy Mitchell

4-H Youth Development Educator

amy.mitchell@wisc.edu

608.326.0224

Crops Educator Update

Sam Bibby

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



PESTICIDE APPLICATOR TRAINING TESTING

Tuesday, February 25, 2025 | Gays Mills Community Center

Friday, April 11, 2025 | Western TC - Viroqua

In-person training/exam signup:

<https://patstore.wisc.edu/secure/collection/private/45>



Purchase your training manual:

<https://patstore.wisc.edu/secure/collection/private/17>



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)

SMALL GRAINS WORKSHOP

January 21st, 2025

TOPICS COVERED

- General Agronomy
- Nitrogen Rate and Timing Research
- Small Grains for Forage
- Growing Your Own Cover Crop Seed
- Herbicide and Weed Management Considerations

2 SESSIONS OFFERED

Morning Session:

8:30am - 11:30am

Gay Mills Community Center

16381 WI-131, Gay Mills, WI 54631

Afternoon Session:

1:00pm - 4:00pm

Hamilton Town Hall

N5105 Leonard St N, West Salem, WI 54669

PLEASE CONTACT SAM BIBBY TO RSVP

Sam Bibby - Regional Crops Educator

Extension La Crosse, Vernon, and Crawford County

Office: (608)785-9593 Mobile: (608)219-2055

Email: sbibby@wisc.edu



Livestock Educator Update

Upcoming Events

Driftless Region Beef Conference: Extension specialists in Illinois, Iowa and Wisconsin are again cooperating to present the 13th annual Driftless Region Beef Conference at the Grand River Convention Center in Dubuque, Iowa on January 23 and 24, 2025. This conference brings together beef producers for an educational program that focuses on the needs of this production region.

<https://www.regcytes.extension.iastate.edu/>



<http://go.wisc.edu/786mcy>



School for Beginning Beef Production: The University of Wisconsin-Madison Division of Extension is hosting the School for Beginning Beef Production, an online series for new beef cattle producers or those adding beef to their farms. The series includes six free sessions in January 2025, held from 7-8:30 pm on January 14, 16, 21, 23, 28, and 30 via Zoom.

Noontime Beef Roundup Webinar Series: The University of Wisconsin-Madison Division of Extension is launching a new free webinar series designed for beef producers and industry professionals to learn important topics related to the beef industry. Some topics include Biosecurity, Seller Reputation, and Direct Marketing. Tune in on January 9, February 13, and March 13.

<https://go.wisc.edu/4e791d>



Save the Date!

February 12: Producing Quality Beef

Location: Bloomington Livestock Exchange

Watch for more information!

Contact Me

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





Christine Myhr

christine.myhr@wisc.edu

FoodWise Nutrition Educator



WHAT ARE WE UP TO?

In November, 2nd, 3rd, and 4th graders at Wauzeka - Steuben Schools took part in FoodWise nutrition education classes. They learned about making half their plate fruits and vegetables, half their grains whole grains and that proteins come from both plants and animals!

North Crawford and Prairie du Chien Food Service Directors, Jen Kapinus and William Zeeh, are participating in the Meal Appeal Grant along with FoodWise Nutrition Educator, Christine Myhr, and the Department of Public Instruction.

FRUITS FUEL UP WITH FRUITS AT MEALS OR SNACKS

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.

VEGETABLES COLOR YOUR PLATE WITH TASTY VEGGIES

Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS MAKE AT LEAST HALF YOUR GRAINS WHOLE GRAINS

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.

PROTEIN VARY YOUR PROTEIN FOODS

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

DAIRY GET YOUR CALCIUM-RICH FOODS

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



AGRITOURISM BUSINESS DEVELOPMENT COHORT, BY UW EXTENSION

This FREE, six-module course will present sector-specific technical information to help you build a successful agritourism venture. Course modules include:

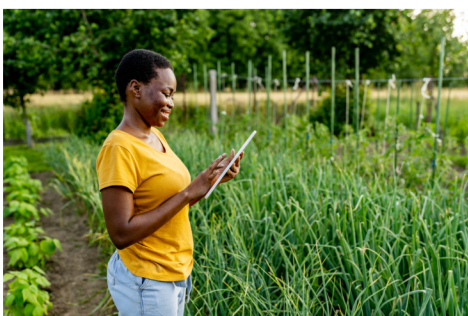
- 1.) Agritourism: What is your value proposition?
- 2.) Developing the venture: What needs are you satisfying?
- 3.) Risks and regulation: What risks do you need to address?
- 4.) Financial analysis: How do you know if you'll be profitable?
- 5.) Marketing and placemaking: What will your customer experience be like?
- 6.) Agritourism for community developers: Why and how to support local agritourism entrepreneurs?

For more information, visit:

<https://foodsystems.extension.wisc.edu/agritourism-business-development-training/>

If interested, contact Sara Tedeschi:

sara.tedeschi@wisc.edu or call 608-326-1134



TRAINING AND RESOURCES FOR MAKING MONEY IN FOOD AND FARMING

Everyone needs help when starting out or growing a business, including food and farm related businesses. There is something for everyone at the Food Finance Institute's Edible-Alpha Learning Center – check out the array of course offerings, from basic to more advanced. Having the right resources, information and benchmarks can mean the difference between business success and failure. Don't see upcoming dates that work in your schedule?

Sign up here to receive training updates:
<https://www.edible-alpha.org/>



COMMUNITY DEVELOPMENT



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



ENTREPRENEUR BOOTCAMP | BE YOUR OWN BOSS

Entrepreneur Bootcamp provides intensive entrepreneurship training and personal development skills important for business to formerly incarcerated people. Join a community that believes in second chances! When you become an Entrepreneur in Training (EIT) in Bootcamp you will:

- Develop a business idea
- Develop the foundations of business strategy
- Learn the basics of marketing
- Learn business finance skills
- & SO MUCH MORE!!

Bootcamp will meet online via Zoom on Mondays & Thursdays from 6-8pm, starting Thursday, January 23, 2025, and running through Thursday, May 22, 2025

Do you have questions? Send an email to:
EITpartnership@extension.wisc.edu

Find the application at the QR code or
[Linktr.ee/eitpartnership](https://linktr.ee/eitpartnership)



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! Join UW Extension and market experts for a FREE 4-week Farmers Market Vendor 101 Webinar series in January 2025. Weekly hour sessions will cover topics like:

- Wisconsin Cottage Food laws: What can and cannot sell at a farmer's market
- Farmer's Market Vendor Liability
- Product value proposition: finding your niche and pricing your product
- Marketing your product

If you are interested in registering, please contact Sara:
sara.tedeschi@wisc.edu or 608-326-1134.



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 5:30pm, the program begins at 6:00pm. The meetings are free and no reservations are required. Everyone is welcome!

RAISING WISCONSIN'S CHILDREN

Conference 2025

January 28, 2025 • 8:15am – 4:30pm

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.



[Click or scan to register for this free online conference.](https://parenting.extension.wisc.edu/raising-wisconsins-children-2025-conference/)

<https://parenting.extension.wisc.edu/raising-wisconsins-children-2025-conference/>



Human Development & Relationship Institute
Division of Extension

Office of Child Care and Family Resources
School of Education



Amanda Griswold

Human Development & Relationships Educator

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608.326.0223

Fit & Healthy Kids
EARLY CHILDHOOD EDUCATION
2025

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.

Jan 13
7:00 - 8:00pm

The Importance of Sensory Play



Feb 3
7:00 - 8:00pm

Growing Up Healthy with Fruits and Vegetables



Mar 3
7:00 - 8:00pm

RELAX - Alternatives to Anger for Parents and Caregivers



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 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.



Setting **NEW YEAR'S RESOLUTIONS** as a Parent

The new year is an opportunity for reflection and fresh starts. Here's how you can set achievable, meaningful resolutions that enhance your well-being and your family life.

- ★ **Set Realistic and Achievable Goals:**
Break larger goals into smaller steps for success.
- ★ **Prioritize Self-Care:**
Make time for yourself amidst family life.
- ★ **Strengthen Family Connections:**
Create weekly traditions for quality time together.
- ★ **Improve Work-Life Balance:**
Set boundaries and prioritize family time.
- ★ **Commit to Positive Discipline:**
Practice patience and empathy in parenting.
- ★ **Create Family Financial Goals:**
Involve your family in planning and saving together.
- ★ **Embrace Flexibility and Forgiveness:**
Let go of the need for perfection and embrace progress.

By setting achievable resolutions, you can create a balanced, positive year for yourself and your family!

by Amanda Griswold

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Extension

UNIVERSITY OF WISCONSIN-MADISON
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Parenting & Family Relationship Classes

December, January & February 2025



EVERY DAY PARENTING



Raising Wisconsin's Children Classes

These classes offer practical, research-based ideas to support your parenting and help children grow.

Thursday, February 20 | 1pm



Focus on Fathers

Join us for discussions on parenting, family life and how to handle modern challenges.

Tuesday, January 14 & February 11 | 6pm



Triple P: Positive Parenting Program

For parents and caregivers of kids 0 to 12 years

Tuesdays 1/14/2025 to 2/4/2025 | 9am or 6pm

For parents and caregivers of teens

Tuesdays 2/11/2025 to 2/25/2025 | 9am or 6pm



Strong Couples

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

Visit parenting.extension.wisc.edu/strong-couples

Raising Wisconsin's Children Conference

January 28, 2025 8:15am to 4:30pm

Free and Virtual

The Raising Wisconsin's Children Conference is a free, online learning event for parents, teachers, and caregivers of children. Join to learn supportive, practical parenting and child development information from leading experts. Join us in 2025 to unlock the power of social and emotional skills in children and teens!

FAMILY TRANSITIONS



Triple P: Family Transitions

Get support for handling conflicts and managing stress while connecting with other parents.

Thursdays 1/23/2025 to 2/20/2025 | 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.

Wednesdays, March 26, May 28, September 24, & November 12 | 12-4pm



Resilient Co-Parenting

Join us for ongoing support for your co-parenting journey.

Thursdays, January 2 & February 6 | 7:00pm

VISIT OUR WEBSITE TO SIGN UP!



<https://crawford.extension.wisc.edu/hdr2/hdrparenting/>

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!



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Amanda Griswold

Human Development & Relationships Educator
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Taught by Extension Educators

Helping to make renting a great experience for you!



Check out the link below or the QR Code to the left for upcoming class dates & times for February – June 2025.

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 (920.232.1982)

STRONG *People*™

STRONG BODIES



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Winter 2025 Series

Dates: January 7 - March 27, 2025

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at <https://go.wisc.edu/j9468d>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after January 1st, 2025



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